

## Vegetable Counting/Weight Measurements Guide for Recording Harvest

Use either count measurements or weights and mail in tracking sheets or enter online. You can pick whichever method of measuring (weight or count) you would like, but please be consistent and follow the same method.

<b>Number</b>	<b>Vegetable</b>	<b>Counting Measurement/Weight Measurement</b>
1	Basil	2 cupped hands / ounce
2	Beans, Chinese red noodle	count / pound
3	Beans, lima	count / pound
4	Beans, string or bush	count / pound
5	Beets	count / pound
6	Boc choy/tat tsoi/pac choi	count / ounce
7	Broccoli	count stalks / pound
8	Broccoli, raab	count stalks / pound
9	Cabbage, green	count heads / pound
10	Cabbage, Chinese	count leaves / ounce
11	Cantaloupe	count / pound
12	Carrots	count / pound
13	Chard	count leaves / ounce
14	Cilantro	2 cupped hands / ounce
15	Collard greens	count leaves / ounce
16	Corn, cob	count ears / pound
17	Cucumber	count / pound
18	Dill	count sprigs or stems / ounce
19	Eggplant	count / pound
20	Kale	count leaves / ounce
21	Lemongrass	count stalks / ounce
22	Lettuce, cut leaves	2 cupped hands / ounce
23	Lettuce, romaine	count leaves / ounce
24	Mustard greens	2 cupped hands / ounce
25	Mustard, Chinese	2 cupped hands / ounce
26	Okra	count / pound
27	Onions, green or scallions	count / ounce
28	Parsley	2 cupped hands / ounce
29	Parsnips	count / pound
30	Pumpkin	count / pound
31	Peas, snow pod	1 cup or fist / pound
32	Peas, sugar snap	1 cup or fist / pound
33	Peppers, hot	count / pound
34	Peppers, sweet	count / pound

<b>Number</b>	<b>Vegetable</b>	<b>Measurement</b>
35	Radish, red	count / pound
36	Spinach	2 cupped hands / ounce
37	Squash, acorn	count / pound
38	Squash, buttercup	count / pound
39	Turnip	count / pound
40	Tomatillo	count / pound
41	Tomatoes, beefsteak	count / pound
42	Tomatoes, cherry	count / pound
43	Tomatoes, green zebra	count / pound
44	Tomatoes, Roma or paste	count / pound
45	Watermelon	count / pound
46	Zucchini	count / pound