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Household Equivalents of fruit and vegetable retail packages

Michigan State University

Cooperative Extension Service

Consumer Marketing Information

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Household Equivalents *of fruit & vegetable retail packs*

Important note: Fruits and vegetables vary in size and in weight from season to season and from one variety to another. It's impossible to give hard and fast equivalents. So, do not take this guide in hand and set out to count every apple in the bushel or weigh the pits from every quart of cherries! Instead, use the charts to give you a general idea of what common retail packages, especially the larger ones, will mean in household terms: how many pints of frozen asparagus from a 10-pound box? . . . how many pies from a peck of apples? . . . etc.

vegetables:

CROP	RETAIL UNIT	YIELD	TRIM LOSS
Asparagus	1 pound (snapped)	2 cups, cut up	(% by weight) Cut asparagus — 47% (range: 12–69%) Snapped asparagus — 7% (range: 1–17%) <hr/> 1–1½ pounds fresh = 1 pint frozen 2½–4 pounds = 1 quart canned
	10-pound box	7–10 pints frozen 2½–4 quarts canned	
	Crate (24 pounds)	16–24 pints frozen 6–9 quarts canned	
	Bushel (45 pounds)	30–45 pints frozen 11–18 quarts canned	
Snap Beans	1 pound	3 cups, cut up	Average 12% <hr/> ¾ pound fresh = 1 pint frozen 1½–2½ pounds fresh = 1 quart canned
	Peck (8 pounds)	24 cups, cut up 10–12 pints frozen 4–5 quarts canned	
	12-quart basket (18–20 pounds)	24 pints frozen 8–12 quarts canned	
	Bushel (30 pounds)	40 pints frozen 12–20 quarts canned	
Sweet Corn (In Husks)	Bushel (35 pounds)	14–17 pints frozen 6–10 quarts canned	Average 29% from husks and cob <hr/> 2–2½ pounds fresh = 1 pint frozen 3–6 pounds fresh = 1 quart canned
		2–2½ pounds fresh = 1 pint frozen 3–6 pounds fresh = 1 quart canned	
Summer Squash	1 pound	2 cups	Average 5% <hr/> 1–1¼ pound fresh = 1 pint frozen 3 pounds fresh = 1 quart canned
	1 lug (25 pounds)	20–25 pints frozen 8 quarts canned	
	Bushel (40 pounds)	32–40 pints frozen 13 quarts canned	

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CROP	RETAIL UNIT	YIELD	TRIM LOSS
Winter Squash and Pumpkin	1 pound	1 $\frac{1}{3}$ cup, cooked <hr/> About 1 $\frac{1}{2}$ pound fresh = 1 pint frozen 2 $\frac{1}{2}$ -3 pounds fresh = 1 quart canned	(% by weight) Pumpkin — average 30% from seeds, rind and trimming Acorn squash — average 26% from seeds, rind and trimming Butternut squash — average 16% from seeds, rind and trimming
	Tomatoes	12-quart basket (17-20 pounds) 1 lug (30 pounds) Bushel (53 pounds)	6-7 quarts canned 10 quarts canned 18 quarts canned Average 18% from peeling, coring and trimming Average 12% from coring and trimming

fruits:

CROP	RETAIL UNIT	YIELD	TRIM LOSS
Apples	1 pound	3 medium apples 2 cups sliced	(% by weight) Approx. 22% from stemming, peeling, coring and trimming
	3 pounds Peck (10-12 pounds) Bushel (42-48 pounds)	8-9 medium apples One 9-inch pie 32 medium apples 3-4 9-inch pies 7-9 quarts frozen 4 quarts canned 126 medium apples 15 9-inch pies 30-36 pints frozen 15-18 quarts canned	1 $\frac{1}{4}$ -1 $\frac{1}{2}$ pound fresh = 1 pint frozen 2 $\frac{1}{2}$ -3 pounds fresh = 1 quart canned
Blueberries	1 pint	$\frac{3}{4}$ pound 2 cups	Approx. 2% from cleaning and sorting
	1 quart 12-pint flat or crate	1 $\frac{1}{2}$ pound 4 cups 9 pounds 24 cups 12 pints frozen 3-4 quarts canned	
	10-pound carton	10 pounds 26 cups 13 pints frozen 3-4 quarts canned	1 pint fresh = 1 pint frozen 1 $\frac{1}{2}$ -2 quarts fresh = 1 quart canned 2 $\frac{1}{4}$ -3 pounds fresh = 1 quart canned

