

ANCESTRAL KITCHEN PODCAST PRESENTS

# 50 ways to save money in an ancestral kitchen

*I encourage people to take their recreation and entertainment budget of time and money and start to participate in the food system. Every single community is surrounded by integrity farmers. Many of them want to farm full time and they need ten or twenty more customers to tip them over so they don't have to commute to their town job to support their farm addiction.*

*Joel Salatin*

## **Sourcing Foods**

1. Buy in bulk. Lower price per kilo/lb, as well as less packaging. Bulk purchases often can be made yearly from a farm or ethical supplier rather than weekly or frequently in the grocery store.
2. Buy locally - the supermarket is often a trap to spend more money and local food from a known farmer can be cheaper.
3. Buy what's in season and work that into your meals, rather than buying for recipes.
4. Compare grain prices and choose the sustainable grain that is the most economical in your area, rather than the one that is just the most popular online. For instance, Alison chose to build their weekly menu around rye flour rather than other more expensive (but popular) grains in her area.
5. Get to know your farmer! Relationships build opportunity!
6. Choose real food over supplements (buckwheat pancakes)
7. Start a buying group with local like minds.
8. Trade & barter rather than buy - with those you know (and those you don't know!).
9. Talk to people everywhere you go. Build a network for trading and sharing knowledge.
10. If shopping at physical stores, find out when they discount and buy close-to-expiry date food.
11. If shopping at online stores such as Azure, keep up-to-date with their specials/sales and shop and meal plan accordingly.
12. Concentrate on a few spices/luxuries and buy those in bulk, rather than lots of little pots.
13. Make conscious decisions about organic and grass-finished foods - this isn't an all-or-nothing proposition. We are evolving our tables, our food systems and our available options.
14. Meal plan! This is the ultimate way to buy seriously in bulk and systematise your whole kitchen.
15. Glean fields. Many farmers will allow you to glean fields after harvest is done or between rotations. This requires building relationships, being a full-price customer for some time, or knowing somebody who knows somebody! Also - there are gleaners associations in many towns, usually more supermarket related.
16. Be ready for opportunity. Have some cash set aside (this takes diligence and determination when you are on a budget!), for when somebody suddenly drops an amazing bargain on meat or grains or produce. Having some freezer space, jars and lids on hand, and the time to jump in your car when somebody says "Hey, you can glean this organic cherry orchard for FREE today!" is invaluable! Find a strategy that you can USE to chip away at building the savings, and don't scoff at small beginnings! And remember, with farmers - CASH TALKS.
17. Buy whole or half/quarter animals (or go in with somebody on an animal); also, get bones, fat, and organs; if multiple customers are having animals butchered at the same time from the same farmer, you may be able to ask if you can have any pieces those customers want discarded (often heads, feed, fat, bones, organs).

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## Ingredients

18. Use pulses to stretch meat further - soak and ferment them (you can freeze them soaked) to maximize nutrition.
19. Buy the stuff others don't want. Trotters, heads, heart, lungs, liver, bones.
20. Eat offal - it is the *most* nutrient dense part of the animal for the smallest price! Expand your taste profile so that liver, heart and tongue can find a prime place of honor on your table!
21. Eat beans and rice, but soak (and ferment) them and cook them in stock. They will fill you up better fermented (as they are more nutrient-dense) and with the stock you'll be getting more protein and fat.
22. Eat heart (20-30g of protein per 100g!!) It is a muscle! There is a recipe in our cookbook!
23. Get good with whole chicken - pick the meat off like a scavenger!

## Stock

24. Make broth regularly (protein packed, so many minerals, all for pennies - and will help you assimilate meat better!).
25. Use the broth bones again and again. Weaker versions of broth can be used for cooking grains or making cacao or soup.
26. Drink bone broth with meals (to saite so you don't have to eat as much) and as a snack - it has 10g protein per cup!
27. Use bone broth to cook pasta and grains for additional protein in every meal.

## Kitchen routine/cooking

28. Cook at home, from scratch, value-adding from as basic ingredients as possible, all the time (seems simple but is key!). This does take preparation ahead - thinking ahead will save more money than almost anything we could suggest.
29. Be prepared to eat similar things most of the time. Repetitive meals are also conducive to bulk buying.
30. Don't throw away, get used to eating leftovers!
31. And... Make tomorrow's lunch from today's dinner and plan to do that every day.
32. Cook in bulk and freeze.
33. Make ferments at home (and with friends).
34. Bake at home. Quality baked goods are one of the most expensive value-added products you can buy! Baking as a routine or way of life is more than just a vibe - it's a great budget tool.
35. Render your fat yourself (including ghee).
36. Eat lard (or tallow) over butter - huge savings!!
37. Grind your own grain (you could go in on a grinder with a friend).
38. Value-add your own dairy products. Value-added dairy is the MOST expensive value-added product in the kitchen!
39. Make your own luxuries (chocolate, coffee, etc). Anything that value-adds - do it yourself!
40. Invest time in working bees! Get friends together and do the hard labor of building pantries together, so you can tackle huge food projects that can be obtained at bargain bulk prices, together.

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## Home tasks

41. Grow your own - doesn't have to be BIG! Growing herbs (and drying some to use throughout the year) adds elevated flavor profiles to even the simplest of dishes and eliminates one of the most expensive aspects of a recipe. The stems and scraps are premium for broth!
42. Raise animals.
43. Share tasks with friends - cook together and make twice as much in way less than half the time.
44. Skill up! The more skills you have, the more you can say yes to. When somebody offers you five live roosters for free, can you say YES to all that free meat and bone broth and organs for the dinner table?! If somebody calls and says you get to glean an apple orchard, are you able to make those apples provide fruit for the table for a whole year with your skills in canning, dehydrating and processing? Can you convert a pig head into blocks of head cheese for the family?! Can you cook spleen?
45. Force yourself to work from your pantry, even if it's just for a month (i.e. "only buy dairy and fresh eggs"). The stricter you can be with yourself, the more creative you get, and the better you eat!

## Other

46. Use bokashi (don't buy compost!).
47. SAY YES - ALWAYS. ALWAYS say yes to jars (any shape, size, dirtiness), and food (any quality!). Sometimes you'll have to sift through some junk and may have a LOT of processing and work to do, but at the end of the day you'll have come out miles ahead with some incredible free gifts! If people know you always take the pig's feet, over-abundant veg, etc, they call you first.
48. Simultaneously, reduce your pantry staples to the core and highly diverse items that you can source around you. Check our podcast cookbook to see Alison's VERY trim pantry.
49. Don't be afraid to ask - if food is being left, ask if it's okay to take it!
50. Re-allocate budget. Instead of entertainment, what about edutainment? Cheesemaking class, or a butchering class, etc. What if instead of movie subscriptions, a milk subscription? Or a skill-set subscription like some of the farmers or patrons out there where you can learn skills that expand your budget possibilities?

EAT LIKE A PEASANT!

## If we could both just do *one* thing to save money, what would it be?

Alison: Make broth! It's the cheapest protein out there, and an incredibly economical foundation to so many dishes.

Andrea: Skill up! Every skill you learn, you get paid for in the kitchen, over and over again.