

When the Pantry is Also a Home

A Pantry list to carry you through Thirty Sunsets and a Moon: Volume 1



Nutrient Dense, Traditional Fats

Jarred, unpitted olives (green, black)
Extra virgin, cold pressed oils (avocado; olive)
Organic virgin coconut oil for frying pastries

Mineral Rich, Natural Sweeteners

Raw, local honey (also, honeycomb and bee pollen)
Unrefined sugar (organic cane sugar; panela)
Dark maple syrup

Legumes

Dried lentils (brown; black; red)
Jarred beans (white; borlotti)
Dried beans (white; red; pinto)

Whole Grains

Stone ground, white grits
Rice (white, long grain; wild; carolina gold)
Flour (einkorn, whole wheat + ap; sonora; spelt)

Fruit

Apricots
Citrus (sweet oranges; meyer lemons; limes)
Avocadoes

Starchy Vegetables

Garlic & onions
Potatoes (white rose; fingerling; yukon)
Sweet potatoes & yams

Wild Seafood

Canned Sockeye Salmon
Sardines in Olive Oil
Tuna in Olive Oil

Sprouted Nuts & Seeds

Nuts (whole walnuts; almonds; pistachios; pine nuts)
Seeds (pumpkin; sesame)
Butters (tahini; almond)

Fresh & Dried Herbs

Thyme; oregano; rosemary
Mint (also pennyroyal; chocolate mint; lemon balm)
Chamomile flowers; rose petals; berry leaves

Dried Spices & Seasonings

High mineral sea salt (plain; seasoned)
Black pepper
Seeds (nigella; caraway; fennel; poppy)
Aromatics (ground ginger + garlic)
Cinnamon; nutmeg; cardamom; cumin
Red pepper (paprika; berbere; harissa flakes)

For baking a little something sweet

Leaveners (baking soda; baking powder)
Vanilla (extract; whole bean)
Vanilla pudding mix
Yellow cake mix
Confectioners' sugar
Semi-sweet baking chocolate

Other good things to keep on hand

Active sourdough starter
Dried fruits (dates; apricots; peaches)
Tea (black; herbal)
Vinegars (cider; white)
Lacto fermented pickles
Unsulphured blackstrap molasses
Fresh pressed juice (pomegranate; black cherry)
Sparkling mineral water
Jams (marmalade; apricot; berry)
Milk (evaporated; condensed)
Shredded coconut
Specialty flours (super fine brown rice; semolina; bread)
Full fat coconut milk
Tahina helwa
Corn starch
Yellow cornmeal

*And don't forget to hang a posy or two of fresh herbs
to dry in the kitchen!*

