

yield_percent

Food Item	Yield Percent
Acorn Squash (0.83 lb ea)	78
Apples	76
Apricots	94
Artichokes	48
Asparagus	56
Avocado	75
Bananas (0.44 lb each)	68
Beet Greens	56
Beets (no tops)	76
Beets (with tops)	49
Blackberries	92
Blueberries	92
Broccoli (1.5 lb bunch)	61
Brussels Sprouts	74
Butternut Squash (1.8 lb ea)	52
Cabbage (green, 2.5 lb each)	79
Cantaloupe	50
Cantaloupe (no rind)	50
Carrots (no tops)	82
Carrots (with tops)	60
Casaba	50
Cauliflower (2 lb head)	45
Celery (2 lb bunch)	75
Celery Root (celeriac)	75
Chard	77
Chicory	74
Coconut	53
Collards	77
Crenshaw Melon	50
Cucumbers (0.58 lb ea)	95
Eggplant (1.25 lb ea)	81
Endive	74
Escarole	74
Figs	82
Garlic bulb (0.125 lb ea, 10-12 cloves)	87
Grapefruit Juice	45
Grapefruit sections	47
Green Beans	88
Green Onions (0.33 lb bunch, 10-12)	60
Green Peas (in the shell)	38
Green Peppers (0.33 lb ea)	82
Honeydew (no rind)	60
Hubbard Squash	66
Iceberg Lettuce (2.25 lb head)	74
Kale	74
Kohlrabi	55
Large Onions	89
Leaf Lettuce	67

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Leeks (0.75 lb bunch)	52
Lemon Juice (3.5 oz)	45
Lima Beans (in shell)	40
Lime Juice (2.2 oz)	35
Mushrooms	97
Mustard Greens	68
Nectarines	86
Okra	78
Orange Juice (6.6 oz)	50
Orange sections	70
Parsley (0.33 lb bunch)	76
Parsnips	85
Peaches	76
Pears	78
Peppers (fryers, 0.19 lb ea)	85
Persimmons	82
Pineapple	52
Plums (pitted)	85
Pomegranates	54
Potatoes (chef)	85
Radishes (no tops)	85
Radishes (with tops)	63
Raspberries	97
Red Potatoes	81
Rhubarb (no leaves)	86
Rutabagas	85
Salsify	63
Seedless Grapes	94
Shallots (0.03 lb ea)	89
Spinach	74
Strawberries	87
Sweet Potatoes	80
Watermelon (flesh)	46
Wax Beans	88
Yellow Squash (0.36 lb ea)	95
Zucchini (0.58 lb ea)	95