



Kidney Bean Planting Guide

Household Size	Purpose	Plants to Grow	Estimated Yield	Notes
1 person	Small stash (occasional meals)	10–15 plants	1–2 cups/lb per plant	Good for soups, chili, and backups
1 person	Weekly use through winter	25–40 plants	6–15 lbs total	Store in jars or cloth bags
1 person	Self-reliance / bulk storage	50–60+ plants	12–20 lbs total	Pair with storage squash or corn
2 adults	Small stash	20–30 plants	2–4 lbs	Easy to grow in small raised beds
2 adults	Weekly use	50–80 plants	12–30 lbs	Best in 2+ staggered rows
2 adults	Long-term storage	100+ plants	25–40 lbs	Needs full sun + good airflow
Family of 4	Small stash	40–60 plants	4–8 lbs	Good starting point
Family of 4	Weekly use	100–160 plants	25–50 lbs	Plan ~100 sq ft
Family of 4	Long-term storage	200+ plants	50–80+ lbs	Consider pole beans to maximize space
Family of 6+	Small stash	60–90 plants	6–12 lbs	Scale based on weekly meals
Family of 6+	Weekly use	150–240 plants	35–75 lbs	Rotate beds each year
Family of 6+	Long-term storage	250–300+ plants	60–100+ lbs	Requires good drying weather