

Miscellaneous Information and Conversions

Temperatures

Conversion Formula:

To convert Fahrenheit to Celsius:

Subtract 32. Then multiply by 5/9.

Example: Convert 140°F to Celsius.

$$140 - 32 = 108$$

$$108 \times 5/9 = 60^{\circ}\text{C}$$

To convert Celsius to Fahrenheit:

Multiply by 5/9. Then add 32.

Example: Convert 150°C to Fahrenheit

$$150 \times 5/9 = 270$$

$$270 + 32 = 302^{\circ}\text{F}$$

Water freezes 0°C / 32°F

Body Temperature 37°C / 98.6°F

Water boils 100°C / 212°F

Oven Temperature Equivalencies

<u>Description</u>	<u>°F</u>	<u>°C</u>
Cool	200	90
Very slow	250	120
Slow	300 – 325	150 – 160
Moderately slow	325 – 350	160 – 180
Moderate	350 – 375	180 – 190
Moderately hot	375 – 400	190 – 200
Hot	400 – 450	200 – 230
Very hot	450 – 500	230 – 260

Measures for Portion Control

Scoop Sizes

The number of the scoop indicates the number of scoops it takes to make 1 quart.

<u>Scoop Nr.</u>	<u>U.S. Measure</u>		<u>Metric Measure</u>	
	<u>Volume</u>	<u>Approx. Weight</u>	<u>Volume</u>	<u>Approx. Weight</u>
6	2/3 cup	5oz.	160ml	140g
8	1/2 cup	4oz.	120ml	110g
10	3 fl. oz.	3 - 3 1/2 oz.	90ml	85 – 100g
12	1/3 cup	2 1/2 - 3 oz.	80ml	70 – 85g
16	1/4 cup	2 - 2 1/2 oz.	60ml	60 – 70g
20	1 1/2 fl. oz.	1 3/4 oz.	45ml	50g
24	1-1/3 fl. oz.	1-1/3 oz.	40ml	40g
30	1 fl. oz.	1 oz.	30ml	30g
40	0.8 fl. oz.	0.8 oz.	24ml	23g
60	1/2 fl. oz.	1/2 oz.	15ml	15g

Contents of Standard Cans

<u>Can Number</u>	<u>Weight</u>	<u>Volume</u>
8 oz.	8 oz.	1 cup
1	10 – 11 oz.	1¼ cups
300	15 oz.	1¾ cups
303	1 lb.	2 cups
1 Tall	1 lb.	2 cups
2	1 lb. 3 oz.	2½ cups
2½	1 lb. 13 oz.	3½ cups
3	1 qt. 13 fl. oz.	3½ cups
5	3 lbs.	5¾ cups
10	6 lbs. 8 oz.	12 – 13 cups

Standard Packing of fresh Fruits & Vegetables

Fresh Vegetables		Fresh Fruit	
Lettuce	24 heads per box	Cherries	20 to 50 per lug
Tomatoes	25 lbs. per flat	Grapefruit	18, 23, 27, 32 or
	6 lb. till: 12 – 24 tomatoes		40 per crate
String Beans	22 lbs. per bushel	Pineapple	12 per crate
Washed Spinach	8 – 10 oz. per bag	Melons-Honeydew	5, 6, 8 or 9 per case
	16 – 20 bags per case	Cantaloupe	12 or 18 per case
Broccoli	18 bunches per case	Peaches	½ bushel basket
Artichokes	24 or 48 heads per box	Oranges – Florida	100 or 125 per box
Carrots	50 lbs. per bushel	California	72, 88 or 113 per box
Onions	50 lbs. per bushel	Watermelon	18 to 32 lbs. each
Potatoes	50 lbs. per bag	Strawberries	12 pints per flat
Peeled Potatoes	30 lbs. per box	Raspberries	12 pints per flat
Peeled Onions	20 lbs. per box	Bananas	40 lbs. per case
Asparagus	30 lbs. per crate	Lemons	95, 115, 140, 165, 200
Cauliflower	9 or 12 heads per box		or 230 per 4/5 bushel
Beets with tops	25 lbs. per box	Plums	28 lbs. per case
Mushrooms	3 lbs. per basket		
Leeks	12 bunches per case		
Chicory, Escarole,		Recipe Abbreviations	
Romaine	24 heads per case	teaspoon	tsp. minute(es) min.
Radishes	30 bunches per box	tablespoon	Tbsp. hour(s) hr.
Watercress	24 bunches per box	cup	c moderate mod.
Celery	24, 30, 36 or 48 heads	pint	pt. dozen dz.
	per crate	quart	qt. edible portion E.P.
Eggs	30 dz. per crate	peck	pk. As purchased A.S.
		bushel	bu.
		ounce(es)	oz.
		pound(s)	lb.
		square	sq.