



# 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	500 g	tough ends removed, sliced	750 ml
Beans, green or yellow	500 g	500 g	tips removed, sliced	750 ml
Beans, dried (legumes)				
kidney beans	500 g	500 g	dried	625 ml
pea/navy beans	500 g	500 g	dried	580 ml
Beets	10 medium, without tops	500 g	peeled, diced	500 ml
Broccoli	1 medium bunch	500 g	florets	500 ml
Cabbage	1 small to medium head	500 g	shredded (quantity varies by size of shred)	1 to 1.5 L
Carrots	5 to 6 medium, without tops	500 g	sliced	750 ml
			shredded	625 ml
Cauliflower	1 small head	500 g	florets	375 ml
Celery	1 stalk		diced	125 ml
	1 bunch	1 kg	diced	750 ml
Corn on the cob	1 medium ear		kernels cut from ear	125 ml
Cucumber, English or field	1 medium	250 g	sliced or diced	500 ml
Cucumber, pickling	6 to 7 medium	500 g	sliced	830 ml
Jalapeño peppers	20 medium	500 g	sliced	1 L
Onions, cooking	3 to 4 medium	500 g	chopped	625 ml
	1 medium		chopped	190 ml
Onions, pearl or pickling	about 50 (19 mm to 25 mm)	500 g	whole, peeled	1 L
Onions, red	2 medium	500 g	sliced	830 ml
Mushrooms	500 g	500 g	sliced	1.25 to 1.5 L
Parsnips	4 medium	500 g	peeled, chopped	500 ml
Peas, green, fresh in pods	500 g	500 g	shelled	250 ml



VEGETABLES	PURCHASE AMOUNT	WEIGHT	PREPARATION	PREPARED YIELD
Sweet bell peppers, red, green, orange or yellow	1 large	185 to 250 g	chopped	310 ml
Potatoes	3 medium	500 g	diced	560 ml
Pumpkin, pie	500 g	500 g	peeled, cubed	1 L
Squash, butternut	500 g	500 g	peeled, cubed	810 ml
Tomatoes, round garden or globe	3 medium	500 g	chopped	625 to 750 ml
			peeled and crushed or put through food mill	375 ml
	1 bushel	24.04 kg		
Tomatoes, Italian plum (Roma)	5 medium	500 g	chopped	500 ml
			crushed or puréed	375 ml
	1 bushel	24.04 kg		
Turnips, Rutabaga	3 to 4 medium	500 g	cubed	625 ml
Zucchini	3 medium	500 g	sliced	750 ml
	1 medium		sliced	250 ml



FRUITS	PURCHASE AMOUNT	WEIGHT	PREPARATION	PREPARED YIELD
Apples	3 medium	500 g	peeled, cored, sliced	750 ml
	1 medium		peeled, cored, diced	250 ml
Apricots	8 to 12 medium	500 g	pitted, sliced	500 to 750 ml
	1 medium		pitted, sliced	60 ml
Bananas	3 medium	500 g	sliced	500 ml
			mashed	250 ml
Blackberries	3 (185 g) containers	500 g	whole	670 ml
			crushed	420 ml
Black currants, fresh	500 g	500 g	whole	1 L
	dried	500 g	500 g	whole
Blueberries	3 (185 g) containers	500 g	whole	670 ml
			crushed	440 ml
Cherries fresh	500 g	500g	stemmed, not pitted	750 ml
			pitted	500 ml
frozen	500 g	500 g	thawed	500 ml
	1 bucket	5 kg	thawed	4 L
Crabapples	45 to 50 small	500 g	stemmed, chopped, cooked, juiced	920 ml
Cranberries, fresh	500 g	500 g	whole	1 L
Elderberries	500 g	500 g	whole	810 ml
Figs fresh	9 medium	500 g	stemmed, chopped	625 ml
	dried	40 medium	500 g	chopped
Gooseberries	500 g	500 g	whole	810 ml
Grapefruit	1 to 2 medium	500 g	juiced	170 ml
	1 medium		peeled, sectioned, membrane removed	10 to 12 sections
Grapes	500 g	500 g	stemmed	625 to 750 ml
			stemmed, seeded	500 to 625 ml
Lemons	2 to 3 medium	500 g	juiced	50 to 60 ml
	1 medium		grated zest	20 ml



FRUITS	PURCHASE AMOUNT	WEIGHT	PREPARATION	PREPARED YIELD
Limes	6 to 8 medium	500 g		
	1 medium		juiced	20 to 60 ml
			grated zest	20 to 40 ml
Melon				
cantaloupe	1 (152 mm) melon	1.5 kg	peeled, seeded, cubed	1.5 to 1.75 L
honeydew	1 (152 mm) melon	1.5 kg	peeled, seeded, cubed	1 to 1.25 L
Mulberries	500 g	500 g	whole	810 ml
Nectarines	3 medium	500 g	pitted, sliced	625 ml
Oranges	2 to 3 medium 1 medium	500 g	juiced	80 ml
			peeled, sectioned, membrane removed, chopped	125 ml
			grated zest	20 ml
Peaches	3 medium	500 g	peeled, pitted, sliced	560 ml
			peeled, pitted, crushed	440 ml
Pears	3 medium	500 g	peeled, cored, sliced	560 ml
Pineapple	1 medium	2 kg	peeled, cored, cubed	1.25 L
		500 g	peeled, cored, cubed	625 ml
Plums				
yellow	10 large	500 g		
purple (prune)	10 medium 2 medium	500 g	pitted, sliced	80 ml
Prunes, dried	500 g	500 g	whole	625 ml
Raisins	500 g	500 g	whole	750 ml
Red currants	500 g	500 g	whole	1 L
Rhubarb	4 to 8 stalks	500 g	sliced into 25 mm pieces	750 ml
Raspberries	3 (185 g) containers	500 g	whole	1 L
			crushed	440 to 500 ml
Saskatoon berries	1 (500 g) container	500 g	whole	810 ml
Strawberries	1 (500 g) container	500 g	whole, stemmed	670 ml
			sliced	500 to 580 ml
			crushed	420 ml