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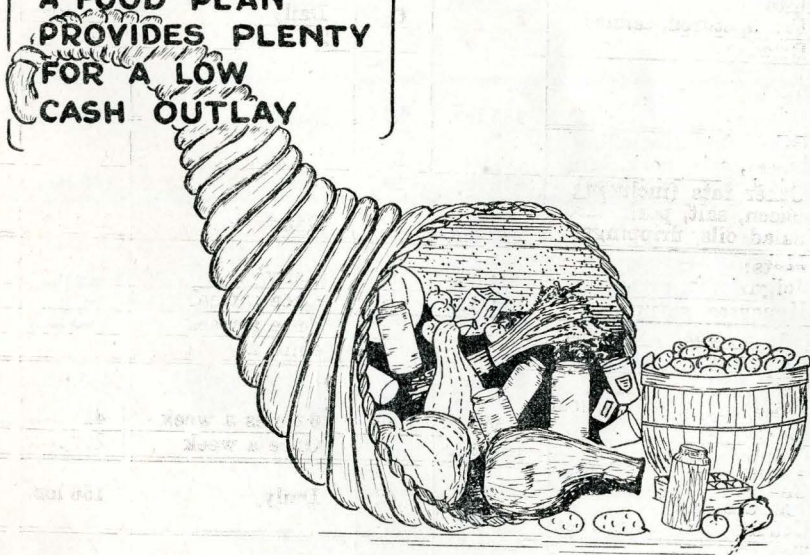
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A YEARLY FOOD PLAN FOR SOUTH DAKOTA FARMS

A FOOD PLAN
PROVIDES PLENTY
FOR A LOW
CASH OUTLAY



EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE
BROOKINGS, S.D.

A Yearly Food Plan Provides a Balanced Diet Throughout the Year for a Small Cash Outlay

