

Quart_Jars_2004.txt

Subj: {OHG} What equals a Quart Jar..
From: tenzicut

4# Aparagus = 1 Quart Jar

4# Lima Beans = 1 Quart Jar

2.5# Green Beans = 1 Quart Jar

3# Beets = 1 Quart Jar

3# Carrots = 1 Quart Jar

5# Corn = 1 Quart Jar

5# Peas = 1 Quart Jar

3# Punpkin = 1 Quart Jar

5# Spinich = 1 Quart Jar

4# Squash = 1 Quart Jar

8# Sweet Potatoes = 1 Quart Jar

3# Apples = 1 Quart Jar

3.5# Apples for applesauce = 1 Quart Jar

3# berries = 1 Quart Jar

2.5# Cherries = 1 Quart Jar

3# peaches = 1 Quart Jar

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3# pears = 1 Quart Jar

3# plums = 1 Quart Jar

3.5# tomatoes = 1 Quart Jar

FROZEN

1.5# Beets = 1 pint

1# broccoli = 1 pint

1# Brussels = 1 pint

1.5# carrots = 1 pint

2 heads of Cauliflower = 3 pint

2.5# corn = 1 pint

3 Qts raspberries = 4 pints frozen

tenzicut