

Simple, Inexpensive Nourishing Traditions Favorites

Including primary ingredients, cost comparisons, and favorite variations

For cost comparisons, I looked at bulk Azure and local farm stand prices, and Bellingham, WA-area Walmart and Whole Foods.

Getting started with Nourishing Traditions: If you don't know where to begin, just go to the index, starting on page 651. As soon as you see something delicious, flip to that page and see if it takes ingredients you have access to, and a process you'd like to learn! The recipe titles are so intriguing and delicious, I can spend 1 minute in the index and get a list 40 titles long of things I'd like to make.

Each recipe is an *idea*. There is no need to make everything in the book - consider it an encyclopedia of ancestral food recipes, and look up the foods you have access to/consistently like/have in your region/or can grow yourself/buy bulk.

Buying tips: Can you buy bulk? That will almost ALWAYS drive the per-pound/per-piece price down. Once you know a favorite staple (for instance, the muffin recipe we are about to share) and you know how often you make it (for instance, we make 2 dozen muffins every wednesday), you immediately know about how much poundage of flour you need to get through a month or a year for that Thing, and you can buy a bulk supply at once. The cost is often halved or less vs buying individual small packages in a grocery store. More complex and expensive, this rule applies to meat, too. That requires a freezer, of course. Some things can last a very long time at room temp! A 5-gallon bucket of honey, for instance. We purchased a 5-gallon bucket, it is for sale right now for \$246 (I don't remember what we paid when we bought it 4 years ago), but that's \$6/pint for raw, clover honey, as organic as it can get (you can't really certify honey organic since you never know how far the bees are going), from a small time producer. If I were buying pint jars one at a time, they would run about \$18/a jar. I keep a jar in the kitchen and scoop out what I need periodically.

Breakfast ideas

Basic Muffins p 482 (flour, sour milk) **ORGANIC ANCESTRAL HOMEMADE COST: \$4.66.**

CONVENTIONAL/INDUSTRIAL COST: \$4.95

Variations - mix in chopped hard-boiled eggs, cooked sausage, fresh or frozen fruit, jam in the middle, chunky applesauce

Bulk buying example: organic wheat berry cost - .84lb/at \$1.28/lb = \$1.07. 2 cups sour milk (USE UP milk that would go bad!), buttermilk, kefir or yoghurt - cost varies, but for us, the raw milk would cost \$1.12. (In Ketchikan, they cost about \$1/egg.) Here, we can get them about .50/egg. So \$1 for the eggs. Grassfed bulk butter from Azure is 15 cents a tbsp, so 45 cents for butter. Maple syrup is

.46/ounce, so, cost for maple syrup is \$0.92. Redmond real salt, and baking soda bulk from Azure, still¹ negligible costs so we will throw in a generous 10 cents for that. So 15 soaked, fermented, nourishing, rich, saturated-fat, healing, brain building, protein-dense muffins cost \$4.66 to make, and about 31 cents each. At walmart, the 12-pack of "Great Value Blueberry Snack Mini Muffins, Moist, Light, Fluffy Individually Wrapped Pastry, 12 oz, 12 Count" which got TWO STAR rating and said "very dry and crumbly with no taste of blue berry flavor," and each one is plastic wrapped, costs 3.97, putting those at 33 cents apiece. IF WE DECIDED to be generous and added REAL antioxidant-rich berries (Frozen, wild, organic blueberries - \$1.38 to add 1 cup) - then our cost goes up to a total \$6.04, or a whopping 40 cents apiece. And if you wanted to drive your cost back down, you could swap the raw milk for organic, pasteurized A2/A2 milk powder; you would need 6 tablespoons, which would cost about 60 cents, bringing your overall price back down to about 4, or 5.40 with the blueberries.

