



FARM
IN **CITY**
THE

CROP GUIDE

Learn all about your growth potential with this complete and yield guide for Farm In The City.





LETTUCE

Experience fresh and crispy lettuce varieties like crunchy romaine, smooth butterhead, or delicate lollo rossa. Perfect for refreshing salads, these crops are in high demand by consumers, grocers and chefs.

WEEKLY YIELDS

Crop Type	Full Heads	Pounds
Bibb	500	115 lbs
Butterhead	500	115 lbs
Leat	500	144 lbs
Lollo Rossa	500	95 lbs
Oakleaf	500	95 lbs
Romaine	500e	140 lbs
Summer Crisp	500	130 lbs

Crop Type	Mini Heads	Pounds
Bibb	1,000	115 lbs
Butterhead	1,000	115 lbs
Leat	1,000	130 lbs
Lollo Rossa	1,000	80 lbs
Oakleaf	1,000	95 lbs
Romaine	1,000	130 lbs
Summer Crisp	1,000	115 lbs

Lettuce can be sold by the head or by the ounce/pound. These are average yields based on single crop production.

LEAFY GREENS

Rich in flavor and vibrant in color, leafy greens like kale, Swiss chard and spicy arugula grow very well in **Farm In The City**. The versatility and nutritional value of these plants make them the staples of many international cuisines.

WEEKLY YIELDS

Crop Type	Pounds
Arugula	80 lbs
Claytonia	60 lbs
Collards	72 lbs
Dandelion	45 lbs
Kale	86 lbs
Mizuna	100 lbs
Mustard Greens	108 lbs
Oranh	45 lbs
Tatsoi	96 lbs
Radicchio	102 lbs
Spinach	50 lbs
Swiss Chard	150 lbs
Watercress	45 lbs

These are average yields based on single crop production.





HERBS

Enhance the flavor of any dish with fragrant herbs like sweet basil, peppery oregano, or fresh mint. Most of these crops typically grow in warm-weather climates, so year-round availability is important for at-home cooks and professional chefs looking to add sophistication to their dishes.

WEEKLY YIELDS

Crop Type	Pounds
Basil	60 lbs
Cutting Celery	82 lbs
Chervil	35 lbs
Chives	40 lbs
Cilantro	50 lbs
Dill	45 lbs
Fennel Leaf	50 lbs
Marjoram	23 lbs
Mint	32 lbs
Oregano	23 lbs
Parsley	90 lbs
Rosemary	20 lbs
Sage	64 lbs
Shiso	60 lbs
Sorrel	55 lbs
Thyme	26 lbs

These are average yields based on single crop production.

FLOWERS

Colorful, fragrant, and in some instances tasty, flowers are a wonderful addition to your Farm In The City. Grow flowers to sell alongside your produce at farmers markets, or fill requests for chefs looking to add a unique flavor or pop of color to their plates.

CROP TYPES*

Calendula
Celosia
Nasturtium
Nigella
Viola
Yarrow
Zinnia

*While the Module is optimized and designed for the growth of leafy greens, our Freight Farmers have had success growing a variety of root vegetables and flowers. These crops are in the research and development phase so we do not currently have yield data available.





ROOTS

Roots are crunchy, delicious and sweet additions to salads, or can act as stand-alone sides. Pro tip: many chefs use the leaves of root vegetables in their dishes, so growing these crops gives them two ingredients in one!

