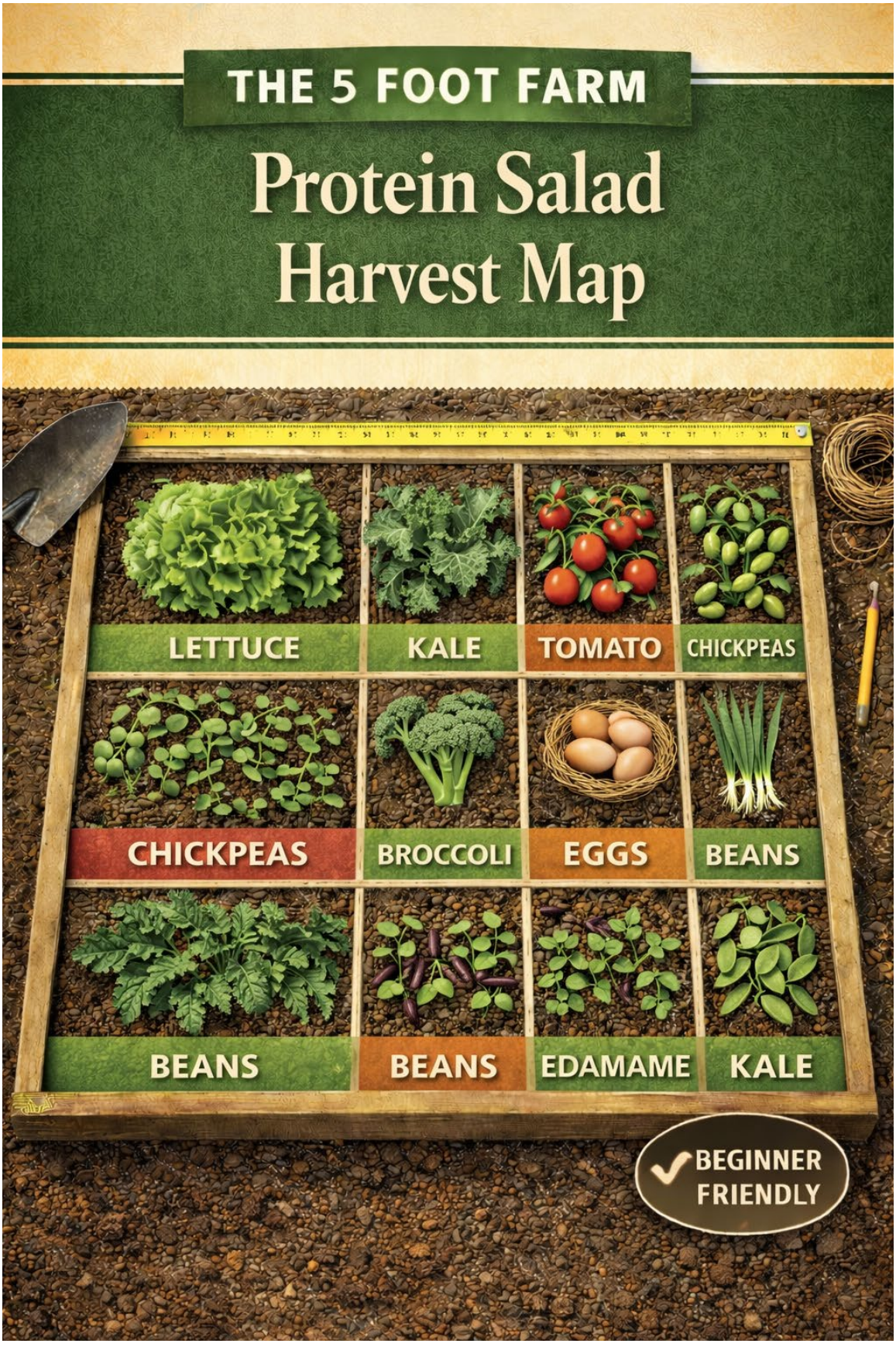
THE 5 FOOT FARM
Protein Salad
Harvest Map
LETTUCE
KALE
TOMATO
CHICKPEAS
CHICKPEAS
BROCCOLI
EGGS
BEANS
BEANS
BEANS
EDAMAME
KALE
BEGINNER
FRIENDLY

🥗💪 THE 5 FOOT FARM PROTEIN SALAD SUCCESSION MAP

Grow High-Protein Salads All Season in One Small Garden

Design Goals

- Plant-based protein focus
- Continuous harvest
- Meal-prep friendly
- Minimal trellising (only peas)
- High regrowth crops
- Balanced greens + protein in every zone

Legend
S = Spring
U = Summer
F = Fall

Each square shows:
Spring → Summer → Fall

▨ 5×5 PROTEIN SALAD SUCCESSION GRID

[1] Peas → Bush Beans → Spinach | [2] Spinach → Edamame → Kale | [3] Arugula → Chickpeas → Lettuce | [4] Peas → Bush Beans → Arugula | [5] Spinach → Edamame → Spinach

[6] Lettuce → Chickpeas → Kale | [7] Peas → Bush Beans → Spinach | [8] Arugula → Edamame → Lettuce | [9] Spinach → Chickpeas → Kale | [10] Peas → Bush Beans → Arugula

[11] Lettuce → Edamame → Spinach | [12] Spinach → Chickpeas → Kale | [13] Arugula → Bush Beans → Lettuce | [14] Peas → Edamame → Spinach | [15] Lettuce → Chickpeas → Kale

[16] Spinach → Bush Beans → Arugula | [17] Peas → Chickpeas → Lettuce | [18] Arugula → Edamame → Spinach | [19] Spinach → Bush Beans → Kale | [20] Peas → Chickpeas → Arugula

[21] Lettuce → Edamame → Spinach | [22] Spinach → Bush Beans → Kale | [23] Arugula → Chickpeas → Lettuce | [24] Peas → Edamame → Spinach | [25] Lettuce → Bush Beans → Arugula

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🧭 HOW TO USE THE PROTEIN SALAD MAP

Phase 1 — Spring (Cool-Season Protein + Greens)

Plant:

- Peas (snap or shelling)
- Spinach
- Lettuce
- Arugula

Peas provide:

- Early protein
- Fast growth
- Nitrogen boost for soil

Harvest peas + greens together for **early protein salads.**

Phase 2 — Summer (Heavy Protein Producers)

Replace with:

- Bush beans
- Edamame (soybeans)
- Chickpeas

Why these dominate:

- Bush beans = continuous harvest
- Edamame = extremely high protein
- Chickpeas = meal-level protein

This phase produces the **core calorie + protein bulk**.

Phase 3 — Fall (Greens + Final Protein)

Finish with:

- Spinach
- Kale
- Lettuce
- Arugula

Pair fall greens with:

- Final bean harvests
- Blanched edamame
- Stored chickpeas

Result: **high-protein salads into cold weather.**

🌿 WHY THIS PROTEIN SYSTEM WORKS

Rule 1 — Protein in Every Season

- Spring = peas
- Summer = beans / edamame / chickpeas
- Fall = stored beans + fresh greens

No protein gaps.

Rule 2 — Nitrogen Cycling Built In

Legumes:

- Fix nitrogen
- Improve soil
- Feed the next crop

Meaning:

- Healthier greens
- Less fertilizer
- Better flavor

Rule 3 — Meal-Complete Harvests

Every harvest contains:

- Leafy greens
- Crunch (peas / beans)
- Protein

One bowl =
Fiber + protein + micronutrients in one meal.
