

Date: 11/18/10

FORM 7: DIET DESIGN (1)

Name: John and Jane Doe

Total Persons in Diet: 2

	CROPS	Interplant Yield Ratio (no interplant=1, yes=enter yield multiplier)	Rehydration Ratio (no rehydrate=1, grain for bread/tortilla=2, beans/grains=3)	WEIGHT of FOOD per DAY		Required Annual Yield	Crops per Year	Intermediate Yield per Bed per Crop	Annual Yield per Bed	Actual Area (Beds)	Months in Bed (non-interplanted only)	Bed-Crops
				Eaten	Dry							
Special Root	Potatoes	1	1	4.93151	4.93151	1800.00	1	200	200	9.00	4	9.00
	Garlic	1	1	0.72329	0.72329	264.00	1	120	120	2.20	7	2.20
	Jerusalem Artichokes	1	1	1.69315	1.69315	618.00	1	206	206	3.00	6	3.00
	Leeks	1	1	1.31507	1.31507	480.00	1	480	480	1.00	8	1.00
	Parsnips	1	1	0.65205	0.65205	238.00	1	238	238	1.00	8	1.00
Subtotal for Special Root Crops:										16.20		16.20
Vegetable	Kale	1	1	0.31233	0.31233	114.00	2	114	228	0.50	4	1.00
	Eggplants	1	1	0.08877	0.08877	32.40	1	108	108	0.30	4.5	0.30
	Cucumbers	1	1	0.25973	0.25973	94.80	1	316	316	0.30	3.5	0.30
	Pinto Beans (interplanted)	0.1	3	0.07397	0.02466	9.00	1	10	1			
	Early Bunching Onions (for Diet)	1	1	0.10959	0.10959	40.00	2	200	400	0.10	4	0.20
	Carrots	1	1	0.20548	0.20548	75.00	2	150	300	0.25	4.5	0.50
Subtotal for Vegetable Crops:										1.45		2.30
Carbon + Calorie	Spring Wheat	1	2	0.05479	0.0274	10.00	1	10	10	1.00	9	1.00
	Spring Barley	1	3	0.16438	0.05479	20.00	1	10	10	2.00	5	2.00
	Winter Wheat	1	2	0.05479	0.0274	10.00	1	10	10	1.00	9	1.00
	Sorghum	1	3	0.46027	0.15342	56.00	1	16	16	3.50	4.25	3.50
	Corn, Flour (Interplanted)	1.1	3	0.69164	0.23055	84.15	1	17	18.7	4.50	4.25	4.50
	Amaranth (for Diet)	1	2	0.02192	0.01096	4.00	1	8	8	0.50	3	0.50
	Rye	1	2	0.21918	0.10959	40.00	1	10	10	4.00	9	4.00
	Quinoa (Interplanted)	1.1	3	0.41137	0.13712	50.05	1	13	14.3	3.50	4	3.50
Total Weight per Day:				12.4433		Subtotal for Carbon+Calorie Crops:				20.00		20.00

42.08%

5.97%

51.95%

Weight per Person per Day: 6.22

TOTAL BEDS: 37.65 Total Bed-Crops: 38.50 100.00%