



Food Preservation Journal

Plant Calculator

Plant	Plants per Person	When to Plant	Total for Family
Arugula	5 plants	Spring or Fall	
Asparagus	15 roots	Spring (Perennial)	
Beans, Bush	10 plants	Spring or Fall	
Beans, Pole	10 plants	Spring or Fall	
Broccoli	5 plants	Spring or Fall	
Cabbage	4 - 8 plants	Spring or Fall	
Carrots	30 plants	Spring or Fall	
Cauliflower	2 - 5 plants	Spring or Fall	
Corn	15 - 20 plants	Spring	
Cucumber	2 plants	Spring or Fall	
Kale	4 plants	Succession	
Lettuce	10 plants	Succession	
Melons	2 plants	Spring	
Okra	5 plants	Spring	
Onion, Bulb	7 lbs	Spring	
Peas	30 – 40 plants	Spring	
Peppers	3 – 5 plants	Late Spring	
Potatoes	10 - 30 plants	Spring	
Pumpkins	1 plant	Late Spring	
Rhubarb	2 - 3 plants	Spring or Fall (Perennial)	
Spinach	10 - 15 plants	Succession	

Plant Calculator

[illegible]

Preservation Guide

The chart below gives you a quick glance at approved methods for preserving your food.

	Item	Pressure Can	Water Bath	Freeze	Dehydrate
Fruits	Apples		✓		✓
	Blackberries		✓	✓	✓
	Blueberries		✓	✓	✓
	Cherries		✓	✓	✓
	Peaches		✓	✓	✓
	Pears		✓		✓
	Plums		✓		✓
	Rhubarb			✓	
	Strawberries		✓	✓	✓
Vegetables	Asparagus	✓		✓	
	Broccoli/ Cauliflower			✓	
	Carrots	✓		✓	✓
	Corn	✓		✓	
	Cucumbers		✓		
	Green Beans	✓		✓	
	Onions	✓		✓	✓
	Peas	✓		✓	✓
	Peppers	✓	✓		✓
	Potatoes	✓		✓	✓
	Tomatoes	✓	✓	✓	✓
	Squash	✓		✓	
Other	Dried Beans	✓		✓	
	Broths	✓		✓	✓
	Meat	✓		✓	✓
	Soup	✓		✓	

Preserving Plan

	Item	Can	Dehydrate	Freeze	Notes
Fruits	Apples				
	Blackberries				
	Blueberries				
	Cherries				
	Peaches				
	Pears				
	Plums				
	Strawberries				
Vegetables	Asparagus				
	Corn				
	Cucumbers				
	Green Beans				
	Onions				
	Peas				
	Peppers				
	Potatoes				
	Tomatoes				
Other	Butters				
	Jams				
	Jellies				
	Pie Fillings				
	Meat				
	Meals				
	Soup				

Pantry Inventory

Goods

Dry

Oatmeal	☐	☐	☐
Cereal	☐	☐	☐
Crackers	☐	☐	☐
Breadcrumbs	☐	☐	☐
Pasta	☐	☐	☐
-Penne or Ziti	☐	☐	☐
-Spaghetti	☐	☐	☐
-Fettuccine	☐	☐	☐
-Lasagna	☐	☐	☐
-Elbows	☐	☐	☐
-Egg Noodles	☐	☐	☐
-Long Grain Rice	☐	☐	☐
Brown Rice	☐	☐	☐
Kidney Beans	☐	☐	☐
Great Northern	☐	☐	☐
Beans	☐	☐	☐
Lentils	☐	☐	☐
Black Eyed Peas	☐	☐	☐
Black Beans	☐	☐	☐
Chickpeas	☐	☐	☐
Popcorn	☐	☐	☐

Miscellaneous

[illegible]

Supplies

Baking

[illegible]

Herbs & Spices

Dill Weed	☐	☐	☐
Pickling Spice	☐	☐	☐
Mustard Seed	☐	☐	☐
Dry Mustard	☐	☐	☐
Onion Powder	☐	☐	☐
Minced Onions	☐	☐	☐
Bouillon	☐	☐	☐
Chili Powder	☐	☐	☐

Cumin	☐	☐	☐
Cinnamon	☐	☐	☐
Garlic Powder	☐	☐	☐
Salt	☐	☐	☐
Seasoned Salt	☐	☐	☐
Pepper	☐	☐	☐
Parsley	☐	☐	☐
Steak Seasoning	☐	☐	☐

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Sauces

[illegible]

Goods

Canned

[illegible]