**Breakfast Porridge p 455 (oats, kefir) ORGANIC ANCESTRAL HOMEMADE COST \$1.10+
CONVENTIONAL COMMERCIAL PACKAGED STORE COST: \$2.87**

Variations - cook with milk or cream, add butter, miso or maple syrup, ground hemp, soaked nuts. Or can be rolled kamut, spelt, if you have a roller like Alisons. Coarsely cracked rye or whole teff... corn, amaranth ... what grain is most available and affordable for you?

Quaker Instant Oats MAPLE AND BROWN SUGAR flavor (sugar and natural flavors, no minerals to be found here) Pack of 8, Walmart, \$2.87

Bulk buying example: We purchase organic, quick rolled oats from Azure for \$55.34/50 lb sack. If a mill offers bulk options, it is often cheaper, because they don't have to make and market a zillion small packages. One cup weighs about 90 grams, and we use two cups for breakfast; that means a pot of organic, lacto-fermented porridge, not counting the tablespoon of kefir, costs \$0.43 cents to make. If we add a generous half a stick of grass-fed butter to the pot, that adds \$0.58 cents and a healthy dose of saturated, filling fat. Sprinkle on a few raisins, some brown sugar or maple syrup, raw cream, or miso, a soft poached egg, a slice of homemade toast, and it will vary the cost, and you could select your toppings based on what is available to you and affordable. But all told, you could easily feed the entire family (for us, one adult and 4 children since this is a school-day breakfast), an organic, ancestral breakfast for \$1 plus. I challenge McDonalds to do better.

Fried Mush p 457 (leftover oatmeal, eggs)

Variations - add chunky applesauce, spices

Leftover oats + cost of eggs. No waste is the ancestral food theme! Repurposing or reusing scraps!

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Kasha and Russian Kasha p 464 (buckwheat groats, egg, broth, butter, seasoning) *See episode 34, Our Favorite Nourishing Traditions Recipes, for 6 of our favorite recipes including Kasha. A recipe download for supporters.*

Organic, bone broth and sat-fat-rich, 3 cups volume recipe \$3.94

Walmart compare Uvelka Buckwheat BOIL-IN-BAG 8 Bags 80 Gr (Pack of 2) \$13.98

Could be any meal of the day! Groats, 1.89/lb for 25 lb bag, takes roughly 1 lb for 3 cups. Egg, \$0.50 assuming \$6/doz. Broth, calculated in my lentils recipe later on, \$1.21 for 2 cups of organic bone broth. 24 cents for butter. S&P we will say 10 cents. Total cost for 3 cups russian kasha, \$3.94

Lunch Ideas

Dilled Potato Salad p 190 (red potatoes, red onions, dill, vinegar, mayo)

Homemade - our local potatoes were \$1/lb for organic 50lb case from a small farm. Red onions were tossed in. \$1 (generous allowance!) Dill would be dried this time of year. 20 cents of Vinegar from 1 gallon jug. \$3.75 Mayonnaise from Costco. (personally I would add mustard and a chopped egg, or steamed green beans) **Total cost: \$6.95 for a 2 pound bowl of organic red potato salad, seed oil free, ancestral preparation. Walmart conventional potato salad 32 oz: \$5.14**

Hummus p 174 (chickpeas, garlic, tahini, lemon juice)

Chickpea cost - 78 cents, Garlic cost - (grow it? Megan's episode) 25 cents. Tahini - we make our own in the Vitamix with sesame seeds. 50 cents. Lemon juice 1.20. Flax oil 25 cents. **Total cost for 16 oz ORGANIC ANCESTRAL HUMMUS: \$2.98 CHEAPEST CONVENTIONAL WALMART HUMMUS 16 oz Cost: \$4.59**

Side of organic carrots: \$1.46 for a pound. Conventional baby carrots: \$1.32

Indian-Style Pancakes (dosas) p 510 (lentils, brown rice, ghee)

20 organic ancestrally-prepared dosas for \$5.45

Lentils .45 lb of lentils costs 79 cents. Cheapest organic brown rice on azure is \$1.50/lb, recipe requires 4/5ths of a pound so rice cost is about \$1.20. Whey or lemon juice we will allow 30 cents. Salt 5 cents (it's probably 1 cent really). Say you purchased grassfed ghee vs making ghee, azure price would run you \$3.16 for 2.66 oz of ghee.

