

## *Crop Amount Worksheet*

To determine the number of servings you want to produce per week, consider how many people you will be growing for and how many servings they will eat each week. You can also account for extra amounts for freezing and/or canning in this column. Please note that the weights and volumes in the Average Serving Size column are for raw produce (before cooking). To determine the number for the Total Weight of Crop column, multiply the number of ounces in the Average Serving Size column with the number you wrote in the Number of Servings column, and then divide by 16 (because there's 16 ounces in a pound).

<b>Annual Vegetables</b>	<b>Average Serving Size</b>	<b>Number of Servings You Want to Produce Each Week</b>	<b>Total Weight of Crop Needed per Week in Pounds</b>
ARUGULA	4 ounces		
BASIL	8 leaves or 1 ounce		
BEANS, EDIBLE SOY (EDAMAME)	1 cup or 4 ounces, unshelled		
BEANS, FAVA (BROAD)	8 ounces unshelled beans		
BEANS, LIMA	8 ounces fresh, in pods		
BEANS, SHELL	20 pods		
BEANS, SNAP	1 cup or 3.8 ounces		
BEETS	½ cup or 3 ounces		
BOK CHOY	2 cups or 5 ounces		
BROCCOLI	¾ cup or 2.4 ounces		
BRUSSELS SPROUTS	6 sprouts or about 4 ounces		
CABBAGE	1 cup or 3 ounces		
CABBAGE, CHINESE	1 cup or 3 ounces		
CARROTS	1 medium or 2.2 ounces		
CAULIFLOWER	½ cup or 2 ounces		
CELERIAC	½ cup or 2.5 ounces		
CELERY	½ cup or 2 ounces		
CHARD, SWISS	3 cups raw, chopped or 8 ounces		
CILANTRO	used as spice, about 0.5 ounce		
COLLARDS	3 cups raw, chopped or 8 ounces		

## *Crop Amount Worksheet* CONTINUED

Annual Vegetables	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
CORN, SWEET	1 ear or about 2.2 ounces kernels		
CUCUMBERS	½ cup or 8 ounces		
DILL	used as spice, about 0.5 ounce		
EGGPLANT	1 cup or 3 ounces		
ENDIVE	1 cup or 1.7 ounces		
FENNEL, BULBING	1 cup or 3 ounces		
GARLIC	1 clove or 0.2 ounce		
KALE	3 cups raw, chopped, or 8 ounces		
KOHLRABI	½ bulb or about 4 ounces		
LEEKS	1 cup or 8 ounces		
LETTUCE, BABY MIX	4 ounces		
LETTUCE, HEADS	2 cups or 2 to 4 ounces		
MÂCHE	4 ounces		
MELON, CANTALOUPE, HONEYDEW	½ cup or 3 ounces		
MUSTARD GREENS (FULL SIZE FOR BRAISING)	3 cups raw, chopped, or 8 ounces		
OKRA	10 pods or 3.5 ounces		
ONIONS, BULB	½ cup or 3 ounces		
PARSLEY	used as spice, about 0.5 ounce		
PARSNIPS	4 ounces		
PEANUT	1.5–2 ounces		
PEAS, SHELLING	8 ounces unshelled or ½ cup shelled		
PEAS, SNAP	1 cup or 2.2 ounces		
PEPPERS, HOT	variable, 0.1–1 ounce		
PEPPERS, SWEET	½ cup or 2.6 ounces		
POTATOES	3–4 ounces		

## *Crop Amount Worksheet* CONTINUED

Annual Vegetables	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
RAAB	¾ cup or 2.4 ounces		
RADICCHIO	1 cup or 1.4 ounces		
RADISHES	½ cup sliced or 2 ounces		
RUTABAGAS	6–8 ounces		
SCALLIONS	½ cup or 1.7 ounces		
SPINACH	1 cup or 1.1 ounces		
SQUASH, PUMPKINS	8 ounces		
SQUASH, SUMMER	1 cup or 4 ounces		
SQUASH, WINTER	8 ounces		
SWEET POTATOES	½ cup or 2.5 ounces		
TOMATILLOS	2–4 ounces		
TOMATOES	4 ounces (1 medium-size tomato)		
TURNIPS	6–8 ounces		
WATERMELON	½ cup or 2.7 ounces		

  

