

## MEASUREMENT CHARTS



### Recipe Abbreviations

Tsp.	Teaspoon
Tbsp.	Tablespoon
C.	Cup
Pt	Pint
Qt.	Quart
Pk	Peck
Bu	Bushel
Oz.	Ounce or Ounces
Lb.	Pound or pounds
Sq.	Square
Min	Minute or Minutes
Hr	Hour or Hours
Mod	Moderate
Doz.	Dozen
E P	Edible portion
A P	As purchased

### Food Disher Capacity Chart

<u>Color</u>	<u>Disher Size</u>	<u>Bowl Dia.</u>	<u>Fluid Oz.</u>	<u>Weight Oz.</u>	<u>Patties/Lb</u>	<u>Scoop/Gal.</u>	<u>Equivalent</u>
White	6	3"	4.66	4.86	3	16	2/3 Cup
Gray	8	2 3/4"	3.64	3.80	3 1/2	22	1/2 Cup
Ivory	10	2 5/6"	3.19	3.33	4	24	5/8 Cup
Green	12	2 1/2"	2.78	2.90	5	26	1/3 Cup
Blue	16	2 1/4"	2.07	2.16	6-8	35	1/4 Cup
Yellow	20	2 1/8"	1.77	1.84	9-10	42	3+Tbsp
Red	24	2"	1.49	1.56	11-12	51	2 2/3 Tbsp
Black	30	1 3/4"	1.03	1.07	13-14	62	2+Tbsp
Orchid	40	1 1/2"	.68	.70	15-16	70	1 1/2 Tbsp

**Standard Packing Per Box: Fresh Fruit**

Cherries	20 to 50 per lug
Grapefruit	18, 23, 27, 32, or 40 per crate
Pineapple	9, 12, 15, 18, or 24 per crate
Honeydew melons	5, 6, 8, or 9 per crate
Cantaloupe	20, 24, 32, 36, or 48 per crate
Peaches	½ bushel basket 60 or 72 to a flat (25 lbs)
Oranges (Florida)	88, 100, or 125 per box
Oranges (California)	56, 72, 80, or 100 per box
Watermelon	18 to 32 lbs each
Strawberries	12 Pints per flat
Raspberries	12 pints per flat
Bananas	6 lbs. per hand 27, 36, or 45 per crate
Lemons	95, 115, 140, 165, 200 or 230 per 4/5 bushel
Plums	6 lbs per till, 4 till per carton

**Standard Packing Per Box: Fresh Vegetables**

Lettuce	24 heads per box
Tomatoes	20 Lbs. per flat 40 to 80 Lbs. per lug 6 Lb. till; 12-24 tomatoes
String Beans	28 Lbs. per bushel
Spinach	20 Lbs. per bushel
Washed Spinach	8 oz. per bag 16-20 bags per case
Broccoli	12 bunches per case
Artichokes	24 to 48 heads per box
Carrots	50 Lbs per bushel
Onions	50 Lbs per bushel
Potatoes	50 Lbs per bag
Peeled Potatoes	30 Lbs per box
Peeled Onions	20-25 Lbs per box

Asparagus	30 Lbs per crate
Cauliflower	50 Lbs per box
Beets with tops	50 Lbs per box
Mushrooms	3 Lbs per basket
Leeks	½ bushel basket
Chicory	16-20 heads per case
Escarole	16-20 heads per case
Romaine	16-20 heads per case
Radishes	30 bunches per box
Watercress	25 bunches per box
Celery	24, 30, 36 or 48 heads per crate
Eggs	30 dozen per crate

### Soup/Sauce Ladle Capacity

Size	1oz	2oz	4oz	6oz	8oz
Equivalent	1/8 Cup	1/4 Cup	1/2 Cup	3/4 Cup	1 Cup

### Basic Liquid Equivalents

Dash	=less than 1/8 teaspoon
3 teaspoons	=1 tablespoon
4 tablespoons	=1/4 cup
5 1/3 tablespoons	=1/3 cup
8 tablespoons	=1/2 cup
10 2/3 tablespoons	=2/3 cup
12 tablespoons	=3/4 cup
14 tablespoons	=7/8 cup
16 tablespoons	=1 cup
2 cups	=1 pint (8 fl. Oz)
2 pints	=1 quart (16 fl. Oz)
4 quarts	=1 gallon (128 fl. Oz)
16 Ounces	=1 pound (dry weight)

### Large Liquid Capacity

1 gill	=	7.219	cu. in. = 0.1183 liter
4 gills	= 1 pint	= 28.875	cu. in. = 0.4732 liter
2 pts	= 1 quart	= 57.75	cu. in. = 0.9463 liter
4 qts	= 1 gallon	= 231	cu. in. = 3.7853 liter
31.5 gals	= 1 barrel liquid	=	cu. in. = 119.24 liter
42 gals	= 1 barrel petroleum	=	cu. in. = 158.98 liter

### Dry Capacity

1 Pint	=	33.6 cu. in.	=0.5506 liter
2 Pt.	= 1 Quart	= 67.2 cu. in.	=1.1012 liter
8 Qt.	= 1 Peck	= 537.6 cu. in.	=8.8096 liter
4 pk.	= 1 Bushel	= 2150.4 cu. in.	=35.238 liter
1 Barrel	=	7056 cu. in.	=115.62 liter

### Avoirdupois Weight

1 Grain	=	0.0648 gm
27.343 Gr	=1 dram	=1.7718 gm.
16 Dr.	=1 Oz.	=28.3495 gm.
16 Oz.	=1 Pound	=453.5924 gm.
100 Lb.	=1 Hundredweight	=45.3592 kg
2000 Lb.	=1 Short Ton	=907.18 kg

### Kitchen Measurement Conversion Table

Units	Fluid Dram	Tsp	Tbsp	Fluid Oz	1/4 Cup	Gill (1/2 C.)	Cup	Pint	Quart	Milliliter	Liter
1 fluid dram	1	3/4	1/4	1/8	1/16	1/32	1/64	1/128	1/256	37	0.004
1 teaspoon	1/18	1	1/3	1/8	1/12	1/24	1/48	1/96	1/192	49	0.005
1 tablespoon	4	3	1	1/2	1/4	1/8	1/16	1/32	1/64	15	0.015
1 fluid ounce	8	6	2	1	1/2	1/4	1/8	1/16	1/32	30	0.03
1/4 cup	16	12	4	2	1	1/2	1/4	1/8	1/16	59	0.059
1 gill (1/2 cup)	32	24	8	4	2	1	1/2	1/4	1/8	118	0.118
1 cup	64	48	16	8	4	2	1	1/2	1/4	237	0.237
1 liquid pint	128	96	32	16	8	4	2	1	1/2	473	0.473
1 liquid quart	256	192	64	32	16	8	4	2	1	946	0.946