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EC9907 Suggested Vegetable Budget

Florence J. Atwood

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1936

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
9907

SUGGESTED VEGETABLE BUDGET

(One adult person for 42 weeks)

	AMOUNT PER PERSON	FAMILY NEEDS
CANNED		
Tomatoes	23 qts.	
Greens	16 qts.	
Other Vegetables (Beans, beets, carrots, corn, peas, etc.)	21 qts.	
STORED		
Carrots	17 lb.	
Cabbage - (Kraut) (Head)	9 lb.	
Beets	8 lb.	
Onions	5 lb.	
Squash, Parsnips, Turnips	14 lb.	

If fruits are available, they should be canned. Twenty-one quarts per person will provide one individual one serving per day for the forty-two non-growing weeks. Twice this amount could be used. Vegetables, relishes, and pickles help to make the diet more palatable, so if possible, preserve these as extra vegetables.

Basis for figuring family budget

Boy 14-17 yr.	1/3 more than adult budget
Girl 13-17 yr.	same as adult budget
Child 8-12 yr.	2/3 of adult budget
Child 4-7 yr.	1/2 of adult budget (Minus corn, onion, cabbage)
Child under 4 yr.	1/3 of adult budget (Minus corn, onion, cabbage)

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FEDERAL BUREAU OF INVESTIGATION
 DEPARTMENT OF JUSTICE
 OFFICE OF THE DIRECTOR
 WASHINGTON, D. C. 20535
 1958

AVERAGE NUMBER OF POUNDS AND QUARTS PER BUSHEL
 OF PRINCIPAL FRESH FRUITS AND VEGETABLES

PRODUCT	POUNDS	QUARTS
Apples	50	20
Beans, lima (shelled)	28	30
Beans, string	28	16
Beets	60	22
Blackberries	60	30
Carrots	60	20
Corn	100 ears	40 pts.
Greens	12	7 pts.
Peaches (standard)	60	18
Pears	50	30
Peas	28	9
Squash	40	20
Tomatoes	60	15

Prepared by: Florence J. Atwood

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