CROP	RETAIL UNIT	YIELD	TRIM LOSS
Cherries	1 pint	$\frac{3}{4}$ pound 2 cups	<p>(% by weight)</p> <p>Sweets — approx. 16% from pitting, stemming, sorting; approx. 10% from pitting, sorting (purchased stemless)</p> <p>Tarts — approx. 19% from pitting, stemming, sorting; approx. 13% from pitting, sorting (purchased stemless)</p>
	1 quart	$1\frac{1}{2}$ pound 4 cups	
	1 lug	22 pounds 14–16 pints frozen 8–10 quarts canned	
	1 bushel	56 pounds 38–44 pints frozen 22–28 quarts canned	
		NOTE: — Yields will be lower if fruit is pitted before canning or freezing. To cut down on juice loss, soak in ice water for about one hour before pitting.	<p>$1\frac{1}{4}$–$1\frac{1}{2}$ pound fresh = 1 pint frozen</p> <p>2–$2\frac{1}{2}$ pounds fresh = 1 quart canned</p>
Concord Grapes	2-quart basket	$2\frac{2}{3}$ pounds 1 quart juice	
	12-quart basket	16 pounds 6 quarts juice	
	1 bushel (32 quarts)	44 pounds 16 quarts juice	
Peaches	1 pound	3 medium peaches 2 cups, sliced	<p>Freestones — approx. 15% from pits and skins</p>
	3 pounds	9 medium peaches 6 cups, sliced One 9-inch pie	
	1 lug	20–22 pounds Seven 9-inch pies 14–20 pints frozen 7–11 quarts canned	
	$\frac{3}{4}$ bushel carton or crate	40 pounds 26–40 pints frozen 14–20 quarts canned	
	Bushel	48 pounds 32–48 pints frozen 16–24 quarts canned	

CROP	RETAIL UNIT	YIELD	TRIM LOSS
Pears	1 pound	2 cups, sliced	(% by weight) Approx. 8% from cores and stems
	1 standard box	35 pounds 105 medium pears 23-25 pints frozen 14-17 quarts canned	Approx. 22% from cores, stems, skin, and bruises
	Bushel	50 pounds 150 medium pears 40-50 pints frozen 20-25 quarts canned	
		<hr/> 1-1½ pound fresh = 1 pint frozen 2-2½ pounds fresh = 1 quart canned	
Strawberries	1 quart	1½ pounds 4 cups	Good quality — approx. 6% from stemming and capping
	12-pint flat or crate	9 pounds 9 pints frozen	Fair quality — approx. 14% from sorting, stemming and capping
	8-quart flat or crate	12 pounds 12 pints frozen	
	24-quart flat or crate	36 pounds 36 pints frozen	
		<hr/> 1 pound or ⅔ quart fresh = 1 pint frozen	

Figures in these tables are based on information from the following sources:

1. *Average Weight of a Measured Cup of Various Foods*. USDA/ARS No. 61-6, 1969
2. *Ball Freezer Book*. Vol. 1 No. 1. Ball Corp. Muncie, Ind., 1974
3. *Blue Book*. Revised edition 29, Ball Corp. Muncie, Ind., 1974
4. *Conversion Factors and Weights and Measures for Agricultural Commodities and Their Products*. USDA/ERS Statistics Bull. 362, 1965
5. *Cooking with Apples*. Munson, Shirley and Jo Nelson (*The Farm Journal*) 1975
6. *Food Buying*. Carlton E. Wright. The MacMillan Co. New York, 1962
7. *Food Yields Summarized by Different Stages of Preparation*. USDA/ARS Agricultural Handbook 102, 1975
8. *Freezing and Canning Cookbook*. Nell B. Nichols, (Ed.) (*The Farm Journal*) Doubleday & Co., Inc. Garden City, N.Y., 1963
9. Michigan Apple Committee. Lansing, Mich.

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