Mary A. Dolve, Extension Nutritionist, Supervisor Home Extension Work

PRODUCE	Needed by Family: 2 Adults, 3 Children—Ages 13, 5 and 3 years		Based on Frequency of Serving to Give Balanced Diet and Variety	Approximate Amounts May be Produced and Purchased				Approximate Amt. Needed by One Person	Amount Needed by My Family to be:		For Information Regarding Production and Processing, Secure Copies of:	Suggested Calendar for Production and Processing	NOTES:
	Yearly	*Value		Produced Amount	*Value	Purchased Amount	*Value		Produced	Purchased			
Grain Products:													
Flour	550 lbs.	\$20	Daily			550 lbs.	\$20	115 lbs.		Food Economy leaflet No. 6—Serve Wheat to Your Families. Food Economy leaflet No. 9—Homemade Hominy. Food Economy leaflet No. 20—Corn a Good Low Cost Food.	Use whole cereal products during winter when range is in use. Can for summer.	1. One gal. milk will make 1 lb. cottage cheese. 1 1/2 gal. will make 1 lb. cream cheese.	
Cereals	220 lbs.	12	Daily	85 lbs.	\$ 5	135 lbs.	7	44 lbs.					
Milk: (365 gal.) Children—1 qt. daily Adults—1 pt. daily	365 gal.	117	Daily	365 gal.	117			85 gal.					F. B. 1675—Care of Milk Utensils on the Farm. F. B. 976—Cooling Milk and Cream on the Farm. F. B. 602—Production of Clean Milk. F. B. 1473—Washing and Sterilizing Farm Milk Utensils. Food Economy leaflet No. 18—Using Cottage Cheese on the Menu. Extension Circular—Making Cream Cheese in the Home.
Cheese—cottage or cream (60 gal.)	52 lbs.	8	2 times a week	32 lbs.	5	20	3	10 lbs.		Cream cheese can be made any time. Best to make spring and early summer.			
Vegetables:										Recommended Vegetable Variety List for Home Gardens in S. Dak. Basis for Figuring Size of Garden, Seed Required and Vegetables Needed for Family of Five for One Year. Planting and Cultural Instructions for Vegetables Contained in S. Dak. R. F. C. Relief Garden Seed Packets. Food Economy Garden leaflets, Nos. 1 to 4. F. B. No. 1371—Diseases and Insects of Garden Vegetables. F. B. No. 1673—The Farm Garden. Extension Circular No. 9—Vegetable Storage. Extension Circular No. 28—The Balanced Garden. Extension Circular No. 235—The Home Vegetable and Fruit Garden. F. B. No. 1471—Canning Fruits and Vegetables at Home. Food Economy—Food Preservation leaflets Nos. 1, 5, 6, 7.	Gardening: Prepare place for hot bed before freezes in the fall. March, April—plant hot beds. Canning—Preserving: May, June — Rhubarb, asparagus, greens. July, August, September— Other vegetables and fruits.	3. To estimate amount needed for your family, multiply number in your family over two years old, by the amount needed for one person. Generally speaking, a pre-school child needs approximately 1/3 as much as an adult; school children, 1/2 to 2/3, and those over 15 years, as much as adults. It is well to provide for one extra person to take care of extra help, community, emergency and company. Amounts are based on following servings: fruits and vegetables, 1/2 cup canned; 1/4 lb. fresh; 1/4 lb. dried products; fresh meat and fish, 1/2 lb., 1/3 cup canned and 1/8 lb. dried; sweets, 1 to 1 1/2 tablespoons.	
Potatoes	850 lbs.	11	Daily	850 lbs.	11			170 lbs.					
Dried beans, peas, nuts	52 lbs.	3	Once a week	40 lbs.	2	12 lbs.	1	10 lbs.					
Tomatoes	400 lbs.	47	3 times a week	450 lbs.	47			40 lbs.					
Leafy green and yellow colored vegetables	425 lbs.	26	4 times a week	425 lbs.	20	25 lbs.	6	85 lbs.					
Other vegetables	725 lbs.	29	Daily	725 lbs.	29			145 lbs.					
Fruits:													
Fresh, stored, canned	525 lbs.	65	Daily	400 lbs.	30	125 lbs.	35	105 lbs.		F. B. No. 1371—Diseases and Insects of Garden Vegetables. F. B. No. 1673—The Farm Garden. Extension Circular No. 9—Vegetable Storage. Extension Circular No. 28—The Balanced Garden. Extension Circular No. 235—The Home Vegetable and Fruit Garden. F. B. No. 1471—Canning Fruits and Vegetables at Home. Food Economy—Food Preservation leaflets Nos. 1, 5, 6, 7.	Render lard—Fall and Spring butchering.	4. Can be secured from County Extension Office or Extension Service, State college, Brookings. Other bulletins of interest: S. Dak. Experiment Station bulletin No. 185—Ice on the Farm. F. B. No. 1078—Harvesting and Storing Ice on the Farm.	
Dried	52 lbs.	5	2 times a week			52 lbs.	5	10 lbs.					
Fats:													
Butter	135 lbs.	34	Daily	135 lbs.	34			27 lbs.		F. B. 876—Making Butter on the farm. Leaflet—Farm Buttermaking. Extension Circular No. 315—Pork on the Farm.	June, July, August, September: Jellies, jams, preserves.		
Other fats (including bacon, salt, pork, lard, salad oils, drippings)	110 lbs.	10	Daily	110 lbs.	10			22 lbs.					
Sweets:													
Sugar	210 lbs.	11	Daily			200 lbs.	11	42 lbs.		Food Economy leaflet No. 3—Jelly Making.			
Molasses, syrups	30 lbs.	2	Once a week			30 lbs.	2	6 lbs.					
Jelly, jams, preserves	40 lbs.	6	Once a week	40 lbs.	6			8 lbs.					
Honey	25 lbs.	3	Once a week	25 lbs.	3			5 lbs.					
Meat:													
Beef, mutton, veal, lean pork, fish	364 lbs.	50	6 times a week	416 lbs.	50			73 lbs.		Extension Circulars: Pork on the Farm; Beef on the Farm; Lamb Mutton on the Farm; No. 292—Turkey Production in South Dakota. Special Circular No. 14—Capon and Caponizing.	Dec.—butcher for fresh winter meats. Feb., Mar., April—butcher, can and cure for summer. Fall—can culls from flock when price is low.		
Poultry	156 lbs.	20	Once a week	200 lbs.	20			31 lbs.					
Eggs:													
Children daily Adults, 3 times a week	156 doz.	42	Daily	156 lbs.	42			31 doz.		Extension Circular No. 333—Selecting Hens for Egg Production. Extension Circular No. 14—Better Rations, More Eggs, Greater Profits. Spec. No. 15—Poultry Management. No. 295—The S. D. Poultry House.	Summer—when eggs are very cheap, store in waterglass to release more eggs when price is high.		
Other Staples:													
Coffee	25 lbs.	8				25 lbs.	8	5 lbs.		Food Economy—Food Preservation leaflet No. 4—Pickling.	July, August, September— Pickles, relishes.	Cooperative Extension Work, U. S. Department of Agriculture and South Dakota State college cooperating. Distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. A. M. Eberle, Director.	
Tea	5 lbs.	2				5 lbs.	2	1 lb.					
Cocoa	25 lbs.	4				25 lbs.	4	5 lbs.					
Seasoning, baking powder, etc.	as needed	5					5						
Pickles—relishes, etc.	35 lbs.	5	2 times a week		5			7 lbs.					
Cod liver oil—children under 2	6 pt.		Daily—winter			6 pt.							
TOTAL VALUE	\$545			Value...\$435		Value...\$110		Values.....					

