

VEGETABLE SEEDS PER OUNCE / PER GRAM

• One ounce equals 28 grams.

Vegetable	Seeds per Ounce	Seeds per Gram
Artichoke	200	7-8
Arugula	14,200	500
Asparagus	680-1400	24-50
Basil	1700-18,400	600-650
Bean, Broad	25-30	1
Bean, Bush	50-280	2-10
Bean, Pole	25-30	1
Beets	1134-1700	40-60
Broccoli	9000	315
Brussels Sprouts	7600	270
Cabbage, Chinese	11,350-34,000	400-750
Cabbage	2800-10,300	190-300
Carrot	11,300-34,000	400-1200
Cauliflower	7100-9900	250-350
Celery	56,700-70,900	2000-2500
Chard	1100-3700	40-130
Chicory	5700-25,500	600-900
Chives, Onion	5700-7000	200-250
Chives, Garlic	7000	250
Coriander	2000-2500	70-90
Corn	225-290	8-10
Corn Salad	1980-18,350	700-1000
Cowpea	205	7
Cucumber	850-1200	30-45
Dill	25,000	900
Eggplant	5700-7100	200-250
Endive	25,500	900
Fennel	8500	300

Gourd	850	30
Jicama	140	5
Kale	7100-8500	250-300
Kohlrabi	7100	250
Leek	9500-11,200	340-400
Lettuce	17,000-34,000	600-1200
Marjoram	340,200	12,000
Mitsuba	14,200	500
Mizuna	8500-11,400	300-400
Mustard	9900-17,000	350-600
Nasturium	200	7-8
Okra	425-700	15-25
Onion	7000-11,300	250-400
Oregano	24,500	
Parsley	1400-1700	500-600
Parsnip	4000-5700	140-200
Pea	90-175	4-5
Pepper	4200-5700	150-200
Pumpkin	100-300	8-15
Radish	2500-4000	90-140
Rhubarb	1700-2300	60-80
Rosemary	25,500	900
Sage	7100	250
Spinach	2000-2300	70-80
Squash	200-425	7-15
Sunflower	280-570	10-20
Thyme	17,000	6000
Tomato	7000-11,500	250-380
Turnip	8500-12,800	300-450
Watermelon	170-560	6-20
Zucchini	55-280	2-10