Salmon Spread p 164 (salmon, onion, sour cream, capers, lemon) she serves in endive. Or make crackers. Canned sustainable salmon cost \$2.24 for a cup. Small onion: Estimated cost from our local stand: \$1. Cream cost - \$1.50 (Nancy's sour cream) or \$2.28 (Nancy's cream cheese) or homemade piima \$1.00. Capers imported, organic: 50 cents. Lemon juice organic: 30 cents. **Total cost for 2 cups of ORGANIC, SUSTAINABLE, PRESERVATIVE FREE spread: \$6.54 (using the mid-range cream price)**

CONVENTIONAL PHILADELPHIA BRAND 7.5 oz: \$4.17 , so about \$9.53+ for 16 ounces

Sourdough Bread p 490 (starter, wheat berries to grind, sea salt, water)

Cost of wheat berries: \$2.11 Cost of starter, will estimate \$0.65. Salt cost: redmond real salt 25 lbs 10 cents. **ORGANIC ANCESTRAL FRESH SOURDOUGH COST:** Total recipe, \$2.86, makes 5 - 6 loaves so if we say 5 loaves, **it's 57 cents a loaf. CHEAPEST CONVENTIONAL LOAF I CAN FIND AT WALMART: \$1.48/loaf.**

With sourdough bread Varieties of sandwiches, spreads, cheese sauce, broth and dip, kraut and dip, soup and dip, cooked meat and gravy over bread, egg on bread, french toast, breadcrumbs for meatballs and meatloaf from the stale scraps, breakfast casserole.

Dinner Ideas

Using "From Scratch" to eat a higher quality meal that still costs less overall - it's possible with some strategy and planning, but planning and effort is the part that is making you the money. You don't have to change everything in your house to "from scratch" right away - just look at what you buy a lot of at the grocery store, and start switching with that. A friend told me she uses 10 cans of beans a week. Let's use that as our example.

Basic Beans p 496 (beans) -

ORGANIC ANCESTRAL HOMEMADE COST: \$6.10 CONVENTIONAL CANNED NON-ORGANIC COST: \$9.10

Cost of dried beans:

About 6 oz dried beans fills a pint jar when soaked and cooked

25-lb bag from Azure is \$1.66/pound or \$41.62 for a 25 lb sack. You need all that cash up front, and you need somewhere to store it. Once you have a bucket, though, you can use it for a long time - I have been using my buckets for almost 15 years. There is ONE paper sack of beans, which we use as a trash bag to collect paper to burn, and one trip to pick it up - so waste is saved.

Cheapest canned pinto bean on Azure (organic also) is at the bulk rate \$1.57/can.

Cooking your own means it costs about 62 cents per pint of beans in this example. Finding organic, ancestrally produced beans for 62 cents a can or less would mean scoring a really great sale somewhere, and would be hard to find on the regular!

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At Whole Foods in my area, a can of organic pinto beans is \$3.57. The cheapest can of non-organic beans at Walmart is 91 cents a can.

For my friend, if she was shopping at Walmart, her beans would cost \$9.10 per week (plus if she has to pay to throw away trash...). Her bulk beans would be more digestible by preparation method alone, and organic, so they wouldn't contribute to the bottom line of glyphosate exposure in her family - in this way she can help deal with any potential digestive problems and medications associated with that, and also avoid excess chemicals in their home, and her weekly bean cost would be \$6.10. (If she was shopping at WF, her weekly bean price would have been \$35.70!!)

A bean-forward menu: homemade tortillas (corn or flour) or chappati, cooked beans or mashed beans (p 496), kraut or cortido, sauteed and salted greens. This is a type of frugal menu I often shared with my Kenyan neighbors.