Vegetable and Fruit Canning—Storing Budget

For Variety and to Supply Fruit and Vegetable Needs
from October to June

Products	Suggested Number of Times for Serving	Amount for One Person	Amount for My Family*
Tomatoes	Three times a week	20 quarts	
Greens	Once a week	6 quarts	
Green Beans	Once a week (more)	10 quarts	
Peas	Once in two weeks (about)	2 quarts	
Corn	Once in two weeks (about)	2 quarts	
Beets	Occasionally	2 quarts	
Carrots	Occasionally	2 quarts	
Total number jars		44 qt. 88 lbs.	

Vegetable Storage Budget

Products	Suggested Number of Times for Serving	Amount for One Person	Amount for My Family*
Beets	Once a week	10 lbs.	
Cabbage	Three times a week	25 lbs.	
Carrots	Once a week	10 lbs.	
Beans—dry	Once in two weeks	4 lbs.	
Beans—lima	Once in two weeks	3 lbs.	
Onions	Once a week	10 lbs.	
Parsnips	Once a week	10 lbs.	
Peas—dry	Occasionally	3 lbs.	
Potatoes	Twice a day	170 lbs.	
Squash	Once or twice a week in season	10 lbs.	
Turnips	Once a week	10 lbs.	

Total not including potatoes ----- 95 lbs.

Fruit Canning Budget

Products	Suggested Number of Times for Serving	Amount for One Person	Amount for My Family*
Fruits	Daily Daily—dried and fresh fruit to make balance for 2 fruits a day	30 quarts	

* Multiply amount for one person by number in your family.

Home grown fruits are the ones which are suggested for canning, such as apples, berries, cherries, plums and rhubarb.

Be sure to figure the total cost of canning operations before purchasing products to be canned. Canning should be a means of preserving surplus foods raised and thereby saving cash income and not an end in itself. Unless all costs are considered, canning may in some cases defeat its economic purpose.

Meat Canning and Curing Budget

**For Variety and To Supply Meat Needs from April 1 to December 1
or 8 Months**

Products	Suggested Number of Times of Serving	Amount for Family of 5	Amount for One Person	Amount for Our Family*
Cured:				
Corned beef	Occasionally	} 47 lbs.	9 lbs.	
Bacon	3 times a week			
Ham	Once a week			
Salt pork	Once a week			
Canned Beef:		Trimming from other canning		
Chili con carne	Occasionally	24 lbs.	5 lbs.	
Hamburger	Once every 2 weeks			
Hash	Occasionally			
Liver paste	Occasionally	Meat from bone in making soup stock		
		What is not wanted fresh at butchering time		
Meat loaf	Once every 2 weeks	24 lbs.	5 lbs.	
Roast beef	Once a week	47 lbs.	9 lbs.	
Soup stock	Once every 2 weeks	24 lbs.	5 lbs.	
Swiss steak	Once every 2 weeks	24 lbs.	5 lbs.	
Steak—broiled	Once a week	47 lbs.	9 lbs.	
Stew—brown	Occasionally	Trimming from other canning		
Canned Pork:				
Chops	Once every 2 weeks	24 lbs.	5 lbs.	
Sausage	Once every 2 weeks	24 lbs.	5 lbs.	
Spare ribs	Occasionally			
Poultry—Canned	Once every 2 weeks	} 24 lbs.	5 lbs.	
Fresh	Once every 2 weeks			
Total		309 lbs. +	62 lbs.	

*Multiply amount for one person by number in your family.

REDUCE CASH EXPENDITURE BY:

- Planning a yearly food budget.
- Producing from 75 to 90 per cent of food budget.
- Preserving fruits and vegetables for winter.
- Preserving meats for summer.
- Eliminating waste of labor, time and products.
- Exchanging surplus products, other products and services needed.
- Purchasing foods based on food values.
- Keeping a record of food produced and food purchased.
- Checking the economic facts of farm and home.
- Maintaining family health.