



## Vegetable Measurement Guide

Please use this Vegetable Measurement Guide to help you fill out the Harvest Tracking Sheet. If you are weighing your produce with a scale, please refer to the unit of weight listed in the “Weight Measurement” column. If you do not have access to a scale for weighing, please use the counting measurement in the “Counting Measurement” column. Whichever method you use (counting or weighing) please indicate which you are using on the Harvest Tracking Sheet, and continue to use that method for all produce for the duration of the season.

Vegetable	Weight Measurement	Counting Measurement
Basil	ounces	2 cupped hands
Beans, <i>all</i>	pounds	number
Beets	pounds	number
Broccoli	pounds	number of stalks
Cabbage, <i>Chinese</i> (e.g., Boc choy, tat tsoi)	ounces	number of heads
Cabbage, <i>green</i>	pounds	number of heads
Cantaloupe	pounds	number
Carrots	pounds	number
Cauliflower	pounds	number of heads
Chard	ounces	number of leaves
Cilantro	ounces	2 cupped hands
Collard greens	ounces	number of leaves
Corn, <i>cob</i>	pounds	number of ears
Cucumber	pounds	number
Dill	ounces	number of sprigs
Eggplant	pounds	number
Kale	ounces	number of leaves
Lettuce, <i>cut leaves</i>	ounces	2 cupped hands
Lettuce, <i>head</i>	ounces	number of heads
Mustard greens	ounces	2 cupped hands
Onions, <i>standard</i>	pounds	number
Onions, <i>green or scallions</i>	ounces	number

Vegetable	Weight Measurement	Counting Measurement
Parsley	ounces	2 cupped hands
Parsnips	pounds	number
Peas, <i>all</i>	pounds	1 cup or fist
Pepper, <i>hot</i>	pounds	number
Pepper, <i>sweet</i>	pounds	number
Potatoes, <i>Irish/ white</i>	pounds	number
Potatoes, <i>sweet</i>	pounds	number
Pumpkins	pounds	number
Radish	pounds	number
Spinach	ounces	2 cupped hands
Squash, <i>Summer</i> (e.g., crookneck)	pounds	number
Squash, <i>Winter</i> (e.g., acorn, butternut)	pounds	number
Tomatillo	pounds	number
Tomato, <i>beefsteak</i>	pounds	number
Tomato, <i>cherry</i>	pounds	number
Tomato, <i>paste</i>	pounds	number
Turnip	pounds	number
Watermelon	pounds	number
Zucchini	pounds	number