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1940

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
9932

A YEARLY FOOD PRODUCTION PLAN FOR NEBRASKA FARM FAMILIES

A home food production plan is essential to the well being of all Nebraska farm families. It is doubly important in times of financial stress since an adequate diet will help keep a farm family well and will also release part of the cash income for other needs. The thoughts and efforts of all members of the family are necessary to assure a well planned food budget and a productive garden.

Families vary in size and ages of individuals and individual food likes, but the material given on the following pages will serve as a handy guide when formulating a home production plan for any family. The following facts should also be considered:

Dairy products

1. The average cow will produce from 2 to 3 gallons of milk per day for 10 months. Cows producing less than this amount are not paying their way. They should be butchered or sold.
2. One pound of butter requires the cream from $3\frac{1}{2}$ gallons of milk.
3. One pound of cottage cheese requires approximately 1 gallon of skim milk.
4. One pound of cheddar cheese requires approximately 4 to 5 quarts of whole milk.

Eggs and poultry

1. The average hen should produce about 11 to 12 dozen eggs per year. Hens laying less should be culled and eaten or canned.
2. Hens and roosters dress out from 65% to 75% of their live weight.
3. Approximately $1\frac{1}{2}$ times as many eggs should be set for home hatching as the number of chickens needed.
4. About 50% of the chickens hatched will be roosters.

Meat

1. A 200-pound hog will yield 155 pounds pork and lard.
2. A 700-pound calf (with limited grain) will yield 385 pounds dressed beef.
3. A 90-pound lamb will yield 45 pounds dressed lamb.

Vegetables

1. One pound green or leafy vegetables gives 4 servings.
2. One pound root vegetables gives 2 servings.
3. One quart canned vegetables gives 8 servings.
4. One pound dried beans gives 8 to 12 servings.
5. One pound potatoes gives 3 to 4 servings.

Fruit

1. One quart canned fruit gives 6 servings.
2. One pound dried fruit gives 6 to 8 servings.

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Food Requirements	Amt. per adult per yr.	Amt. for family of 5 per yr.
Dairy products:		
Milk--1 qt. per child per day		
1 pt. per adult per day.....	73 gal.	365 gal.
Butter--at every meal		
$\frac{1}{2}$ to 1 lb. per person per week.....	30 lb.	150 lb.
Cheese-- $\frac{1}{4}$ lb. per person per week.....	15 lb.	70 lb.
Eggs--2 or 3 per week per adult		
4 or 5 per week per child and a few in cooking.....	20 doz.	100 doz.
Poultry--served once a week.....	40 lb.	200 lbs.
Meat and fish--about 5 times a week or daily if prepared in combination with cereals or vegetables.....	100 lb.	500 lbs.
Fats--lard and bacon.....	20 lb.	100 lb.
Vegetables--4 servings per person per day.....	420 lb.	2100 lb.
<u>Kinds and amounts per person per year</u>		
1. One serving per day of leafy, green or yellow vegetables.....	90 lb.	
2. Three to five servings per week of other vegetables.....	60 lb.	
3. One serving per day of Irish or sweet potatoes	180 lb.	
4. One serving per day of tomatoes or citrus fruits.....	90 lb.	
1. Leafy, green or yellow vegetables		
<u>Kind Canned Dried or stored</u>		
Asparagus.....	4 qt.	---
Beans, green.....	8 qt.	---
Beet greens and young beets.....	4 qt.	---
Cabbage.....	6 qt.	8 qt.
Carrots.....	6 qt.	16 pt.
Chard.....	3 qt.	---
Lettuce.....	Usually eaten fresh	
Peas.....	10 qt.	---
Peppers.....	Usually eaten fresh	
Pumpkin.....	---	5 lb.
Rutabaga.....	---	
Spinach.....	6 qt.	---
Squash.....	---	5 lb.
2. Three to five servings per week of other vegetables		
Beans, dried.....	---	12 lb.
Beets.....	---	10 lb.
Cauliflower.....	May be eaten fresh	3 lb.
Celery.....	Usually eaten fresh	
Onions.....	---	11 lb.
Parsnips.....	---	10 lb.
Sweet corn.....	6 qt.	2 lb.
Turnips.....	---	10 lb.
3. One serving per day of Irish or sweet potatoes		
4. One serving per day of tomatoes or citrus fruits		
Tomatoes.....	25	---

Food Requirements				Amt. per adult per year	Amt. for family of 5 per yr.
Fruit--one serving per day per person of fresh, canned or dried fruit.....				120 lb.	600 lb.
<u>Kind</u>		<u>Canned</u>	<u>Dried</u>	<u>Stored</u>	
Apples	20 qt.	2 lb.	1 bu.		
Blackberries.....	Canned if available				
Cherries or plums.....	3 qt.	2 lb.	---		
Currants & gooseberries.	2 qt.	---	---		
Grapes.....	Canned if available				
Peaches.....	Canned if available				
Raspberries.....	2 qt.	---	---		
Rhubarb.....	2 qt.				
Strawberries.....	3 qt.	---	---		
Cereal foods per person.....				154 lb.	780 lb.
Bread at every meal.....150 lb. as loaves or 112 lb. as flour					
A cereal dish per day per person					
Cracked wheat		9 lb.			
Cornmeal.....		7 lb.			
Other flour.....		20 lb.			
Sorgo.....		8 lb.			
Sweets--one serving per person per day.....				60 lb.	300 lb.
Honey.....					
Preserve.....		4 qt.			
Sorghum.....					

