

Produce Item	Approx. Amount per pound (lb)	Produce Item	Approx. Amount per pound (lb)	Produce Item	Approx. Amount per pound (lb)
Apples	2 medium	Acorn Squash	Regular size, 2 lb	Onion	1 medium
Bananas	3 small	Bell Pepper	1 medium	Potatoes	1 large
Nectarine	2 med/large	Broccoli	1 large or 2 medium crowns	Roma Tomatoes	4 medium
Oranges	2 medium	Celery	1 bunch	Spaghetti squash	Regular size 3 lb
Peach	3 med/small	Cucumber	1 large	Sweet Potato	1 large
Pear	2 lrg or 3 sml	Lettuce	1 head Romaine	Zucchini	2 medium

If you are unsure how much an item weighs, use the produce scale to check!

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