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HOW TO USE THE "FRESH-TO-CANNED YIELDS" PAGE

The amounts listed are for averaged-sized fruits and vegetables. Of course, size varies, so precise amounts will vary as well.

How to Use:

Let's say you reverse engineer your favorite meal and realize that you need 26 cans of carrots to enjoy that meal every other week for a year.

This is the page you will reference to determine how many carrots you need to grow.

In the table below, you see that it takes approximately 1 lb of carrots to fill 1 pint jar. Therefore, you need to grow 26 lbs of carrots.

Enjoy!

FRESH-TO-CANNED

Yields

CROP	FRESH AMOUNT	PRESERVED YIELD
APPLES (APPLESAUCE)	3 LBS	1 QUART
CARROTS (SLICES)	1 LB	1 PINT
CUCUMBERS (PICKLE SLICES)	1 LB	1 PINT
CUCUMBERS (PICKLE SPEARS)	1 LB	1 PINT
CUCUMBERS (WHOLE PICKLES)	10 PICKLING CUCUMBERS	1 QUART
CUCUMBERS (RELISH)	1/2 LB	1 PINT
GREEN BEANS	2 LBS	1 QUART
FRUIT (PIE FILLING)	2.5 LBS	1 QUART
FRUIT (JAM)	1.5 LB	(2) HALF PINTS
PEACHES	1.5 LBS	1 PINT
PEARS	1.25 LBS	1 PINT
POTATOES (QUARTERED)	5 LBS	4 QUARTS
TOMATOES (DICED)	6 MEDIUM-SIZED	1 PINT
TOMATOES (SALSA)	1.5 LBS	1 PINT
TOMATOES (SAUCE)	6 LBS	1 QUART

HOW TO USE THE "POUNDS PER PLANT" PAGE

The data below represents average numbers. Actual yields can vary wildly due to soil conditions, climate, and gardening method.

When I first started gardening, this is one of the first question I asked:

How much food will I get from one plant? How many of each plant do I need?

We created this list focusing on the most common foods to grow for backyard gardeners.

We didn't include plants that produce 1 item per plant like broccoli, cauliflower, onions, beets, etc—with the exception of cabbage and carrots. Many canned relishes call for a certain amount (in pounds), so we felt it helpful to include them.

How to Use:

When you have your "pounds" amount as determined by your *Fresh-to-Canned Yields* page, you can use this page to convert pounds into plants.

Enjoy!

VEGETABLE GARDEN YIELDS

Pounds Per Plant

CROP	POUNDS PER PLANT
BEANS (PINTO, LIMA, ETC)	1 LB, SHELLED
BRUSSELS SPROUTS	3 LBS
CABBAGE	2 LBS PER HEAD
CARROTS	6 MEDIUM CARROTS PER LB
CORN	1 LB
CUCUMBERS	3 LBS
GREEN BEANS, BUSH	0.5 LBS
GREEN BEANS, POLE	2 LBS
PEAS	0.25 LBS
PEPPERS	5 LBS
POTATOES	3 LBS
SUMMER SQUASH	5 LBS
SWEET POTATOES	3 LBS
TOMATOES	25 LBS
WINTER SQUASH	10-20 LBS