Vinegars

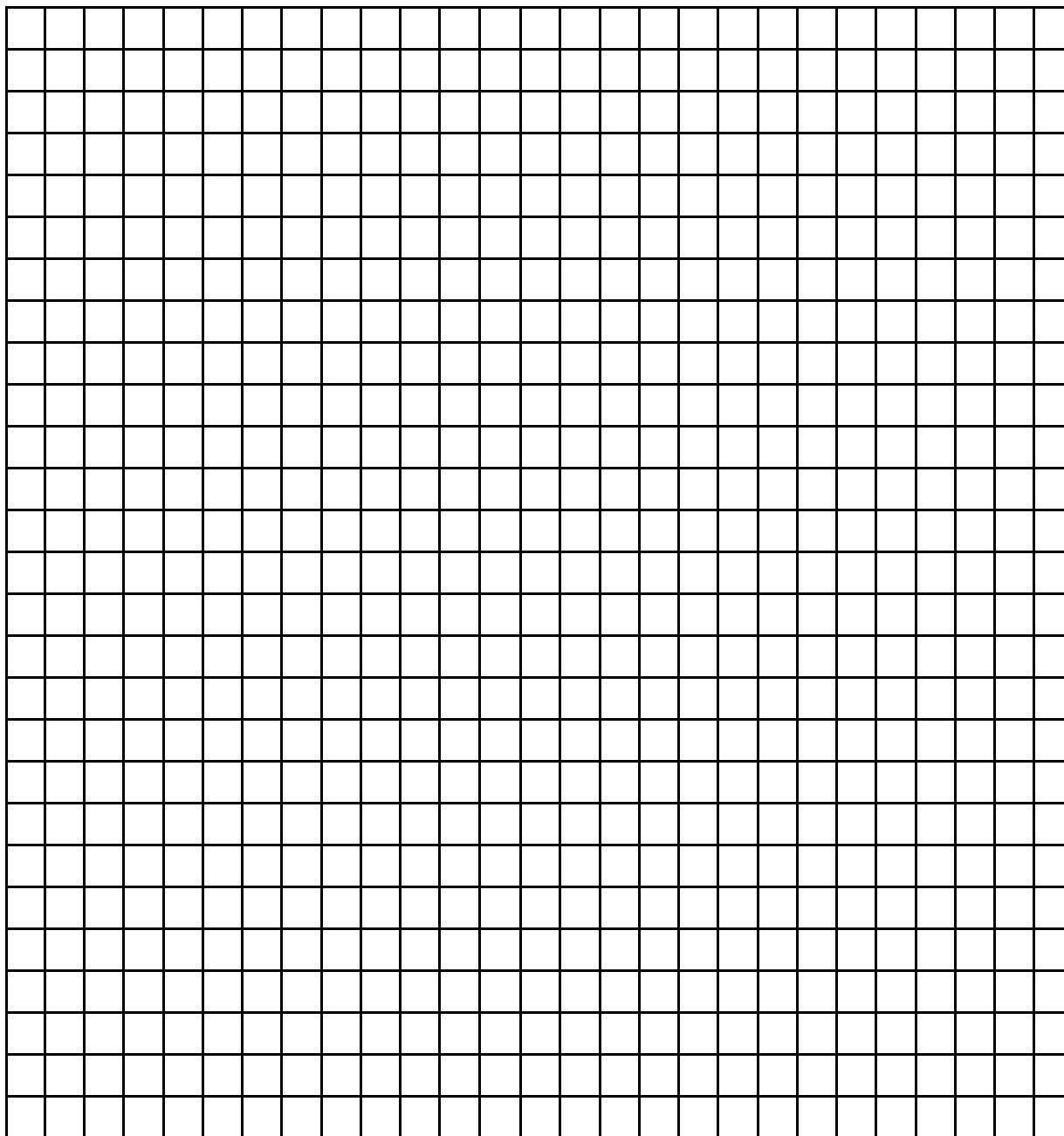
Oils &

[illegible]

[illegible]

Map out your garden using the space below.
Assign each plant a letter and fill in the key.

20__



Garden Planner

A _____ x _____
B _____ x _____
C _____ x _____
D _____ x _____
E _____ x _____
F _____ x _____

G _____ x _____
H _____ x _____
I _____ x _____
J _____ x _____
K _____ x _____
L _____ x _____

M _____ x _____
N _____ x _____
O _____ x _____
P _____ x _____
Q _____ x _____
R _____ x _____

Plant:

Harvest Log

[illegible]

Seed Saving Log

Plant:
Seed Harvest Date:
Weight of Seeds:

NOTES:

Storage

Method

Seed Testing

Plant Date	Days to Germination	# Successful	Notes