Basic Brown Rice with Liver, like dirty rice p 466 (rice, butter, chicken stock, liver)

Organic, local, serves 6 - 8 \$7.03

Compared to Walmart, Zatarain's Dirty Rice, \$4.28 \$2.77 for a box plus 3 oz of beef to be equivalent \$1.30, 21 cents for canola oil

After you told me about this, yesterday I took a packet of liver out of the freezer to try making it, so that will be our menu today

Cheapest organic brown rice on azure is \$1.50/lb, recipe requires 4/5ths of a pound so rice cost is about \$1.20. Butter cost 30 cents. EVOO 54 cents a tablespoon in the gallon jug on azure, so \$1.08. Cardamom pods lets just say 10 cents. Chicken stock \$2.42 for a quart. Salt 5 cents. Liver averages \$10/lb so for 3 oz of liver, the maximum in the recipe, we will allow \$1.88.

Basic Lentils p 507 (lentils, whey or lemon, broth, garlic, herbs and spices) Very good served with cooked pieces or shredded meat, or minced or cubed meat. Chapati or flatbread, sourdough bread on the side, butter or lard. .88 lbs of lentils cost \$1.57. Broth is scraps from chicken you made but let's say you bought organic chicken bones to make broth. A pound of bones for a quart of broth we shall say, so that cost you \$2.47 for 4 cups (bulk box of bones), so \$1.82 for the 3 cups in the recipe. Garlic 25 cents (1 a neck at our local stand). Thyme from the garden or dried thyme. Peppercorns and chile flakes and sea salt - will generously allow 50 cents for organic spices. Lemon juice 30 cents OR kraut juice (1 cent???). Total cost for 6 - 8 servings of **ORGANIC, ANCESTRAL, BROTHED LENTILS: \$4.44. 2-15 oz cans CONVENTIONAL CANNED LENTILS + CONTAINER BROTH!!! \$4.07**

Idli, Indian-Style Dumplings p 509 (cooked lentils, brown rice, whey, sea salt) Blend rice and lentils raw, fermented 24 hours, shape into dough balls and poach.

Cottage Potatoes p 397 (potatoes, butter, lard (evoo))

Fatworks pig pail (choose the most economical fat for you! Duck, tallow, moose tallow, lard, leaf lard) \$87 for 1 gallon. 68 cents an ounce, so 2 oz here is \$1.36. 58 cents for butter. 2 lbs potatoes \$2. **\$3.98 for a full sheet pan of organic, sat fat rich potatoes. CHEAPEST FROZEN SOUTHERN HASH BROWN DICED POTATOES** (and you still need to add your own fat to cook it!!!): **\$3.58 for 32 oz bag at walmart.**

For getting started, things that will be familiar to us! Look at the Ground Meats chapter p 355. For me, growing up my only exposures to meat was really ground meat and roasts, so all the obscure “weird” cuts in cookbooks would totally (and still do) throw me off.

Spaghetti Sauce p 357 (ground beef, onions, green pepper, can tomatoes, chicken liver, spices, stock, red wine) Buckwheat or brown rice noodles. Brown rice noodles \$5.28/lb on Azure. Bionaturae organic brand \$2.72/lb wheat. Azure organic tomato sauce 29 ounce \$2.84. Ground beef, beef & organs, venison, mutton, lamb. \$8.16/lb on Azure. \$5/lb from dairy farmers. \$10/lb from local farms. \$9.99 to 12.99/lb at whole foods. **ROUGHLY \$25.55 cost for organic/regenerative meat/tomato/noodles w 2 lbs meat.** WALMART \$1.18/lb for spaghetti. WALMART conventional tomato sauce \$1.63/ounce. WALMART \$6.93/lb for meat. **ROUGHLY \$16.67 cost for conventional/chemical/non-organic/factory meat/tomato/noodles w 2 lbs meat.** *Remember – if you can buy beef in bulk, your price will drop drastically; if you can grow or pick and can your own tomatoes, the prices for that will drop as well. Remember too - the spaghetti from NT could literally be classified as medicinal.*

Oriental Celery Root Salad p 192, plus salad dressing p 135 (celery root, carrot, pepper)
Medicinal, easy, fast.