Perennial Vegetables	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
ARTICHOKE	1 artichoke or 4.5 ounces		
ASPARAGUS	1 cup or 4.5 ounces		
CARDOON	2 basal leaves or 4 ounces		
JERUSALEM ARTICHOKE, SUNCHOKE	3–4 ounces		
RHUBARB	1 stalk or 2.5 ounces		

## Crop Amount Worksheet CONTINUED

Perennial Garden Fruits	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
BLACKBERRY	½ cup or about 2 ounces		
BLUEBERRY	½ cup or about 2.5 ounces		
CURRENT	½ cup or about 2 ounces		
ELDERBERRY	½ cup or about 2.5 ounces		
GOJI BERRY	¼ cup or about 2 ounces		
GOOSEBERRY	½ cup or about 2 ounces		
HUCKLEBERRY	½ cup or about 2 ounces		
JOSTABERRY	½ cup or about 2 ounces		
LINGONBERRY	1 ounce		
RASPBERRY	½ cup or about 2 ounces		
STRAWBERRY	½ cup or about 3.5 ounces		
WINTERGREEN	not applicable		

Perennial Herbs	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
ANISE HYSSOP	approx. 1 tablespoon or about 0.1–0.2 ounce		
BAY	approx. 1 tablespoon or about 0.1–0.2 ounce		
CHIVES	approx. 1 tablespoon or about 0.1–0.2 ounce		
CHIVES, GARLIC	approx. 1 tablespoon or about 0.1–0.2 ounce		
FENNEL	approx. 1 tablespoon or about 0.1–0.2 ounce		
HORSERADISH	approx. 1 tablespoon or about 0.1–0.2 ounce		
LAVENDER	approx. 1 tablespoon or about 0.1–0.2 ounce		

## *Crop Amount Worksheet* CONTINUED

Perennial Herbs	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
LEMON BALM	approx. 1 tablespoon or about 0.1–0.2 ounce		
LEMONGRASS	approx. 1 tablespoon or about 0.1–0.2 ounce		
LEMON VERBENA	approx. 1 tablespoon or about 0.1–0.2 ounce		
MARJORAM	approx. 1 tablespoon or about 0.1–0.2 ounce		
MINT	approx. 1 tablespoon or about 0.1–0.2 ounce		
OREGANO	approx. 1 tablespoon or about 0.1–0.2 ounce		
PURPLE CONEFLOWER	approx. 1 tablespoon or about 0.1–0.2 ounce		
ROSEMARY	approx. 1 tablespoon or about 0.1–0.2 ounce		
SAFFRON	approx. 1 tablespoon or about 0.1–0.2 ounce		
SAGE	approx. 1 tablespoon or about 0.1–0.2 ounce		
SAVORY, WINTER	approx. 1 tablespoon or about 0.1–0.2 ounce		
SORREL	approx. 1 tablespoon or about 0.1–0.2 ounce		
STEVIA	approx. 1 tablespoon or about 0.1–0.2 ounce		
TARRAGON	approx. 1 tablespoon or about 0.1–0.2 ounce		
TEA, CAMELLIA	approx. 1 tablespoon or about 0.1–0.2 ounce		
THYME	approx. 1 tablespoon or about 0.1–0.2 ounce		
VALERIAN	approx. 1 tablespoon or about 0.1–0.2 ounce		

## *Crop Amount Worksheet* CONTINUED

Fruit and Nut Trees	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
ALMOND	¼ cup or about 1 ounce		
APPLE	1 apple or about 4–6 ounces		
ASIAN PEAR	1 pear or about 4–6 ounces		
CHERRY	2.5–3 ounces		
CITRUS	variable		
EUROPEAN PEAR	1 pear or about 4–6 ounces		
FIG	1 fig or 2–3 ounces		
HAZELNUT	¼ cup or about 1 ounce		
MULBERRY	½ cup or about 2 ounces		
PEACH	1 peach or about 6 ounces		
PLUM	1 plum or about 5–6 ounces		
WALNUT	¼ cup or about 1 ounce		

Vines	Average Serving Size	Number of Servings You Want to Produce Each Week	Total Weight of Crop Needed per Week in Pounds
AKEBIA	2.5 ounces		
GRAPES	1 cup or about 3–4 ounces		
HOPS	not applicable		
KIWI	1 cup or about 6 ounces		