



ON THE MEASUREMENT OF SPRING PRODUCE

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Have you ever been frustrated by a recipe that tells you to use 1/3 cup of freshly squeezed orange juice, and it leaves you perplexed as to how many oranges that might be? (That would be one medium, by the way.) How about a recipe that asks for 2 to 3 cups of pitted, sliced apricots? How many pounds should you buy at the market or pick from your tree? (That would be one pound, or 8 to 12 medium apricots.) The Ball® Complete Book of Home Preserving offers a “Produce Purchase Guide” that helps home cooks and food preservers solve these puzzles. Here are some amounts for spring produce and year-around produce. Fruit with pits are assumed pitted. Vegetables that are normally peeled are assumed peeled, and sliced or chopped.

SPRING FRUIT:

Apricots: 1 medium sliced = 1/4 cup
Cherries: 1 pound = 2 cups
Grapefruit: 1 to 2 medium = 1 pound
Grapefruit: 1 medium = 2/3 cup juice
Lemons: 2 to 3 medium = 1 pound
Lemons: 1 medium = 2 1/2 to 3 tablespoons juice
Lemons: 1 medium = 1 tablespoon grated zest
Oranges: 2 to 3 medium = 1 pound
Rhubarb: 4 to 8 stalks = 1 pound = 3 cups
Strawberries: 1 pound sliced = 2 to 2 1/3 cups
Strawberries: 1 pound crushed = 1 2/3 cups

SPRING VEGETABLES:

Asparagus: 16 to 20 medium = 1 pound
Asparagus: 1 pound = 3 cups
Peas, green, in pod: 1 pound shelled = 1 cup
Turnips and Rutabaga: 3 to 4 medium = 2 1/2 cups

YEAR-AROUND (OR NEARLY) FRUIT:

Bananas: 3 medium = 1 pound

Bananas: 1 pound = 2 cups sliced, 1 cup mashed

Pineapple: 1 medium = 4 pounds

Pineapple: 4 pounds = 5 cups

YEAR-AROUND (OR NEARLY) VEGETABLES:

Beans, dried, kidney: 1 pound = 2 ½ cups

Beans, dried, pea/navy: 1 pound = 2 ⅓ cups

Beets: 10 medium = 1 pound

Beets: 1 pound = 2 cups

Broccoli: 1 medium bunch = 1 pound

Broccoli: 1 pound = 2 cups

Cabbage: 1 small to medium head = 1 pound

Cabbage: 1 pound = 4 to 6 cups shredded

Carrots: 5 to 6 medium = 1 pound

Carrots: 1 pound = 3 cups sliced, 2 ½ cups shredded

Cauliflower: 1 small head = 1 pound

Cauliflower: 1 pound = 1 ½ cups

Celery: 1 bunch = 2 pounds

Celery: 1 stalk = ½ cup

Onions, cooking: 3 to 4 medium = 1 pound

Onions, cooking: 1 pound = 2 ½ cups

Onions, cooking: 1 medium = ¾ cup

Mushrooms: 1 pound = 5 to 6 cups

Parsnips: 4 medium = 1 pound

Parsnips: 1 pound = 2 cups

You can download the guide at

<http://www.freshpreserving.com/guides/ProducePurchaseGuide.pdf> .

For questions about safe home food preservation, or to schedule a speaker for organizations or clubs on the topics of food safety or food preservation, call the Master Food Preservers at (530) 621-5506.

For more information, be sure to go to the Master Food Preserver website at

http://cecentralsierra.ucanr.org/Master_Food_Preservers/. Sign up to receive our Master Food Preservers E-Newsletter at <http://ucanr.org/mfpnews/>.