

Ecuador: The Aymes of Tingo
ONE WEEK'S FOOD IN SEPTEMBER
* Homegrown

Grains & Other Starchy Foods: \$17.40

white potatoes, 100 lb
white rice, broken, 50 lb, *cheaper than whole rice.*
ground wheat,* 15 lb
corn flour, 10 lb
white flour, fine, 10 lb
green pea flour, 8 lb
white flour, coarse, 6 lb

Note: The Aymes normally grow their own potatoes and corn, but have none to harvest at this time of year.

They have eaten the last of their homegrown barley.

Dairy:

Milk, 1.8 gal, *from family cows; only part of the week's supply is shown in the photograph.*

Meat, Fish & Eggs:

none.

Fruits, Vegetables & Nuts: \$11.25

plantains, 13.4 lb
yellow bananas, 6.2 lb, *purchased over-ripe as they are cheaper that way.*

oranges, 3.6 lb
lemons, 2.5 lb
Andean blackberries, 1 lb
lentils, 10 lb
carrots, 3.6 lb
red onions, 3 lb
leeks, 2 lb
lettuce, 1 head

Condiments: \$2.90

Brown sugar, 11 lb, *purchased as a cake, used for sweetening coffee and eaten as candy.*
salt, 1.5 lb
vegetable oil, 16.9 fl oz
cilantro, 1 bunch

Beverages:

stinging nettle, 1 small bunch, *gathered wild for tea.*
corn silk, 1 handful, *boiled in water for both tea and medicine.*
spring water, *carried by hand, for drinking and cooking.*

Food Expenditure for One Week: \$31.55