



Best and Easiest Crops to Grow in Urban Farm Company Gardens

Vegetable	How to Plant	Recommendation	Why?
Radish	seed	Highly recommended	Produce quickly, high yield/sq ft
Micro Greens	seed	Highly recommended	Produces very quickly, high yield/sq ft
Chard	seed	Highly recommended	High yield/sq ft, high nutrition, heat tolerant
Kale	seed	Highly recommended	High yield/sq ft, high nutrition, heat tolerant
Mustard	seed	Highly recommended	High yield/sq ft
Greens Mix	seed	Highly recommended	Great combination of all greens to ensure success
Lettuce	seed	Highly recommended	High yield/sq ft, but not heat tolerant
Spinach	seed	Highly recommended	High yield/sq ft, but not heat tolerant
Bok Choy	seed	Highly recommended	High yield/sq ft
Collards	seed	Highly recommended	High yield/sq ft
Arugula	seed	Highly recommended	High yield/sq ft
Beets	seed	Highly recommended	Edible greens and roots
Beans	seed	Highly recommended	High yield, space efficient on trellis
Sorrel	seed	Highly recommended	High yield
Tatsoi	seed	Highly recommended	High yield, but not heat tolerant
Kohlrabi	seed	Highly recommended	Interesting, easy to use
Turnips	seed	Highly recommended	Long time to harvest, edible greens
Tomatoes	transplant	Highly recommended	Space hogs but vastly superior taste
Oregano	transplant	Highly recommended	High yield/sq ft
Basil	transplant	Highly recommended	Aromatic, high yield/sq ft
Parsley	transplant	Highly recommended	High yield/sq ft
Peas	seed	Highly recommended	Superior taste, but not heat tolerant
Scallions/Green Onions	*plant sets or transplant	Highly recommended	Easier than onions, shorter time to maturity
Onion	*plant sets or transplant	Highly recommended	Long time to maturity
Peppers	transplant	Moderately recommended	Hot peppers high yield, sweet peppers low yield. Long time to harvest
Zucchini	seed	Moderately recommended	Space hog, but prolific
Sumer Squash	seed	Moderately recommended	Space hog, short time to maturity
Carrots	seed	Moderately recommended	Low germination, long time to produce, vastly superior taste, requires thinning
Cilantro	seed	Moderately recommended	Not heat tolerant
Parsnips	seed	Moderately recommended	Long time to maturity
Mache	seed	Moderately recommended	Long time to maturity, but very cold tolerant
Eggplant	transplant	Moderately recommended	Lower yield/sq ft, long time to maturity
Winter Squash	seed	Moderately recommended	Space hog, lower yield/sq. ft.



Cabbage	transplant	Moderately recommended	Low yield/sq ft, long time to maturity
Broccoli	transplant	Moderately recommended	Lower yield/sq ft, bad aphids in the fall, not heat tolerant
Cucumber	seed or transplant	Moderately recommended	Space hog, inconsistent success
Chives	*plant divisions or transplant	Moderately recommended	Slow growth
Celery	transplant	Not recommended	Long time to maturity, suffers from transplant shock
Cauliflower	transplant	Not recommended	Lower yield/sq ft., requires blanching of leaves
Pumpkin	seed	Not recommended	Space hog, long time to maturity
Potato	*plant chunks with "eyes"	Not recommended	Mounding required, lower yield/sq ft.
Leeks	transplant	Not recommended	Lower success rate, long time to maturity
Cantaloupe	seed	Not recommended	Space hog, low yield/sq ft.
Brussel Sprouts	transplant	Not recommended	Long time to maturity, aphid problems in the fall
Mint	seed or transplant (perennial)	Not recommended	Takes over garden - do not plant in garden
Sweet Corn	seed	Not recommended	Need a lot of corn for pollination for fruiting
Watermelon	transplant	Not recommended	Space hog, long time to maturity
Asparagus	seed or transplant	Not recommended	Very long time to harvest (several years)