

Farmer's Market Produce: Quantities to Distribute

The availability of produce is in direct correlation to the growing season and varieties will vary from July to November. Quantities, types and packaging of produce that Second Harvest receives are constantly changing. It is the responsibility of the partner charity to determine the appropriate amount of produce to distribute to clients at Farmer's Markets.

Typical Produce*	Reasonable Quantity to Distribute
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Apples _____	1 or 2-5# bags
Beets _____	2-6
Cabbage _____	1-3 heads
Carrots _____	1-5 handfuls or 1-3 bundles
Celery _____	1-2
Corn _____	6-18 ears
Cucumber _____	4-6
Eggplant _____	1-4
Green Beans _____	3 handfuls
Greens _____	4-12 bundles
Onion _____	1 or 2-3# bags
Peppers _____	6-10
Potatoes _____	1 or 2-10# bags
Pumpkin _____	1
Radishes _____	1 bag/bundle
Tomatoes _____	3-10
Yellow Squash _____	2-3
Zucchini _____	3

*Typical produce is based on items Second Harvest has received and distributed to partner charities in the past.

**Reasonable quantities are based on past distribution recommendations from Second Harvest. Actual distribution quantities are to be determined and adjusted at the discretion of the partner charity.