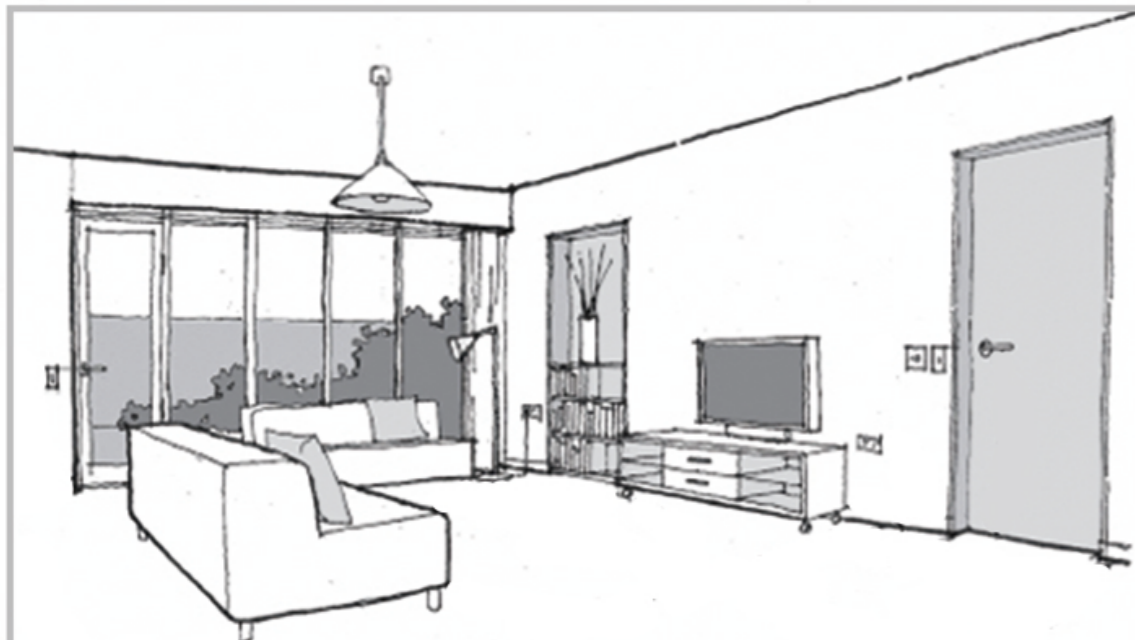


# Conclusions



Its possible to provide basic demand for one person grocery needs by 1 squaremetre area.



Basic Rooms	Small	Avarage	Large
Living Room	3.50m x 5.00m	4.50m x 6.00m	6.50m x 8.50m
Kitchen	2.50m x 3.50m	3.50m x 5.00m	3.50m x 6.00m
Bedroom	3.00m x 4.00m	3.50m x 4.50m	4.50m x 5.00m
Garage	3.00m x 5.00m	6.00m x 6.00m	6.50m x 7.50m
Terrace	1.80m x 2.50m	2.50m x 3.50m	3.50m x 6.00m
Balcony	1.80m x 2.50m	2.50m x 3.50m	3.50m x 6.00m



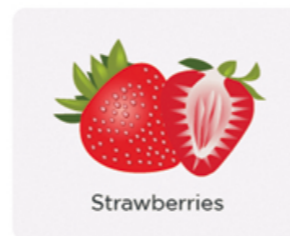
Herbs  
(Basil, Mint, Chives)  
20-40 days



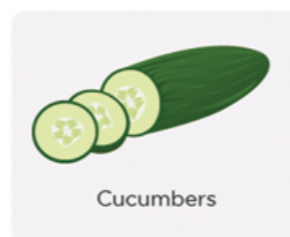
Scallions  
20-30 days



Radishes  
20-30 days



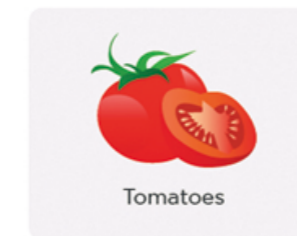
Strawberries  
50-60 days



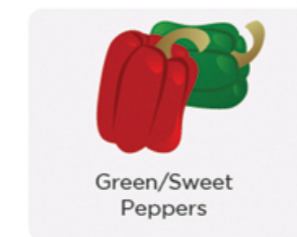
Cucumbers  
50-60 days



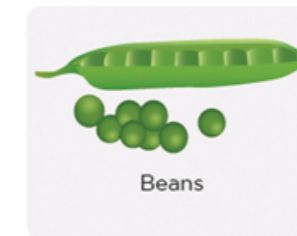
Green Veggies (Lettuces,  
Spinaches, Kales)  
30-40 days



Tomatoes  
40-50 days



Green/Sweet  
Peppers  
50-60 days



Beans  
40-50 days



Mushroom  
7- 15 days

ONE WEAK FOR ONE  
1x 1lb / 500g bag of carrots  
1x can of beans  
1x can of chopped tomatoes  
2x onions  
2x zucchini / courgette  
1x punnet of strawberries

**Only 30% of adults were eating the daily recommended amount of fruit and veggie.**

Published WHO/FAO report recommends a minimum of 400g of fruit and vegetables per day .

**In fact, some plants are ready for harvest 30 to 50 percent faster than they would be if they were grown in the soil.**