

# 20 Small Steps to an ancestral kitchen

These small steps are listed in no particular order! You can jump anywhere in the list and begin. Every small step we make is progress towards an ancestral kitchen.

*"When people ask me, "What's the most important thing I can do to advance the food integrity movement?", I tell them, "Get in your kitchen." " - Joel Salatin*

1. Choose raw or low heat pasteurized milk
2. Include fermented vegetables in your meals
3. Choose traditional fats over vegetable/seed oils
4. Soak your grains
5. Choose heritage or heirloom grains, especially those from local mills
6. Make or purchase sourdough breads
7. Eat nose to tail, using all of the animal including the organ meat
8. Make drinking home-fermented beverages a habit
9. Find and support local farmers, who farm regeneratively
10. Switch to pasture-raised eggs; look for soy-free fed chickens
11. Eat grassfed beef, pastured pork and pastured chicken
12. Ferment your dairy (into yogurt, cheese or kefir)
13. Eat fat fearlessly
14. Include bone broth in your diet
15. Buy untreated vegetables, fruit and greens
16. Read about ancestral foods or listen to podcasts
17. Start a garden
18. Include herbs in your food and drink
19. Remove chemical-based toiletries from your home
20. Choose reusable and non-toxic household cleaning supplies

*At the end of the day, it starts with us. - Sir Patrick Holden*

*Listen to Ancestral Kitchen Podcast anywhere you find your podcasts! The Small Steps episode is #50 and, in this episode, Alison and Andrea go into detail about each of these twenty steps, as well as sharing where they each started.*

*You can find Alison at [www.ancestralkitchen.com](http://www.ancestralkitchen.com) | Andrea is at [www.farmandhearth.com](http://www.farmandhearth.com)*

# 20 Small Steps

## the book list

These are some of the books and resources we relied on as we worked through the small steps in our own kitchens, numbered to match each step. Many of the books can be found on our affiliate bookshop link, [bookshop.org/shop/AKP](http://bookshop.org/shop/AKP) under the Small Steps Booklist. For readers in the UK, visit [uk.bookshop.org/shop/AKP](http://uk.bookshop.org/shop/AKP)

1. Untold Story of Milk: The History, Politics and Science of Nature's Perfect Food: Raw Milk from Pasture-Fed Cows, by Ron Schmid
2. Kirsten Shockey's "Your 30-Day Fermentation Course" (FULL immersion into fermented foods, including beverages and condiments!) <https://tinyurl.com/4j2yefk9>
3. Nourishing Fats: Why We Need Animal Fats for Health and Happiness, Sally Fallon Morell
4. Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, Sally Fallon
5. Nourishing Diets: How Paleo, Ancestral and Traditional Peoples Really Ate, Sally Fallon Morell; and Heirloom by Sarah Owens
6. [www.ellyseveryday.com](http://www.ellyseveryday.com) blog and YouTube
7. It Takes Guts: A Meat-Eater's Guide to Eating Offal with Over 75 Delicious Nose-To-Tail Recipes, Ashleigh Vanhouten
8. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, Sandor Ellix Katz
9. Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food, Joel Salatin
10. Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World, Joel Salatin
11. Defending Beef, Nicolette Hahn Niman
12. The Art of Natural Cheesemaking: Using Traditional, Non-Industrial Methods and Raw Ingredients to Make the World's Best Cheeses, David Asher
13. How to Heal Your Metabolism by Kate Deering
14. Nourishing Broth: An Old-Fashioned Remedy for the Modern World, Sally Fallon Morell and Kaayla T. Daniel
15. Tomatoland, Third Edition: From Harvest of Shame to Harvest of Hope, Barry Estabrook
16. Ancestral Kitchen Podcast (on Spotify, Apple, and all other streaming platforms)
17. The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live, Nikki Jabbour
18. Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation, Stephen Harrod Buhner
19. Chemical-Free Home for Face & Body by Melissa Poepping
20. The Chemical-Free Home by Melissa Poepping ([melissapoepping.com/chemical-free-home-books](http://melissapoepping.com/chemical-free-home-books))

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