

# *A Soul Nourishing Winter Pantry*

Gathered from the contributors of *Thirty Sunsets and a Moon*: Volume Two

## FATS - Nutrient Dense, Traditional Sources

Ghee/Samna  
Extra Virgin Olive Oil  
Unpitted Olives (Black; Green)



## CARBOHYDRATES - Mineral Rich, Natural Sweeteners

Raw, Local Honey  
Unrefined, Brown Sugar (Rapadura; Jaggary)  
Molasses (Carob; Grape)

## CARBOHYDRATES - Legumes

Dried Lentils (Red; Brown; Green)  
Jarred Beans (Garbanzo; Kidney; Ful/Fava)  
Dried beans (White; Red)

## CARBOHYDRATES - Whole Grains

Stone Ground Grits  
Rice (Basmati; Baldo; Jasmine)  
Flour (Whole Wheat Pastry Flour; Cake Flour; Semolina)

## CARBOHYDRATES - Fruit

Persimmon  
Pomegranate  
Dried Fruit (Dates; Apricot; Figs)

## CARBOHYDRATES - Starchy Vegetables

Sweet potatoes  
Yams  
Squash

## PROTEINS - Wild Seafood

Canned Sockeye Salmon  
Sardines in Olive Oil  
Tuna in Olive Oil



## PROTEINS - Nuts & Seeds

Nuts (Walnuts; Almonds; Hazelnuts)  
Seeds (Pumpkin; Sesame)  
Seed/Nut Butter (Tahini; Peanut)

## DRIED HERBS

Chamomile  
Mint  
Thyme  
Bay Leaves  
Rosemary



## DRIED SPICES

Saffron  
Cinnamon  
Whole Nutmeg  
Cardamom  
Ginger  
Cumin  
Turmeric  
Red Pepper (Paprika; Cayenne)

## OTHER GOOD THINGS TO KEEP ON HAND

High Mineral Sea Salt  
Black Pepper  
Garlic  
Onions  
Black Tea  
Jarred Tomatoes (Paste; Passata)  
Evaporated Milk  
Condensed Milk

## FOR BAKING A LITTLE SOMETHING SWEET

Baking Soda  
Baking Powder  
Vanilla Pudding Mix  
Vanilla Extract  
Yellow Cake Mix