

Average Produce Yields From Whole Product To Usable Product

Item	Yield	Item	Yield	Item	Yield
Asparagus	56%	Lettuce 24 ct. cello	85%	Peppers Yellow 15#	83%
Avocado	72%	Lettuce Boston 24 ct.	75%	Peppers, Bell Green and Red	65%
Beans, Green or Wax	88%	Lettuce clean & Trim 4/6 ct.	89%	Potato Idaho 100 ct.	81%
Beans, Lima	39%	Lettuce Green leaf/24 ct.	67%	Potato Red Bliss "A"	81%
Beets	76%	Lettuce Red Leaf 24 ct.	67%	Potato Russet 100 ct.	81%
Bok Choy	67%	Lettuce Romaine 24 ct.	67%	Potato Yukon Gold "A"	81%
Broccoli 14 ct.	61%	Lettuce, Chopped Romaine	99%	Radish, Daikon	70%
Broccoli Crowns	95%	Lettuce, Endive Belgium	63%	Radishes Cello 14/1#	63%
Broccoli Florettes	95%	Lettuce, Escarole	74%	Rutabagas	85%
Broccolini		Lettuce, Pre cut salad mix	98%	Salad Dressings (avg. / gal)	95%
Brussels sprouts	74%	Mushroom Button	97%	Scallion 48 ct.	70%
Cabbage Green	79%	Mushroom ex. Lrg.	97%	Spinach Baby	92%
Cabbage Red	79%	Mushroom Fancy 3#	97%	Spinach Cello Untrim 12/10 oz.	74%
Carrots - peeled	97%	Mushroom Med.	97%	Spinach Trimmed 4/ 2.5#	92%
Carrots Baby Peeled	61%	Mushroom Oyster 5#	97%	Squash Acorn	66%
Carrots Jumbo	82%	Mushroom Portabello 5#	90%	Squash Butternut	66%
Cauliflower 12 ct	55%	Mushroom Shitake 3#	97%	Squash Green(Zucchini)	95%
Celery 24 ct.	75%	Okra	78%	Squash Hubbard	66%
Chard	77%	Olive, Kalamata pitted	95%	Squash Yellow (summer)	95%
Cucumbers Select Pared	73%	Onion Jumbo Yellow 50#	89%	Sweet Potato	80%
Cucumbers Select Unpared	95%	Onion Jumbo-Red 25#	89%	Tomatoes 5x6	91%
Eggplant	81%	Onion Med-Red 25#	89%	Tomatoes 6x6	91%
Endive, chicory, escarole	74%	Onion Whole Peeled 25#	99%	Tomatoes Cherry 12/ct.	95%
Fennel	60%	Onions, Green	92%	Tomatoes Sundried 5#	99%
Garlic Peeled 4/5# Jars	95%	Parsnips	85%	Turnips 25#	81%
Ginger Root	80%	Peas, green	38%	Yams #1	81%
Herb, Cilantro	75%	Peas-Snap	85%		
Kale	74%	Peas-Snow	85%		
Leeks 12 ct.	75%	Peppers Orange Holland	83%		
Lemon Grass	80%	Peppers Suntan 25#	83%		

[by Chefs-Resources.com](http://Chefs-Resources.com)