

Vegetable Conversion Chart

 7066 Interstate Island Road Syracuse, NY 13209 (315) 437-1899 foodbankcny.org

Vegetable	Pack Unit	Weight
Asparagus	Bushel	24 lbs.
	Bunch	1.5 - 2 lbs.
Beans (Snap, Lima)	Bushel	28 -30 lbs.
	Peck	8 lbs.
Beets (topped)	Bushel	52 lbs.
	Bunch	2 lbs. (with leaves)
Broccoli	Bushel	23 - 25 lbs.
	Bunch or heads	1 - 1.5 lbs.
Brussels Sprouts	Carton, loose pack	25 lbs.
	Quart	1.5 lbs.
	Stalk	5 - 6 lbs. (2 - 3 lbs. of brussels sprouts)
Cabbage	Flat crate (1.75 bushels)	53 - 60 lbs.
	Carton	53 lbs.
	Per head (average)	2 - 6 lbs.
Carrots (topped)	Bushel	50 lbs.
	Carton (2 dozen bunches)	23 - 27 lbs.
	Bunch	1 lb.
Cauliflower	Carton (12 to 16 trimmed heads)	18 - 24 lbs.
	Per head (average)	1 - 1.5 lbs.
Corn (sweet, in husk)	Bushel	70 lbs.
	Carton	50 lbs.
	Dozen	6 to 8 lbs.
	Ear	0.3 - 0.5 lbs.
Cucumbers	Bushel	48 - 50 lbs.
	Peck	12 - 13 lbs.
	Each	0.5 lbs.
Eggplant	Bushel	33 - 35 lbs.
	Each (average)	2.25 lbs.
Garlic	Head	1 - 2 oz. (16 oz. per lb.)
Grape Tomatoes	Pint	11 oz.
Greens (spinach, turnip mustard, kale)	Bushel	18 - 20 lbs.
	Bunch/bag	1 - 1.5 lbs.
Okra	Tall bushel/hamper	26 - 30 lbs.
	12 qt. basket	15 - 18 lbs.
	Quart	1.25 - 1.5

Vegetable Conversion Chart (cont.)

 7066 Interstate Island Road Syracuse, NY 13209 (315) 437-1899 foodbankcny.org

Vegetable		Pack Unit	Weight	
Onions		Bags	2, 5, 10, 25 or 50 lbs.	
		Bushel	57 lbs.	
		48 Bunches (green onions)	15 - 18 lbs.	
		Bunch (green onions)	0.3 lbs.	
Peas	Unshelled English Peas	Bushel	28 - 30 lbs.	
		Peck	7 - 8 lbs.	
	Edible Pod Peas	Bushel	32 - 40 lbs.	
		Peck	8 - 10 lbs.	
		Quart	1 - 1.5 lbs.	
	Peppers (large peppers: 80 - 85 per bushel; small peppers: 110 per bushel)		Bushel	25 - 30 lbs.
Peck			6.25 - 7.5 lbs.	
Carton			16 - 25 lbs.	
Potatoes		Sack	100 lbs.	
		Bushel	60 lbs.	
		Peck	15 lbs.	
		Bags - varying sizes	5 or 10 lbs.	
Pumpkins	Pie Pumpkins	Each	4 - 8 lbs.	
	Large Pumpkins	Each	5 - 15 lbs.	
Radishes		Bunch	0.5 - 0.75 lbs.	
		Carton of 6 oz. bags	12 lbs.	
Rhubarb		Bunch	2 to 2.5 lbs.	
Rutabaga		Bushel	56 lbs.	
		Peck	15 lbs.	
		Each (average)	1.5 lbs.	
Spaghetti Squash		Each	2 to 5 (may be more)	
Summer Squash (zucchini, yellow squash)		Bushel	40 to 44 lbs.	
		8 qt. Basket	10 lbs.	
		Each	Small (6 in.)	0.25 - 0.5 lbs.
			Medium (up to 9 in.)	0.5 - 1.5 lbs.
Large (larger than 9 in.)	1.5 - 3 lbs.			
Winter Squash	Acorn	Each (average)	1.5 - 2 lbs.	
	Butternut	Each (average)	2 to 5 lbs.	
	Hubbard	Each (average)	4 to 7 lbs.	
	Sweet Potato/Delicata	Each (average)	1 to 1.5 lbs.	

Vegetable Conversion Chart *(cont.)*

7066 Interstate Island Road Syracuse, NY 13209 (315) 437-1899 foodbankcny.org

Vegetable		Pack Unit	Weight
Sweet Potatoes		Bushel	50 lbs.
		Peck	12 - 13 lbs.
Tomatoes	Roma/Plum	Carton	20 - 25 lbs.
		8 tomatoes	1 lb.
	Vine/hothouse/beefsteak	Bushel	53 lbs.
		Carton	25 lbs.
		Peck (8 qt. basket)	12 - 15 lbs.
	Turnips		Bushel or mesh bag
Peck			12 - 15 lbs.