


What 1 Pound of Produce Really Means

	APPLES: 4, medium size		LETTUCE: 2 heads
	BEETS: 5, medium size		MUSHROOMS: 6 cups
	BELL PEPPERS: 3, large size		ONIONS: 5, medium size
	BRUSSELS SPROUTS: 20		ORANGES: 3, medium size
	CABBAGE: 1, medium size		PEARS: 4 pears, medium size
	CARROTS: 5, medium size		PINEAPPLE: 1/2, medium size
	CAULIFLOWER: 2, small size		POTATOES: 3, medium size
	CELERY: 1 bunch		SQUASH: 1/2, medium size
	CHILI PEPPERS: 3, medium size		STRAWBERRIES: 2 cups
	CORN: 1 cob		TOMATOES: 4, medium size
	CUCUMBERS: 2, medium size		WATERMELON: 20 pounds each
	EGGPLANT: 1, small size		YAMS: 3, small size
	GRAPES: 3 cups		
	HONEYDEW: average melon is 6lbs		



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