This is a home production plan and does not include foods that need to be purchased. 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. Relishes, pickles, and some of the less common vegetables help to make the diet more palatable, so if possible preserve these as extra vegetables.

Number of servings

1 lb. root vegetables - - - - - - - - - -2 servings
 1 qt. canned vegetables - - - - - - - - - -8 servings
 1 lb. greens or cabbage - - - - - - - - - -4 servings
 1 qt. canned fruit- - - - - - - - - - -6 servings

Helpful Circulars for the Production of Food Stuffs

Ext. Circ. 769, Irrigation of the Farm Garden
 " " 1208, Home Garden Hot Bed
 " " 1211, Farm Vegetable Garden
 " " 1216, Farm Vegetable Garden Pointers
 " " 1231, The Home Orchard and Fruit Garden
 " " 1257, Grape Growing in Nebraska
 " " 1258, Cane and Bush Fruits in Nebraska
 " " 1700, Garden Windbreak
 Sta. Circ. 11, Strawberries in Nebraska
 Ext. Circ. 1512, Pests of the Vegetable Garden
 U. S. D. A. 879, Home Storage of Vegetables
 Ext. Circ. 1416, How to Select Good Layers
 " " 1463, Poultry Feeds and Feeding
 " " 610, Standard Practices in Producing Milk and Cream

How to provide for family of 5 for one year	Amount needed for our family	Amount to be produced	Amount to be purchased	Amt. to be preserved*
3/4 acre containing: 12 apple trees 4 plum trees 9 cherry trees 50 raspberry bushes 150 strawberry plants 8 gooseberry bushes, 8 currant bushes, and 15 hills rhubarb				
Have own grain ground for flour and cereal or purchase				
1/3 acre sorghum 3 to 5 colonies of bees Purchase if not available otherwise				

*Canned, stored or frozen

Helpful Circulars for the Production of Food Stuffs (continued)

Ext. Circ. 625, How to Produce Better Milk and Cream
Sta. Bul. 303, Manufacture of Neufchatel and Cream Cheese
U. S. D. A. 602, Production of Clean Milk
U. S. D. A. 876, Making Butter on the Farm
U. S. D. A. 976, Cooling Milk and Cream on the Farm

Helpful Circulars for the Use and Preservation of Food Stuffs

Dairy

Ext. Circ. 943, Modern Uses of Sour Cream
" " 924, Cheese Making
Food Supplement 2, Milk Drinks
U. S. D. A. 876, Making Butter on the Farm
U. S. D. A. 1705, Milk for the Family

Eggs and Poultry

Ext. Circ. 915, Delicious Poultry Recipes
U. S. D. A. L39, Eggs at Any Meal

Meat

Ext. Circ. 917, Recipes for Using Liver
" " 9914, Making of Pork Sausage and Use of Meat Sundries
U. S. D. A. 1186, Pork on the Farm--Killing, Curing and Canning
U. S. D. A. 1415, Beef on the Farm--Slaughtering, Cutting and Curing
U. S. D. A. 1807, Lamb and Mutton on the Farm
U. S. D. A. L 17, Cooking Beef According to Cut
U. S. D. A. L 28, Lamb as You Like It.
U. S. D. A. L 81, Cooking Cured Pork

Vegetables

Ext. Circ.	916, Hominy
" "	923, New and Old Ways of Cooking Vegetables
" "	927, Variations in the Preparation of Dried Beans
" "	969, Vegetables for Health
" "	9903, Variety in Vegetables
" "	9907, Suggested Vegetable Budget

Helpful Circulars for the Use and Preservation of Food Stuffs
(Continued)

Ext. Circ.	9906, Methods of Drying
U. S. D. A.	984, Farm and Home Drying of Vegetables
Ext. Circ.	9923, Cornmeal Recipes
U. S. D. A.	1236, Corn and Its Use as Food

Cereals

Ext. Circ.	929, Recipes for Whole Grain Cereals
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Sweets and Pickles

Ext. Circ.	911, Honey Throughout the Year
" "	984, Pickles and Relishes
U. S. D. A.	1800, Homemade Jellies and Jams
U. S. D. A.	900, Homemade Fruit Butter

Meal Planning

Ext. Circ.	913, Putting Variety and Palatability into Low Cost Meals
" "	941, Value of Properly Planned Meals
" "	946, Low Cost Recipes
" "	9902, Food Needs at Low Cost
" "	9908, One Dish Meals
" "	9910, Satisfactory Meals

Baking

Sta. Bul.	320, The Use of Lard in Cake Baking
Ext. Circ.	934, Doughnuts, Pies and Cookies
" "	940, Home Baking of Breads
U. S. D. A.	1775, Homemade Bread, Cake and Pastry

Canning and Preservation

Ext. Circ.	958, Precautions with Canned Foods
" "	9924, The Story of Home Canning
" "	9925, General Canning Directions
" "	9926, Canning Fruits and Tomatoes
" "	9927, Canning Non-acid Vegetables
" "	9928, Canning Meat
" "	9929, Canning Chicken
" "	9920, Home Preservation by Freezing
U. S. D. A.	1762, Home Canning of Fruits, Vegetables, and Meats

Miscellaneous

Ext. Circ.	980, Sandwich Suggestions
" "	9911, Suggestions for Lunch Box
" "	9916, Substitutes for Crackers
" "	1117, Soap Making

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NOTE: Since the supply of many of these publications is limited, order only those which will be needed immediately or in the near future. Order only single copies and no request should be for more than 12 Nebraska publications and 5 U. S. D. A. Send orders to your county agricultural or home demonstration agent.