



## **ON THE MEASUREMENT OF SUMMER PRODUCE**

**By Monique Wilber**

**UCCE El Dorado County Master Food Preserver**

Summer is just a few days away, and many people are busy “putting up” fresh, tasty, healthy homemade preserved foods – they are preserving summer’s goodness. In the middle of winter, you can enjoy your summer produce in different ways: canned low-acid fruits in syrup or juice; canned pie fillings, syrups, and spreads; pickled and fermented vegetables (and fruit!); pressure canned vegetables; frozen foods; and dehydrated foods. Foods purchased in season are less expensive, too. Start making plans to put Master Food Preserver free public classes on your calendar; classes start in July!

But – how many plums in a pound? There are ten plums in a pound. The Ball® Complete Book of Home Preserving offers a “Produce Purchase Guide” that helps home cooks and food preservers solve these puzzles. Here are some comparable amounts for summer produce. Fruit with pits are assumed pitted and sliced. Vegetables that are normally peeled are assumed peeled, and sliced or chopped.

### **SUMMER FRUIT:**

Cantaloupe: 1-6” melon = 3 pounds = 6-7 cups

Figs, fresh: 9 medium = 1 pound = 2 ½ cups

Figs, dried: 40 medium = 1 pound = 3 cups

Grapes: 1 pound = 2 ½-3 cups

Honeydew Melon: 1-6” melon = 3 pounds = 4-5 cups

Nectarines: 3 medium = 1 pound = 2 ½ cups

Oranges, Valencia: 2 to 3 medium = 1 pound

Oranges, Valencia: 1 medium = 1/3 cup juice

Oranges, Valencia: 1 medium = ½ cup chopped

Oranges, Valencia: 1 medium = 4 tsp grated zest

Peaches: 3 medium = 1 pound = 2 ¼ cups sliced

Peaches: 3 medium = 1 pound = 1 ¾ cups crushed

Pears: 3 medium = 1 pound = 2 ¼ cups

Plums: 10 medium = 1 pound = 1 2/3 cups

## SUMMER VEGETABLES:

Beans, snap: 1 pound = 3 cups

Corn: 1 medium ear = ½ cup

Cucumbers: 1 medium = 8 ounces = 2 cups

Peppers, sweet: 1 large = 6-8 ounces = 1 ¼ cups

Potatoes: 3 medium = 1 pound = 2 ¼ cups

Squash, summer: 3 medium = 1 pound = 3 cups

Tomatoes, round: 3 medium = 1 pound = 2 ½-3 cups chopped

Tomatoes, round: 3 medium = 1 pound = 1 ½ cups crushed

Tomatoes, plum/Roma: 5 medium = 1 pound = 2 cups chopped

Tomatoes, plum/Roma: 5 medium = 1 pound = 1 1/2 cups crushed

Tomatoes, round or plum/Roma: 1 bushel = 53 pounds

You can download the guide at

<http://www.freshpreserving.com/guides/ProducePurchaseGuide.pdf> . If you want to know what's in season in California, you can visit <http://www.california-grown.com/PDFs/Whats-In-Season.pdf>.

For questions about safe home food preservation, or to schedule a speaker for organizations or clubs on the topics of food safety or food preservation, call the Master Food Preservers at (530) 621-5506.

For more information, be sure to go to the Master Food Preserver website at

[http://cecentralsierra.ucanr.org/Master\\_Food\\_Preservers/](http://cecentralsierra.ucanr.org/Master_Food_Preservers/). Sign up to receive our Master Food Preservers E-Newsletter at <http://ucanr.org/mfpenews/>.