CROP TYPES*

- Beets
- Carrots
- Bunching
- Onions
- Radishes
- Turnips
- Kohlrabi

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LETTUCE VARIETIES

Adriana Butterhead
Aerostar Romaine
Alkindus Butterhead
Annapolis Romaine
Antonet Lolle Rossa
Auvona Romaine
Bambi Bibb
Black Seeded Simpson Leaf
Blackhawk Leaf
Blade Oakleaf
Bolsachia Oakleaf
Breen Romaine
Buttercrunch Bibb
Carioca Summer Crisp
Cegolaine Bibb
Celinet Summer Crisp
Cherokee Summer Crisp
Coastal Star Romaine
Concept Summer Crisp
Dark Red Lollo Rossa
Deer Tongue Bibb
Defender Romaine
Dragoon Romaine
Edox Butterhead
Fenberg Romaine
Firecracker Leaf
Flashy Trout Back Bibb
Fusion Green Romaine
Garrison Oakleaf
Green Forest Romaine
Green Saladbowl Oakleaf
Green Star Leaf
Green Saladbowl Oakleaf
Green Star Leaf
Lettony Leaf
Livigne Lollo Rossa
Magenta Summer Crisp
Mirlo Butterhead
Monte Carlo Romaine
Mottistone Summer Crisp
Muir Summer Crisp
Nancy Butterhead
Nevada Summer Crisp
New Red Fire Leaf
Newham Bibb
Oscarde Oakleaf
Outredgeous Romaine
Panisse Oakleaf
Parris Island Romaine
Red Cash Romaine
Red Cross Butterhead
Red Sails Leaf
Red Saladbowl Oakleaf
Red Rosie Romaine
Rex Butterhead
Ridgeline Romaine
Rosaine Bibb
Rouge d'Hiver Romaine
Rouxai Oakleaf
Ruby Sky Leaf
Salanova Red Butter
Salanova Green Butter
Salanova Green Incised
Salanova Green Oakleaf
Salanova Green Sweet Crisp
Salanova Red Butter
Salanova Red Incised
Salanova Red Oakleaf
Salanova Red Sweet Crisp
Salvius Romaine

LEAFY GREEN VARIETIES

Astro Arugula
Sylvesta Arugula
Wasabi Arugula
Faro Cabbage Leaves
Red Express Cabbage Leaves
Claytonia
Flash Collards
Dandelion
Eros Escarole
Rhodos Endive / Frisee
Red Russian Kale
Scarlet Kale
Toscano Kale
Red Kingdom Mizuna
Scarlet Frills Mustard Greens
Suehlihung N°. 2 Mustard Greens
Dark Green Orach
Ruby Red Orach
Green Pac Choi
Red Pac Choi
Perseo Radicchio
Seaside Spinach
Space Spinach
Bright Lights Swiss Chard
Ruby Red Swiss Chard
Watercress

HERB VARIETIES

Armaranth
Genovese Basil
Red Rubin Basl
Cutting Celery
Vertissimo Chervil
Dolores Chives
Confetti Cilantro
Marino Cilantro
Goldkrone Dill
Hera Dill
Bronze & Green Fennel Leaf
Grosfruchtiger Fennel Leaf
Sweet Marjoram
Zaata Marjoram
Common Mint
Greek Oregano
Moss Curled Parsley
Giant of Italy Parsley
Primed Rosemary
Pipicha
Rosemary
Common Sage
Green Shiso
Britton Shiso
Red Shiso
Red Veined Sorrel
Orange Thyme
Summer Thyme
Winter Thyme

FLOWER VARIETIES

Princess Calendula
Flashback Calendula
Alpha Calendula
Pampas Pluse Celosia
Sunday Gold Celosia
Jewel Mix Nasturtium
Deflt Blue Nigella
Helen Mount Violas
Majestic Giants II Formula Mix Violas
Sorbet Formula Mix Violas
Colorado Mix Yarrow
Jazzy Mix Zinnia
Oklahoma Mix Zinnia
Queen Red Lime Zinnia
Sunbow Mix Zinnia

ROOT VARIETIES

Cylindra Beets
Deep Purple Bunching Onions
Parade Bunching Onions
Gold Nugget Carrots
Hercules Carrots
Malbec Carrots
Azur Star Kohlrabi
D'avignon Radishes
Daikon Radishes
White Icicle Radis Radishes
Hakurei Turnips
Purple Top White Globe Turnips