



Produce Purchase Guide

Approximate, average weights and volume yields of common fruits and vegetables.
Actual yields will vary based on size of selected items and preparation technique.

VEGETABLES	PURCHASE AMOUNT	WEIGHT	PREPARATION	PREPARED YIELD
Asparagus, green	16 to 20 medium	1 lb	tough ends removed, sliced	3 cups
Beans, green or yellow	1 lb	1 lb	tips removed, sliced	3 cups
Beans, dried (legumes)				
kidney beans	1 lb	1 lb	dried	2 1/2 cups
pea/navy beans	1 lb	1 lb	dried	2 1/3 cups
Beets	10 medium, without tops	1 lb	peeled, diced	2 cups
Broccoli	1 medium bunch	1 lb	florets	2 cups
Cabbage	1 small to medium head	1 lb	shredded (quantity varies by size of shred)	4 to 6 cups
Carrots	5 to 6 medium, without tops	1 lb	sliced	3 cups
			shredded	2 1/2 cups
Cauliflower	1 small head	1 lb	florets	1 1/2 cups
Celery	1 stalk		diced	1/2 cup
	1 bunch	2 lb	diced	3 cups
Corn on the cob	1 medium ear		kernels cut from ear	1/2 cup
Cucumber, English or field	1 medium	8 oz	sliced or diced	2 cups
Cucumber, pickling	6 to 7 medium	1 lb	sliced	3 1/3 cups
Jalapeño peppers	20 medium	1 lb	sliced	4 cups
Onions, cooking	3 to 4 medium	1 lb	chopped	2 1/2 cups
	1 medium		chopped	3/4 cup
Onions, pearl or pickling	about 50 (3/4 to 1 inch)	1 lb	whole, peeled	4 cups
Onions, red	2 medium	1 lb	sliced	3 1/3 cups
Mushrooms	1 lb	1 lb	sliced	5 to 6 cups
Parsnips	4 medium	1 lb	peeled, chopped	2 cups
Peas, green, fresh in pods	1 lb	1 lb	shelled	1 cup



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Sweet bell peppers, red, green, orange or yellow	1 large	6 to 8 oz	chopped	1 1/4 cups
Potatoes	3 medium	1 lb	diced	2 1/4 cups
Pumpkin, pie	1 lb	1 lb	peeled, cubed	4 cups
Squash, butternut	1 lb	1 lb	peeled, cubed	3 1/4 cups
Tomatoes, round garden or globe	3 medium	1 lb	chopped	2 1/2 to 3 cups
			peeled and crushed or put through food mill	1 1/2 cups
Tomatoes, Italian plum (Roma)	5 medium	1 lb	chopped	2 cups
			crushed or puréed	1 1/2 cups
	1 bushel	53 lb		
Turnips, Rutabaga	3 to 4 medium	1 lb	cubed	2 1/2 cups
Zucchini	3 medium	1 lb	sliced	3 cups
	1 medium		sliced	1 cup



FRUITS	PURCHASE AMOUNT	WEIGHT	PREPARATION	PREPARED YIELD
Apples	3 medium	1 lb	peeled, cored, sliced	3 cups
	1 medium		peeled, cored, diced	1 cup
Apricots	8 to 12 medium	1 lb	pitted, sliced	2 to 3 cups
	1 medium		pitted, sliced	1/4 cup
Bananas	3 medium	1 lb	sliced	2 cups
			mashed	1 cup
Blackberries	3 6-oz containers	1 lb	whole	2 2/3 cups
			crushed	1 2/3 cups
Black currants, fresh	1 lb	1 lb	whole	4 cups
	dried	1 lb	1 lb	whole
Blueberries	3 6-oz containers	1 lb	whole	2 2/3 cups
			crushed	1 3/4 cups
Cherries	1 lb	1 lb	stemmed, not pitted	3 cups
			pitted	2 cups
	frozen	1 lb 1 bucket	1 lb 10 lb	thawed thawed
Crabapples	45 to 50 small	1 lb	stemmed, chopped, cooked, juiced	3 2/3 cups
Cranberries, fresh	1 lb	1 lb	whole	4 cups
Elderberries	1 lb	1 lb	whole	3 1/4 cups
Figs	9 medium	1 lb	stemmed, chopped	2 1/2 cups
	dried	40 medium	1 lb	chopped
Gooseberries	1 lb	1 lb	whole	3 1/4 cups
Grapefruit	1 to 2 medium	1 lb		
	1 medium		juiced	2/3 cup
Grapes	1 lb	1 lb	peeled, sectioned, membrane removed	10 to 12 sections
			stemmed	2 1/2 to 3 cups
Lemons	2 to 3 medium 1 medium	1 lb	stemmed, seeded	2 to 2 1/2 cups
			juiced	2 1/2 to 3 Tbsp
			grated zest	1 Tbsp



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Limes	6 to 8 medium 1 medium	1 lb	juiced grated zest	1 to 3 Tbsp 1 to 2 Tbsp
Melon				
cantaloupe	1 6-inch melon	3 lb	peeled, seeded, cubed	6 to 7 cups
honeydew	1 6-inch melon	3 lb	peeled, seeded, cubed	4 to 5 cups
Mulberries	1 lb	1 lb	whole	3 1/4 cups
Nectarines	3 medium	1 lb	pitted, sliced	2 1/2 cups
Oranges	2 to 3 medium 1 medium	1 lb	juiced peeled, sectioned, membrane removed, chopped grated zest	1/3 cup 1/2 cup 4 tsp
Peaches	3 medium	1 lb	peeled, pitted, sliced peeled, pitted, crushed	2 1/4 cups 1 3/4 cups
Pears	3 medium	1 lb	peeled, cored, sliced	2 1/4 cups
Pineapple	1 medium	4 lb 1 lb	peeled, cored, cubed peeled, cored, cubed	5 cups 2 1/2 cups
Plums				
yellow	10 large	1 lb		
purple (prune)	10 medium 2 medium	1 lb	pitted, sliced	1/3 cup
Prunes, dried	1 lb	1 lb	whole	2 1/2 cups
Raisins	1 lb	1 lb	whole	3 cups
Red currants	1 lb	1 lb	whole	4 cups
Rhubarb	4 to 8 stalks	1 lb	sliced into 1-inch pieces	3 cups
Raspberries	3 6-oz containers	1 lb	whole crushed	4 cups 1 3/4 to 2 cups
Saskatoon berries	1 pint container	1 lb	whole	3 1/4 cups
Strawberries	1 1-lb container	1 lb	whole, stemmed sliced crushed	2 2/3 cups 2 to 2 1/3 cups 1 2/3 cups