

your harvest weight

It is only possible to submit harvest weights in grams or ounces. If you like to weigh your harvests in pounds and ounces, please use this simple conversion chart to change this into ounces before submitting your harvest weights on the myharvest website.

Pounds and ounces [lb & oz]	Ounces [oz]	Pounds and ounces [lb & oz]	Ounces [oz]	Pounds and ounces [lb & oz]	Ounces [oz]
1lb	16 oz	21b	32 oz	31b	48 oz
1lb1oz	17 oz	2lb1oz	33 oz	3lb1oz	49 oz
1 lb 2 oz	18 oz	2 lb 2 oz	34 oz	3 lb 2 oz	50 oz
1lb 3oz	19 oz	21b 3 oz	35 oz	31b 3oz	51 oz
1 lb 4 oz	20 oz	2 lb 4 oz	36 oz	3 lb 4 oz	52 oz
1 lb 5 oz	21 oz	2 lb 5 oz	37 oz	31b 5 oz	53 oz
1 lb 6 oz	22 oz	2 lb 6 oz	38 oz	3 lb 6 oz	54 oz
1 lb 7 oz	23 oz	2 lb 7 oz	39 oz	31b7oz	55 oz
1 lb 8 oz	24 oz	2 lb 8 oz	40 oz	31b8oz	56 oz
1 lb 9 oz	25 oz	2 lb 9 oz	41 oz	31b 9 oz	57 oz
1 lb 10 oz	26 oz	2 lb 10 oz	42 oz	3 lb 10 oz	58 oz
1 lb 11 oz	27oz	2 lb 11 oz	43oz	3 lb 11 oz	59oz
1 lb 12 oz	28 oz	2 lb 12 oz	44 oz	3 lb 12 oz	60 oz
1 lb 13 oz	29 oz	2 lb 13 oz	45 oz	3 lb 13 oz	61 oz
1 lb 14 oz	30 oz	2 lb 14 oz	46 oz	3 lb 14 oz	62 oz
1 lb 15 oz	31 oz	2 lb 15 oz	47 oz	3 lb 15 oz	63 oz



Pounds [lb]	4 lb	5 lb	6 lb	7 lb	8 lb	91b	10 lb
Ounces [oz]	64 oz	80 oz	96 oz	112 oz	128 oz	144 oz	160 oz





National Society of Allotment and Leisure Gardeners Ltd

Visit: www.nsalg.org.uk • Email: natsoc@nsalg.org.uk



