

Calories* of Crops for Mittleider Growing Beds

* All Calories are for raw uncooked yields

Name of Plant	Calories per LB	Calories per bed 30ft x 18in		
Beans, Green (Bush)	136	9,248		
Beans, Green (Pole)	136	24,480		
Beans, Pinto (Bush)	1,575	107,100		
Beans, Lima (Bush)	1,535	104,380		
Beans, Lima (Pole)	1,535	276,300		
Beans, Soybeans (Bush)	554	37,762		
Beets, Red	195	23,400		
Broccoli	154	12,320		
Cabbage, Green	59	8,850		
Cabbage, Red	114	17,100		
Carrots	159	14,310		
Cauliflower	159	15,900		
Celery	114	13,680		
Chard, Swiss	86	12,900		
Corn, Sweet	286	8,580		
Cucumber, (Bush)	54	13,392		
Cucumber, (Vertical)	54	22,140		
Egg Plant, (Vertical)	109	43,600		
Kale	227	34,050		
Kohlrabi	123	14,760		
Lettuce, Head (Iceberg)	64	7,168		
Lettuce, Leaf & Romaine	77	3,465		
Muskmelon - Casaba	127	31,242		
Muskmelon - Honeydew	163	40,098		
Onion, Large Bulb	191	25,785		
Parsley	163	3,749		
Parsnips	341	156,860		
Peas (Bush)	272	24,480		
Pepper, Bell	91	6,825		
Potatoes	422	61,190		
Potatoes, Sweet	390	234,000		
Radish	73	2,920		
Spinach	91	4,186		
Squash, Zucchini/Yellow	73	9,855		
Tomato, Intermediate	82	50,430		
Tomato, Bush	82	17,056		
Turnip	100	12,000		
Watermelon	136	45,520		