

# Urban Farming for Beginners: The Checklist for Selecting High Value Crops

Crop	Maturity	Yield	Price	Harvest	Demand	Score
Lettuce						
Radishes						
Tomato						
Spinach						
Kale						
Strawberries						
Coriander						
Beet						
Broccoli						
Cabbage						
Carrot						
Cauliflower						
Cucumber						
Garlic						
Okra						
Parsnip						
Peas						
Sweet Corn						
Potato						
Pumpkin						



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Green Beans						
Eggplant						
Pepper						
Kohlrabi						

Source: [Urban Farming for Beginners: How to Earn More Money on Less Land](#)

