Urban Homesteading

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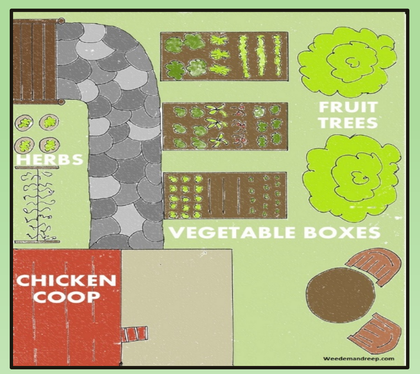
What is Urban Homesteading?

According to UC Davis, an urban homestead is a household that produces a significant part of the food, including produce and livestock, consumed by its residents.

Practices in Urban Homesteading

- **Growing food:**
  - Vegetables
  - Herbs
  - Fruits
  - By growing your own food, you are keeping nutrients local
  - **Composting**: Nutrients are given back to the soil to develop healthier soil for plant growth. Composting can be from food spoils and organic matter .
  - Control of what you grow can relate to healthier eating
  - Fresher produce with less spoils. Fresher produce is more nutrient rich and contributes to a healthier diet.
- **Livestock:**
  - Protein from meat and eggs.
  - Can eat left-over produce
  - Eats harmful bugs in garden.
  - Fecal matter enriches soil
  - Can be rotated around yard to circulate nutrients.



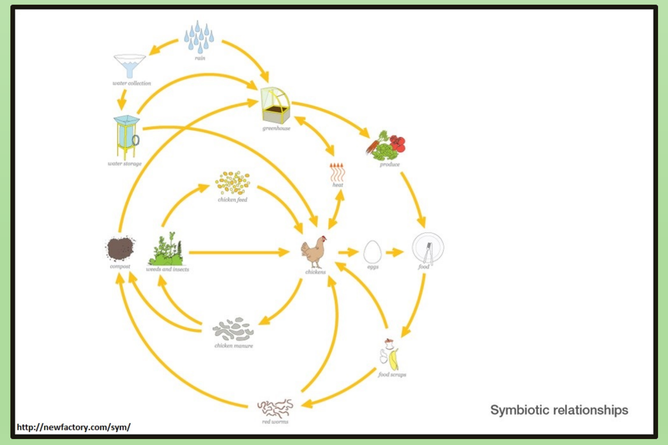
One of many possible back yard layouts including raised garden plots, fruit trees, an herb garden and chicken coup, all while leaving space for leisure activities.

Common Vegetable Yields

Vegetable	Plants or seed per 100 feet	Avg. Yield expected 100 ft	Avg. Yield Expected/sqft
Asparagus	66 plants or 1 oz	30 lb	0.08-0.1 lb
Beans, snap pole	½ lb	150 lb	0.38-0.5 lb
Broccoli	50-60 plts or ¼ oz	100 lb	0.33-0.5 lb
Cabbage	50-60 plts or ¼ oz	150 lb	0.5-0.75 lb
Carrots	½ oz	100 lb	0.5-0.8 lb
Cauliflower	50-60 plts or ¼ oz	100 lb	0.33-0.5 lb
Corn, sweet	3-4 oz	10 doz	n/a
Cucumbers	½ oz	120 lb	0.2-0.3 lb
Lettuce, head	¼ oz	100 heads	n/a
Onions	400-600 sets or 1 oz	100 lb	0.5-0.8 lb
Parsley	¼ oz	30 lb	0.15-0.24 lb
Peas, English	1 lb	20 lb	0.07-0.13 lb
Potatoes, Irish	6-10 lb of seed tubers	100 lb	0.33-0.4 lb
Spinach	1 oz	40-50 lb	0.23-0.36 lb
Squash, summer	1 oz	150 lb	0.3-0.5 lb
Tomatoes	50 plts or 1/8 oz	100 lb	0.25-0.5 lb
	http://njaes.rutgers.edu/pubs/urbanfringe/pdfs/urbanfringe-v07n01.pdf		

Average yields for common vegetables produced in urban agriculture.

A Community Supported Agriculture (CSA) can have up to 25 high-density crops, compared to conventional farmers which is approximately 5.



Urban symbiotic agriculture relationship

Did you know?:
800 million people worldwide grow vegetables or fruits or raise animals in cities, producing 15 to 20 percent of the world's food.

Urban Homesteading in Fort Collins

- Home gardens are allowed on all private properties. Including in-ground, raised, potted, hanging, and greenhouse methods.
- Farmers markets are available in more areas of Fort Collins, allowing for the sale of surplus produce.
  - Studies report that every $1 invested in a community garden plot yields approximately $6 worth of vegetables.
- Poultry is allowed in limits of:
  - 8 on less than ½ acre
  - 12 on ½ to 1 acre
- Goats are only allowed only in pairs. They must have 150sqft of space per goat, and they must have vaccinations.

Fort Collins

Mid April	Late April	Early May FROST	Mid May	Late May	Early June	Mid June	Late June	Early July	Mid July	Late July	Early Aug.	Mid Aug.	Late Aug.	Early Sept.	Mid Sept.	Late Sept.	Early Oct. FROST
	40-45 day, cool season crops (spinach, lettuce)								65-70 day, cool season crops (peas)								
	50-55 day, cool season crops (kohlrabi)								50-60 day, cool season crops (kohlrabi, beets, broccoli, cabbage, carrots, cauliflower, chard)								
	60-70 day, cool season crops (beets, broccoli, cabbage, carrots, cauliflower, chard, peas)										40-45 day, cool season crops (spinach, lettuce)						
	75 day cool season crops																
		50 day, semi-tender, warm season crops (summer squash)															
		55-60 day, semi-tender, warm season crops (cucumbers)															
		65-70 day, semi-tender, warm season crops (beans)															
		75-80 day, semi-tender, warm season crops (corn)															
		85-90 day, semi-tender, warm season crops (corn)															
			70-75 day, tender, warm season crops (tomatoes, peppers, eggplant)														
			80-85 day, tender, warm season crops (cantaloupe, watermelon)														
			90-95 day, tender, warm season crops (winter squash)														

Vegetable growing seasons in Fort Collins

In a 130 day-temperate growing season, a 10 x 10 meter plot can provide most of a household's yearly vegetable needs, including much of the household's nutritional requirements for vitamins A, C, and B complex and iron.

Acknowledgements

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