Bhutan: The Namgays of Shingkhey Village
ONE WEEK'S FOOD IN FEBRUARY
* Homegrown; ‡ Not in Photo

Grains & Other Starchy Foods: $0.25
red rice,* 66.2 lb, *this also feeds the many guests who drop by at mealtimes.*
flour,* 3.1 lb
red potatoes,* 2.2 lb
barley,‡ 2 lb, for toasting

Dairy:
milk,* 2.8 gal, *from family cows. Butter is churned from a portion of this milk; the by-product, whey, is also used. About 1.8 lb of cheese is produced from the milk as well.*

Meat, Fish & Eggs: $0.08
eggs,*‡ 11
fish, dried, 4.4 oz, *The family eats fish or meat—normally in dried form—once or twice a month. The fish in the photograph represents about three months' worth of either fish or meat.*

The dollar amount represents what the portion they eat costs.

Dried beef is eaten more often than fish.

Fruits, Vegetables & Nuts: $1.46
Mandarin oranges, 3.5 lb
yellow bananas, 1.4 lb, *fruits are purchased infrequently.*
radishes, 6.6 lb
spinach,* 5 large bunches
mustard greens,* 4 large bunches
eggplant,* 2.2 lb
red onions, 2.2 lb
tomatoes, 1.1 lb
carrots,‡* 1.1 lb
green chilies, fresh, 4.4 oz, *amount in photo represents about three months' worth.*
red chilies, dried, 4.4 oz, *amount in photo represents about four months' worth. Normally, all vegetables are homegrown or borrowed from a neighbor. Vegetables are purchased infrequently.*

Condiments: $1.27 (Market value of homegrown foods, if purchased locally: $29.06)
mustard oil,* 2.1 qt
salt, 3.3 lb, *for cooking and feeding to cows for increased milk production.*
ginger, 1.1 lb
bicarbonate of soda (baking soda), 1 small pk, *used to neutralize acid in tea.*
chili powder, 1 handful

Beverages: $0.76
tea rounds, 2 cakes, *for butter tea.*
Red Label tea, 0.7 oz, *for guests only;*
    water comes in through a plastic hose
    from a spring above the house, used
    for cooking and boiled for drinking.

Miscellaneous: $1.21
betel nuts, 80
leaves for betel nuts, 2 bundles
lime paste, 1 pk

Food Expenditure for One Week:
$224.93

Ngultrum: $5.03