

A Well-Stocked Pantry for Slow n' Sweet Summer Days

The Healing Care Baskets Project of Summer 2023



FATS - Nutrient Dense, Traditional Sources

Butter in a crock (in a cool, shady corner)
Extra virgin olive oil
Coconut oil

CARBOHYDRATES - Mineral Rich, Natural Sweeteners

Raw, local honey with the comb
Unrefined sugar (cane, panela, brown)
Unsulphured blackstrap molasses

CARBOHYDRATES - Legumes

Dried lentils (brown; green)
Jarred beans (ful; black)
Dried beans (white; red; black eyed peas)

CARBOHYDRATES - Whole Grains

Stone ground cornmeal & grits (yellow; white)
Rice (white long grain; wild)
Flour (unrefined, all purpose; cake flour)

CARBOHYDRATES - Fruit

Bananas (yellow; plantains)
Stone fruit (apricots; peaches; plums)
Sundried fruit (apricots; raisins; figs)

CARBOHYDRATES - Starchy Vegetables

Sweet corn
Yams & potatoes
Summer squash

PROTEINS - Wild Seafood

Canned sockeye salmon
Sardines in olive oil
Tuna in olive oil

PROTEINS - Nuts & Seeds

Nuts (walnuts; pecans; pistachios)
Seeds (pumpkin; sesame)
Seed & nut butter (tahini; peanut)



DRIED HERBS

Thyme, Oregano, Basil, Bay Leaves,
Rosemary, Sage

DRIED SPICES & SEASONINGS

High mineral sea salt (plain; seasoned)
Pepper (white; black)
Garlic powder, Onion powder
Cinnamon, Nutmeg, Cloves
Red pepper (paprika; cayenne)
Egyptian dukkah

FOR BAKING A LITTLE SOMETHING SWEET

Leaveners (baking soda; baking powder)
Vanilla pudding mix
Vanilla extract
Yellow cake mix
Corn starch
Coconut (flakes; shreds)
Cocoa powder
Jarred pineapple chunks
Graham crackers

OTHER GOOD THINGS TO KEEP ON HAND

Garlic & onions
Vinegars (cider; white)
Pickles & pickled produce
Tea (black; herbal)
Jarred, stuffed green olives
Jarred tomatoes
Tahina helwa
Ice cream cones
Milk (evaporated; condensed)
Hot sauce
Jams (marmalade; apricot; strawberry)
Maggi bouillon cubes

And, don't forget to keep a few cast iron pans hanging from sturdy nails on the cupboard wall!