

Approximate Yields for Canned or Frozen Fruits and Vegetables

FRUITS	Measure/Weight	Yield in Quarts	Pounds per Quart	VEGETABLES	Measure/Weight	Yield in Quarts	Pounds per Quart
Apples	1 bu. (48 lbs)	16-20	2 ½ - 3	Asparagus	1 bu. (24 lbs)	8-12	2-3
Apples (sauce)	1 bu. (48 lbs)	15-18	2 ½ - 3 ½	Beans, Green	1 bu. (30 lbs)	5-8	4-5
Berries, except strawberries and cranberries	24 qt. crate (36 lbs)	12-18	1 ½ - 3	Beets (no tops)	1 bu. (52 lbs)	17-20	2 ½ - 3
Cherries	1 bu. (56 lbs)	22-32 (unpitted)	2 - 2 ½	Brussels Sprouts	4 qts	1 - 1 ½	2
Cherries (with stems)	1 lug box (15 lbs)	6-7 (unpitted)	2 - 2 ½	Cabbage	1 crate (80 lbs)	26-32	2 ½ - 3
Cranberries	1 bu. (100 lbs)	100	1	Carrots	1 bu. (50 lbs)	16-20	2 ½ - 3
Figs	1 box (6 lbs)	2 - 3	2 - 2 ½	Cauliflower	1 ½ bu. crate	12-18	2 medium
Grapes	1 bu. (48 lbs)	10-12	4	Corn, sweet (in husks)	1 bu. (35 lbs)	8-9 (as kernels)	4 - 5
Nectarines	flat (18 lbs)	6 - 9	2-3	Cucumbers	1 bu. (48 lbs)	24 - 30	1 ½ - 2
Peaches	1 bu. (50 lbs)	19 - 25	2 - 2 ½	Eggplant	1 bu. (33 lbs)	15 - 18	2 medium
Pears	1 bu. (50 lbs)	20 - 25	2 - 2 ½	Greens	1 bu. (18 lbs)	8 - 9	2 - 3
Plums	1 crate (70 lbs)	28 - 35	2 - 2 ½	Peas (in pods)	1 bu. (30 lbs)	6 - 8	4 - 5
Rhubarb	15 lbs.	7 - 11	2	Peppers	1 bu. (25 lbs)	17 - 21	1 ½
Strawberries	24 qt. crate (36 lbs)	12 - 16	6 - 8 cups	Potatoes, Irish	1 bu. (60 lbs)	18 - 22	2 ½ - 3
Tomatoes	1 bu. (53 lbs)	15 - 20	2 ½ - 3 ½	Pumpkin			1 ½ - 3
Tomatoes (for juice)	1 bu. (53 lbs)	12 - 16	3 - 3 ½	Squash, summer or winter	1 bu. (40 lbs)	16 - 20	2 - 2 ½