

Table of Contents

Understanding and Using Work Rate	4
Table DD1-1: Key SPIN Tasks to Establish Work Rate Benchmarks For	5
Understanding and Using Work Sessions	6
Understanding and Using Work Flow	6
From Concept to Practice	6
Tilling Work Rate	8
Table DD1-2: Work Rate Benchmarks for Tilling.....	8
Bed Prep Work Rate	9
Table DD1-3: Work Rate Benchmarks for Hand Prepping	10
Table DD1-4: Work Rate Benchmarks for Hand Prepping a Standard Size Bed	10
Watering Work Rate.....	15
Plug Tray Production Work Rate	17
Planting	18
Table DD1-5: Work Rate Benchmarks for Segment size Potato Planting	19
Harvesting Work Rate	20
Table DD1-6: Work Rate Benchmarks for Forking Loose Crops	21
Weeding Work Rate	24
Post-harvesting Prep Work Rate	26
Multi-tasking	29
In Summary	30
SPIN-Farming Lexicon	
SPIN-Farming 2.0 Lexicon	
About the Authors	