

## Vegetable Yields

Item	% Yield
Alfalfa Sprouts . . . . .	95
Artichokes . . . . .	97
Arugula . . . . .	97
Asparagus, Standard Whole . . . . .	90
Avocado, Whole . . . . .	77
Bamboo Shoot, Sliced from Whole . . . . .	96
Bamboo Shoot, Sliced & Peeled . . . . .	72
Bean Sprouts . . . . .	97
Beans, Green . . . . .	88
Beets . . . . .	66
Belgian Endive . . . . .	83
Bok Choy, Baby . . . . .	92
Bok Choy, Regular . . . . .	88
Broccoli, Bunch, Whole . . . . .	63
Broccoli, Florets . . . . .	63
Brussels Sprouts . . . . .	89
Cabbage, Green . . . . .	80
Cabbage, Red . . . . .	80
Cabbage, Napa . . . . .	88
Cabbage, Savoy . . . . .	83
Carrots, Table, Medium . . . . .	81
Carrots, Whole Baby . . . . .	99
Cauliflower . . . . .	60
Celery . . . . .	69
Chard, Swiss . . . . .	91
Cilantro . . . . .	95
Collard Greens . . . . .	65
Corn Cob, Fresh Niblets . . . . .	29
Cucumber . . . . .	95
Cucumber, Peeled, Seeded, Diced . . . . .	55
Edamame, Hulled . . . . .	90
Eggplant, Japanese, Slices . . . . .	90
Eggplant, Peeled . . . . .	84
Fennel, With 6" Stem . . . . .	93
Fennel, Stemmed . . . . .	56
Garlic . . . . .	83
Ginger Root . . . . .	83
Horseradish Root, Peeled . . . . .	73
Jerusalem Artichoke . . . . .	69

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Item	% Yield
Jicama . . . . .	81
Kale, Green . . . . .	60
Kohlrabi . . . . .	47
Leeks . . . . .	44
Lemon Grass, Trimmed . . . . .	68
Lettuce, Bibb/Butter . . . . .	80
Lettuce, Greenleaf . . . . .	81
Lettuce, Iceberg . . . . .	73
Lettuce, Redleaf . . . . .	75
Lettuce, Romaine . . . . .	75
Lotus Root . . . . .	80
Malanga . . . . .	74
Mushrooms, Crimini, Trimmed . . . . .	74
Mushroom Crimini, Stems, Tipped. . . . .	89
Mushrooms, Morel, . . . . .	85
Mushrooms, Oyster, Sliced . . . . .	95
Mushroom, Shiitake . . . . .	94
Mushrooms, White . . . . .	94
Mustard Greens . . . . .	75
Okra, Trimmed . . . . .	84
Onions, Green . . . . .	83
Onions, Red . . . . .	90
Onions, Yellow. . . . .	90
Parsnips . . . . .	84
Peas, Snap . . . . .	94
Peppers, Anaheim, Seeded, Diced . . . . .	87
Peppers, Bell, Green . . . . .	81
Peppers, Habanero . . . . .	88
Peppers, Jalapeño, Chopped w/ Seeds . . . . .	94
Peppers, Pasilla, Cored, Seeded . . . . .	76
Peppers, Bell, Red. . . . .	84
Peppers, Serrano, Chopped w/ Seeds . . . . .	87
Potato, Baker, Russet . . . . .	78
Pumpkin, Whole . . . . .	63
Purslane . . . . .	75
Purslane, Stemmed. . . . .	55
Radicchio . . . . .	92
Radish, Daikon . . . . .	88
Rhubarb . . . . .	92

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Rutabaga . . . . .	81
Shallots, Peeled, Diced . . . . .	80
Spinach . . . . .	66
Squash, Acorn. . . . .	76
Squash, Banana . . . . .	76
Squash, Butternut. . . . .	84
Squash, Chayote . . . . .	80
Squash, Crookneck. . . . .	98
Squash, Hubbard . . . . .	71
Squash, Patty Pan. . . . .	95
Squash, Spaghetti. . . . .	69
Squash, Summer . . . . .	95
Squash, Zucchini . . . . .	94
Sweet Potato . . . . .	75
Taro Root . . . . .	86
Tomatillos . . . . .	88
Tomato, Cherry . . . . .	95
Tomatoes, Cored & Peeled . . . . .	92
Tomatoes, Grape. . . . .	98
Tomatoes, Roma. . . . .	94
Turnips . . . . .	81
Wasabi Root . . . . .	73
Yam, Whole, Peeled. . . . .	88
Yucca, Peeled . . . . .	78