

A Vegetable-Growing Guide for Beginners

How Much Space is Required to Grow Vegetables?

Crop Name	Planting/ Sowing Depth (in cm)	Distance Between Plants (in cm)	Distance Between Rows (in cm)	How Many Plants in One Square Meter?
Aubergine	1	50	50	4
Bean - Runner	5	25	90	4
Beans - Dwarf French	4	8	45	24
Beetroot	1	8	20	60
Broad bean	4	23	60	8
Broccoli - Purple Sprouting (early)	1	60	60-75	3
Broccoli Green Sprouting (Calabrese)	1	30	30	9
Brussels Sprouts	1	50-75	75	3
Butternut Squash/Pumpkin	4	180	180	none
Cabbages (White, Red, Savoy, Spring Greens)	1	30-50	50-75	6
Carrots	1	5-8	15-20	100+
Courgettes	4	90	90	1
Cucumber	2	75	75	2
Garlic	4	10-15	30	20
Kohl Rabi	1	15-20	30	15
Leeks	1	15	30	20
Lettuce - mixed salad leaves	1	sow thinly		Over 200
Lettuce (Corn salad or lamb lettuce)	1	sow thinly		Over 200
Lettuce (butter head, cos)	1	15-20	30	18
Lettuce Iceberg	1	30	30	10
Onion Sets (red, white and over wintering variety)	just below the surface showing tips	10	25	40
Pak Choi (Chinese leaf spinach)	1	8	15	72
Parsnip	1	15	30	20
Peas (mange-tout, sugar snap)	5	5	60 to 90	30
Potato (Early)	12	30	45	6
Potato (Main)	12	38	75	3
Radish	1	3	15	200
Rocket	1	15	30	21
Shallot	just below the surface showing tips	15	30	21
Spinach	1	7 to 15	30	30
Spinach (Swiss Chard leaf beet)	2	45	38	6
Spring Onion	1	thinly	15-20	Over 200
Sweet corn	5	30	30	12
Sweet Pepper	5	50	50	4
Tomato	5	50	75	3
Turnip	1	13	20	35
Note: cm = centimeter				