

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!