

# ON THE MEASUREMENT OF AUTUMN PRODUCE

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As we approach the first day of autumn, we continue our series of measuring produce. The Ball® Complete Book of Home Preserving offers a “Produce Purchase Guide” that helps home cooks and food preservers solve measurement puzzles. Here are some comparable amounts for fall produce. Fruit with pits are assumed pitted and sliced. Vegetables that are normally peeled are assumed peeled, and sliced or chopped.

## AUTUMN FRUIT:

Apples: 3 medium = 1 pound = 3 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  
Kiwi: 2 medium = 1 cup sliced  
Pears: 3 medium = 1 pound = 2 ¼ cups  
Persimmons: 1 medium = 1 cup  
Pomegranates: 1 medium = ½ to ¾ cup arils = ½ cup juice  
Tangerines: 2 medium = 1 cup fruit

## AUTUMN VEGETABLES:

Broccoli: 1 medium bunch = 1 pound = 2 cups  
Cabbage: 1 small to medium head = 1 pound = 4-6 cups shredded  
Carrots: 5-6 medium = 1 pound = 3 cups sliced  
Carrots: 5-6 medium = 1 pound = 2 ½ cups shredded  
Cauliflower: 1 small head = 1 pound = 1 ½ cups  
Celery: 1 stalk diced = ½ cup  
Celery: 1 bunch = 2 pounds = 3 cups diced  
Pumpkin: 1 pound = 4 cups cubed  
Squash, winter: 1 pound = 3 ¼ cups  
Sweet Potatoes: 2 large or 3 medium = 1 pound = 1 ½ cup mashed  
Sweet Potatoes: 2 large or 3 medium = 1 pound = 2 cups cubed  
Sweet Potatoes: 2 large or 3 medium = 1 pound = 2 ¼ cup sliced

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>.

As summer wanes, the Master Food Preservers are still in full volunteer mode, providing the community with free safe home food preservation classes. Join the Master Food Preservers on Saturday, September 21 and Tuesday, September 24, for a free Jerky class. The MFPs will share recipes and techniques for making jerky.

This year's annual series of free UCCE El Dorado County Master Food Preservers classes are from 10 a.m. to noon in the El Dorado County Fairground's Boardroom at 100 Placerville Drive in Placerville. Master Food Preservers are also available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the Master Food Preserver website at [http://ceeldorado.ucdavis.edu/Master\\_Food\\_Preservers/](http://ceeldorado.ucdavis.edu/Master_Food_Preservers/). Sign up to receive our Master Food Preservers E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on facebook!