



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 |