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How Much Should I Buy?

A Guide to Fresh Fruits and
Vegetables for Home Cooking

Partially funded by Project FRESH-Farmers' Market
Nutrition Program.

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.



Apples

1 medium 1 cup diced or sliced
 $\frac{3}{4}$ cup chopped
3 or 4 medium 3 cups diced or sliced
(1 lb.) 2 $\frac{1}{2}$ cups chopped

Apricots

2 medium $\frac{1}{2}$ cup sliced
8 - 12 medium 2 cups halves or slices
(1 lb.)

Asparagus

16 - 20 spears 3 cups trimmed
(1 lb.) 2 $\frac{1}{2}$ cups cooked

Beets (without tops)

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

Blackberries

1 lb. 3 $\frac{1}{2}$ cups
1 pint 2 to 3 cups

Blueberries

1 lb. 3 $\frac{1}{2}$ cups
1 pint 2 to 3 cups

Brussels Sprouts

1 lb. 4 cups cooked

Broccoli

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

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2

Cabbage

1 medium head 1 ¼ to 1 ½ lbs.

1 lb. 3 ½ to 4 ½ cups shredded

Cantaloupe

1 medium (3 lbs.) 4 to 4 ½ cups cubed
25 balls (7/8")

Carrots

5 – 7 medium 2 ½ cups shredded or sliced
12 – 14 small
24 – 36 baby (1 lb.) 2 ½ cups cooked

Cauliflower

1 medium head 1 ¾ to 2 ¼ lbs.

1 lb. 1 ½ cups, cut up

Celery

2 – 3 medium stalks 1 cup chopped or sliced

1 lb. untrimmed 2 cups diced or sliced

Cherries (sweet)

1 lb. unpitted 1 ¾ cups pitted

Collard Greens

1 lb. 6 to 7 cups raw
1 ½ cups cooked

Corn

3–4 ears 1 cup kernels

Cranberries

1 lb. 4 cups

Cucumbers

2 medium (1 lb.) 2 ½ to 3 cups peeled, sliced or chopped

Eggplant

1 medium (1 lb.) 4 cups diced
1 ¾ cups cubed, cooked

Grapes

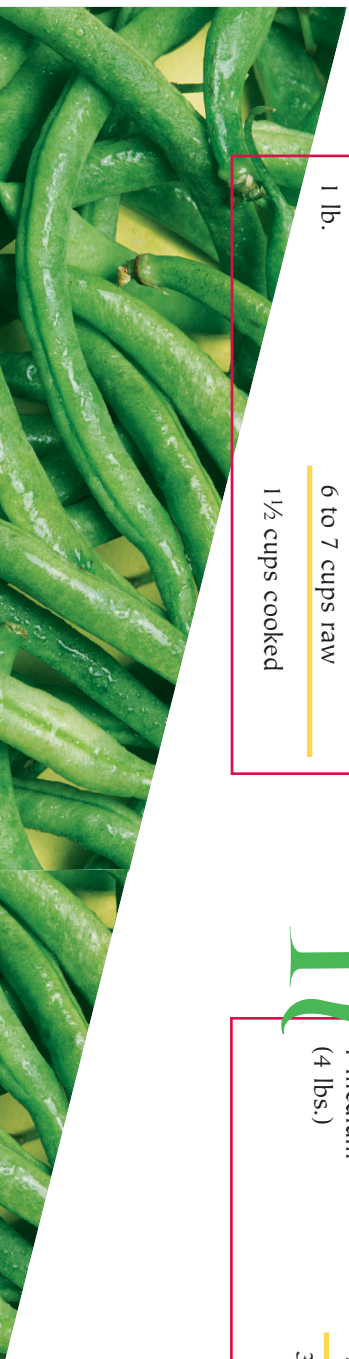
1 lb. 2 ½ cups

Green Beans

1 lb. 2 ½ cups cut, cooked
3 cups trimmed

Honeydew Melon

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



K

Kale

1 lb.

6 cups raw leaves

1 ¼ cups cooked leaves

Kohlrabi

4 medium bulbs
(2 lbs.)

3 ½ cups cubed,
cooked

Leeks

2 large or 3 medium
(1 lb.)

2 cups chopped or
sliced (white part)

Lettuce, Bibb

1 medium head

4 cups torn

Lettuce, Boston

1 medium head

4 cups torn

Lettuce, Iceberg

1 medium head

6 - 8 cups torn

4 cups shredded

Lettuce, Leaf

1 medium bunch

4 - 6 cups torn

25 - 30 leaves

M

Lettuce, Romaine

1 head

6 cups torn

Lettuce, Salad Mix

4 oz.

4 - 6 cups

Lima Beans (shelled)

1 lb.

3 cups

Mushrooms

18 - 20 medium
(1 lb.)

2 cups sliced, sautéed

Okra

35 pods
(1 lb.)

1 ½ - 2 cups sliced

Onions (green w/tops)

1 bunch
(5 - 8)

1 cup sliced

Onions (white or yellow)

1 small
(3 oz.)

½ - ½ cup chopped

1 medium
(4 - 5 oz.)

⅓ - ½ cup chopped

2 large/3 medium
(1 lb.)

2 to 2 ½ cups chopped

O



P

Parsley, fresh

1 bunch
(2 oz.) 1½ cups chopped

Parsnips

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

Peaches

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

Pears

4 medium
(1 lb.) 2 cups sliced

Peas

1 lb. 1 cup shelled

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 - 4 cups chopped

Plums

8-10 small
6 medium
5 large
(1 lb.) 2 - 2½ cups pitted

Potatoes (new)

9 - 12 small 1 lb.

Potatoes (red)

7 - 9 small
5 - 6 med 1 lb.

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 & cubed

1 medium
(5 lbs.) 4½ cups cooked,
puréed

Radicchio

1 medium head 8 leaves

Radishes

12 radishes 1 cup sliced

Raspberries

1 pint 1¾ cups

Rhubarb

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

Rutabaga

1 medium
(2 - 3 lbs.) 5 cups cubed





Scallions (with tops)

6 - 8 scallions 1 cup sliced

Snow peas

4 oz. 1 ½ cups trimmed

Spinach

1 lb. 4 cups torn leaves

1 ½ cups cooked

½ - ¾ cup cooked,
squeezed dry

Squash (spaghetti)

2 lbs. 4 cups cooked strands

Squash (summer)

3 medium or 6 small
(1 lb.) 1 ⅔ cups cooked and
mashed

2 cups sliced, cooked

Squash (winter)

1 lb. 1 cup cooked and
mashed

Strawberries

24 medium
1 pint 2 ½ cups whole

1 ¾ cups sliced

1 ¼ cups puréed

Sweet potatoes

1 lb. 2 cups cubed or sliced

1 ¾ - 2 cups mashed



Swiss Chard

1 lb. 5 - 6 cups leaves

1 cup cooked leaves

Tomatoes

1 medium 1 cup chopped

2 large, 3 medium,
4 small 1 - 1 ½ cups peeled,
seeded, chopped

¾ cup cooked

Tomatoes (cherry)

25 - 35 tomatoes
(1 lb.) 1 pint

Turnip Greens

1 lb. 6 - 7 cups raw leaves

1 cup cooked leaves

Turnips

3 - 4 medium
(1 lb.) 2 ½ - 3 cups cooked
and mashed

Watermelon (with rind)

1 lb. 1 cup cubes or balls

Zucchini

3 medium
(1 lb.) 1 cup sliced

