

Article	Period	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.
Spinach.....	1895-96													
	1896-96													
	1897-96													
	1898-93													
Sweet corn....	1895-96													
	1896-96													
	1897-96													
	1898-93													
Tomatoes....	1895-96													
	1896-96													
	1897-96													
	1898-93													
String beans.	1895-96													
	1896-96													
	1897-96													
	1898-93													
Vegetables														

APPENDIX E WEEKLY FOOD BUDGET FOR A FAMILY OF THREE, PHILADELPHIA, 1833*

Bread.....	\$0.62½
Meat.....	.20
Butter.....	.15
Potatoes.....	.15
Sugar.....	.12
Milk.....	.07
Tea.....	.10
Salt, pepper, vinegar.....	0.07
Amount for food.....	\$1.48½
For shelter, clothing, and other expenses.....	1.71
Total expenditures.....	\$3.19½

* Matthew Carey, *Appeal to the Wealthy of the Land, Ladies as Well as Gentlemen, on the Character, Conduct, Situation and Prospects of Those Who Sell Dependence for Subsistence Is on the Labor of Their Hands* (Philadelphia, 1833), p. 9.