

Shady Grove Ranch

JEFFERSON, TEXAS

A REAL FAMILY FARM GROWING REALLY PASTURE-RAISED MEATS & EGGS FOR EAST TEXAS & NORTH LOUISIANA

Liquid Measures

tsp	Tbs	fl oz	cup	ml
1	1/3	1/6	1/48	5
1.5	1/2	1/4	1/32	7.5
3	1	1/2	1/16	15
6	2	1	1/8	30
12	4	2	1/4	60
16	5 + 1 tsp	2 2/3	1/3	79
18	6	3	3/8	89
24	8	4	1/2	118
32	10 + 2 tsp	5 1/3	2/3	158
36	12	6	3/4	177
48	16	8	1	237
96	32	16	2	473
192	64	32	4	946

Multiplying Recipes

Original	Half	Double	Quadruple
1/2 tsp	1/8 tsp	1 tsp	2 tsp
1 tsp	1/2 tsp	2 tsp	4 tsp
1/2 Tbs	3/4 tsp	1 Tbs	2 Tbs or 1/8 Cup
1 Tbs	1/2 Tbs or 1.5 tsp	2 Tbs or 1/8 Cup	4 Tbs or 1/4 Cup
1/4 C	2 Tbs or 1/8 Cup	8 Tbs or 1/2 Cup	1 Cup
1/3 C	1/6 Cup or 8 tsp	2/3 Cup	1 1/3 Cups
1/2 C	4 Tbs or 1/4 Cup	1 Cup	2 Cups
2/3 C	1/3 C or 16 tsp	1 1/3 Cups	2 2/3 Cups
3/4 C	6 Tbs or 3/8 Cup	1.5 Cups	3 Cups
1 C	8 Tbs or 1/2 Cup	2 Cups	4 Cups or 1 Quart
2 C	1 Cup	4 Cups	8 Cups or 2 Quarts
3 C	1.5 Cups	6 Cups	12 Cups or 3 Quarts
4 C	2 Cups	8 Cups	16 Cups or 1 Gallon
5 C	2.5 Cups	10 Cups	20 Cups or 5 Quarts
6 C	3 Cups	12 Cups	24 Cups or 6 Quarts

Dry Measures

14 g	1/2 oz	1/32 lb
28 g	1 oz	1/16 lb
57 g	2 oz	1/8 lb
84 g	3 oz	3/16 lb
113 g	4 oz	1/4 lb
142 g	5 oz	5/16 lb
170 g	6 oz	3/8 lb
198 g	7 oz	7/16 lb
226 g	8 oz	1/2 lb
340 g	12 oz	3/4 lb
454 g	16 oz	1 lb

Butter & Fat Measurements

1/8 Cup	1/4 Stick	2 Tbs	1 oz or 1/16 lb	28 g
1/4 Cup	1/2 Stick	4 Tbs	2 oz or 1/8 lb	57 g
1/3 Cup	2/3 Stick	5 Tbs + 1 tsp	2.67 oz or 1/6 lb	76 g
1/2 Cup	1 Stick	8 Tbs	4 oz or 1/4 lb	113 g
2/3 Cup	1 1/3 Sticks	10 Tbs + 2 tsp	5.33 oz or 1/3 lb	151 g
3/4 Cup	1.5 Sticks	12 Tbs	6 oz or 3/8 lb	170 g
1 Cup	2 Sticks	16 Tbs	8 oz or 1/2 lb	227 g
1 1/4 Cups	2.5 Sticks	20 Tbs	10 oz or 5/8 lb	283 g
1 1/2 Cups	3 Sticks	24 Tbs	12 oz or 3/4 lb	340 g
2 Cups	4 Sticks	32 Tbs	16 oz or 1 lb	454 g

Internal Cooking Temperatures

Product	Temp (°F)
Beef (rare)	145
Beef (medium)	160
Beef (well)	170
Pork	160
Smoked Ham	145
Poultry	165-180

Liquid Equivalents

1 cup = 8 fl oz = 1/2 pint = 1/4 quart = 1/16 gallon
2 cups = 16 fl oz = 1 pint = 1/2 quart = 1/8 gallon
4 cups = 32 fl oz = 2 pints = 1 quart = 1/4 gallon
8 cups = 64 fl oz = 4 pints = 2 quarts = 1/2 gallon
12 cups = 96 fl oz = 6 pints = 3 quarts = 3/4 gallon
16 cups = 128 fl oz = 8 pints = 4 quarts = 1 gallon

Volume Capacity of Common Pans

Rectangular	11x7x2 inches	6 cups
	13x9x2 inches	14 cups
Round	8x1.5 inches	4 cups
	9x1.5 inches	6 cups
Square	10x2 inches	11 cups
	8x8x2 inches	8 cups
	9x9x2 inches	10 cups
Loaf	10x10x2 inches	12 cups
	8x4x2.5 inches	4 cups
Bundt	9x5x3 inches	8 cups
	9x3 inches	9 cups
	10x3.5 inches	12 cups
Muffin	Standard 12	1/4-1/3 C per muffin
	Mini	1/8 C or 2 Tbs per muffin

Personal Notes

THANKS FOR SUPPORTING LOCAL, NATURAL FARMERS!

SHOP.SHADYGROVERANCH.NET

SHADY GROVE RANCH LOCAL PURCHASING OPTIONS

Shreveport: Jan-May, Sept, Nov-Dec: Every Other Saturday at 11 at Line & Sherwood. Orders due Thursday preceding. June-Aug, October: Shreveport Farmers Market 7 to noon.

Retail locations: Sunshine & Vitamins Plus.

Tyler: Every First Thursday at 11:30 on Dennis Dr. Orders due Tuesday preceding.

Retail locations: Granary & Vitamins Plus.

Longview: Every Second Thursday at 10:30 behind Bowen Chiropractic. Orders due Tuesday preceding.

Retail locations: Granary, Vitamins Plus, & Jack's.

Marshall: Every Second Thursday at noon at Buchanan Feed. Orders due Tuesday preceding.

On-Farm in Jefferson: By appointment, year round, any day but Sunday. Call first to make sure we're here!