

# How Much Should I Buy?

## What Equals What?

1 cup = 8 fluid ounces  
2 cups = 1 pint  
4 cups = 1 quart  
2 pints = 1 quart  
4 quarts = 1 gallon

## Abbreviations

ounce = oz.  
pound = lb.  
quart = qt.

## Food Safety Tip to Enjoy

**Fresh Produce:** Just before use, rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten.



# A

## Apples

1 medium	1 cup diced or sliced
	¾ cup chopped
3 or 4 medium (1lb.)	3 cups diced or sliced
	2½ cups chopped

## Apricots

2 medium	½ cup sliced
8 to 12 medium (1 lb.)	2 cups halves or slices

## Asparagus

16 to 20 spears (1 lb.)	3 cups trimmed
	2½ cups cooked

# B

## Beets (without tops)

10 medium (1 lb.)	2 cups diced or sliced, cooked
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## Blackberries

1 lb.	3½ cups
1 pint	2 to 3 cups

## Blueberries

1 lb.	3½ cups
1 pint	2 to 3 cups

## Brussels Sprouts

1 lb.	4 cups cooked
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## Broccoli

1 lb.	2 cups florets
1 bunch	3 cups chopped, cooked

# C

## Cabbage

1 medium head	1¼ to 1½ lbs.
1 lb.	3½ to 4½ cups shredded

## Cantaloupe

1 medium (3 lbs.)	4 to 4½ cups cubed
	25 balls (⅞")

## Carrots

5 to 7 medium 12 to 14 small 24 to 36 baby (1 lb.)	2½ cups shredded or sliced
	2½ cups cooked

## Cauliflower

1 medium head	1¾ to 2¼ lbs.
1 lb.	1½ cups, cut up

## Celery

2 to 3 medium stalks	1 cup chopped or sliced
1 lb. untrimmed	2 cups diced or sliced

## Cherries (sweet)

1 lb. unpitted	1¾ cups pitted
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## Collard Greens

1 lb.	6 to 7 cups raw
	1½ cups cooked

## Corn

3 to 4 ears	1 cup kernels
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## Cranberries

1 lb.	4 cups
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## Cucumbers

2 medium (1 lb.)	2½ to 3 cups peeled, sliced or chopped
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# E

## Eggplant

1 medium (1 lb.)	4 cups diced
	1¾ cups cubed, cooked



# G

## Grapes

1 lb.	2½ cups
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## Green Beans

1 lb.	2½ cups cut, cooked
	3 cups trimmed

# H

## Honeydew Melon

1 medium (4 lbs.)	4 cups diced
	35 balls

# K

## Kale

1 lb.	6 cups raw leaves
	1¼ cups cooked leaves

## Kohlrabi

4 medium bulbs (2 lbs.)	3½ cups cubed, cooked
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# L

## Leeks

2 large or 3 medium (1 lb.)	2 cups chopped or sliced (white part)
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## Lettuce, Bibb

1 medium head	4 cups torn
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## Lettuce, Boston

1 medium head	4 cups torn
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## Lettuce, Iceberg

1 medium head	6 to 8 cups torn
	4 cups shredded

## Lettuce, Leaf

1 medium bunch	4 to 6 cups torn
	25 to 30 leaves

## Lettuce, Romaine

1 head	6 cups torn
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## Lettuce, Salad Mix

4 oz.	4 to 6 cups
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## Lima Beans (shelled)

1 lb.	3 cups
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# M

## Mushrooms

18 to 20 medium (1 lb.)	2 cups sliced, sautéed
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# O

## Okra

35 pods (1 lb.)	1½ to 2 cups sliced
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## Onions (green with tops)

1 bunch (5 to 8)	1 cup sliced
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## Onions (white or yellow)

1 small (3 oz.)	⅓ to ½ cup chopped
1 medium (4 to 5 oz.)	⅓ to ½ cup chopped
2 large/3 medium (1 lb.)	2 to 2½ cups chopped

# P

## Parsley, fresh

1 bunch (2 oz.)	1½ cups chopped
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## Parsnips

4 medium (1 lb.)	2 cups diced, cooked
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## Peaches

4 medium (1 lb.)	2 cups peeled, sliced
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## Pears

4 medium (1 lb.)	2 cups sliced
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## Peas

1 lb.	1 cup shelled
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## Peppers (sweet)

1 small	¼ cup chopped
1 medium	½ cup chopped
1 large	1 cup chopped
3 large or 5 medium (1 lb.)	3 to 4 cups chopped

## Plums

8 to 10 small 6 medium 5 large (1 lb.)	2 to 2½ cups pitted
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## Potatoes (new)

9 to 12 small	1 lb.
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## Potatoes (red)

7 to 9 small 5 to 6 medium	1 lb.
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## Potatoes (white or russet)

3 medium (1 lb.)	2¼ cups peeled, diced
	3 cups shredded
	2 cups French fries
	1¾ cups mashed

## Pumpkin

1 lb.	1 cup cooked, mashed
	4 cups peeled and cubed
1 medium (5 lbs.)	4½ cups cooked, puréed

# R

## Radicchio

1 medium head	8 leaves
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## Radishes

12 radishes	1 cup sliced
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## Raspberries

1 pint	1¾ cups
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## Rhubarb

4 to 8 stalks (1 lb.)	2 cups cooked
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## Rutabaga

1 medium (2 to 3 lbs.)	5 cups cubed
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# S

## Scallions (with tops)

6 to 8 scallions	1 cup sliced
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## Snow peas

4 oz.	1½ cups trimmed
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## Spinach

1 lb.	4 cups torn leaves
	1½ cups cooked
	½ to ¾ cup cooked, squeezed dry

## Squash (spaghetti)

2 lbs.	4 cups cooked strands
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## Squash (summer)

3 medium or 6 small (1 lb.)	1⅔ cups cooked and mashed
	2 cups sliced, cooked

## Squash (winter)

1 lb.	1 cup cooked and mashed
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## Strawberries

24 medium (1 pint)	2½ cups whole
	1¾ cups sliced
	1¼ cups puréed

## Sweet Potatoes

1 lb.	2 cups cubed or sliced
	1¾ to 2 cups mashed

## Swiss Chard

1 lb.	5 to 6 cups leaves
	1 cup cooked leaves



# T

## Tomatoes

1 medium	1 cup chopped
2 large, 3 medium 4 small (1 lb.)	1 to 1½ cups peeled, seeded, chopped
	¾ cup cooked

## Tomatoes (cherry)

25 to 35 tomatoes (1 lb.)	1 pint
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## Turnip Greens

1 lb.	6 to 7 cups raw leaves
	1 cup cooked leaves

## Turnips

3 to 4 medium (1 lb.)	2½ to 3 cups cooked and mashed
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# W

## Watermelon (with rind)

1 lb.	1 cup cubes or balls
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# Z

## Zucchini

3 medium (1 lb.)	1 cup sliced
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