

### Estimating fruit and vegetable yields

PRODUCE	QUANTITY PER LB	YIELD
Apples	3 medium	3 cups sliced per lb
Apricots	8 to 10 medium	2–3 cups sliced per lb
Asparagus	1 bunch (16 to 20 spears)	3 cups sliced per lb
Bell peppers (capsicums)	1 or 2 large	1 $\frac{1}{4}$ cups chopped per lb
Berries	3 to 4 cups	2 cups per pint
Cherries	3 $\frac{1}{4}$ cups	
Cucumbers	1 medium	2 cups sliced per lb
Cucumbers, pickling (Kirby)	10 to 14	3 cups sliced per lb
Figs	10 to 12 medium	
Lemons/juice	3 or 4 medium	2–3 Tbsp juice per lemon
Limes/juice	5 to 7 medium	1–2 Tbsp juice per lime
Onions	3 or 4 medium	2 $\frac{1}{2}$ cups chopped per lb
Oranges/juice	2 or 3 medium	$\frac{1}{3}$ cup juice per orange
Peaches	2 or 3 medium	2 $\frac{3}{4}$ cups sliced per lb
Pears	3 medium	2 $\frac{1}{2}$ cups sliced per lb
Plums	4 or 5 medium	2 $\frac{1}{2}$ cups sliced per lb
Quinces	1 or 2 medium	
Rhubarb	6 to 8 stalks	3 cups chunks per lb
Tomatoes	3 to 5 medium	2–3 cups chopped per lb
Zucchini (courgettes)	3 or 4 medium	3 cups sliced per lb