Mackerel Spread p 163 (mackerel or herring, piima or creme fraiche, lemon juice) sour cream, or straight cream (heavy or double)
For us, herring is slightly cheaper. I am excited to try as any kind of sardine or fish in a can, I love

Sauerkraut p 92 (cabbage, caraway, salt) Our local cabbage source was a huge case for \$50 so I am not sure the per head price. A 3lb head from Azure is roughly \$5.95. Salt is 25 cents generously. Caraway seeds optional. **So a 3 lb jar of kraut (before adding water for brine!) is \$6.** Walmart jar of active kraut (not canned) 16 oz jar for \$15.95 So the **WALMART equivalent cost of a 3lb jar (AFTER adding water for brine) is \$47.85 (organic, active, refrigerated - no other options were seen).**

Dessert Menu

Gingerbread p 547 (flour, sour milk, spices, molasses)

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Organic, unrefined, fresh and ancestral preparation serves 16 \$7.23

Walmart Gingerbread cake mix and 1 egg, \$4.93

Wheat berry cost .99, milk cost \$1.12, butter cost \$1.80, fresh ginger (A MUST) 25 cents, Sucanat is \$2.98/lb, sucanat is about 7 oz per cup, so \$1.30 per cup, so .87 cents for the $\frac{2}{3}$ cup in the recipe. 45 cents for mineral-rich blackstrap molasses. \$1 in eggs. 75 cents for spices, salt and baking powder.

Spice Bread p 491 (rye or spelt, honey, spices, orange rind, starter)

2 9-inch rounds organic, natural honey sweetener, ancestral \$7.14

Walmart cheapest boxed spice cake plus eggs and oil cost: \$4.46

Spelt \$1.60 for 1.25 lb when buying bulk berries on azure. \$3 for honey 1 cup. .50 cents for spices. Organic Rind of orange \$2 assuming you throw the rest of the orange out and get nothing for it. $\frac{1}{2}$ cup sourdough starter 4 cents. (Leave out orange, use raisins instead! Use sucanat instead of honey, or half molasses)

Tapioca Pudding p 544 (pearl tapioca, whole milk, eggs)

Variation - honey, maple syrup, Rapadura, vanilla or no

Kombucha p 596 (sugar, tea, scoby)

Cost of organic sugar 49 cents. Tea Amazon Frontier spice Assam \$25 for a pound of loose. 78 cents for half ounce tea. **Half gallon organic kombucha: \$1.27, add 3 oz organic tart cherry juice for flavor for another 99 cents, so \$2.26 for half gall.**

CHEAPEST KOMBUCHA AT WALMART \$11.16 for half gallon

What will Alison be making next?

Liver dumpling soup p199

Oxtail barley soup p209

Miso porridge p456

What will Andrea be making next?

What I am making next: Potato and Celery Root Puree p 401 (we have lots of celery root and potatoes from a local farm right now), Mackerel Spread p 163, Greek Rice p 472, Simple Tuna Salad p 416 (Mom gave us some tuna as a post-partum fast food!), Oriental Chicken Platter p 416 looks quite good not sure if I can get my hands on all the ingredients though. Might be a while. Salmon, breaded whitefish recipes, thanks to Leah bringing us so much fish. SO many fish recipes look so exciting and I have not tried them at all.

Food Research Survey [https://www.msn.com/en-us/health/nutrition/nearly-80-of-americans-too-tired-to-cook-after-work/ar-AA1pE4oi?](https://www.msn.com/en-us/health/nutrition/nearly-80-of-americans-too-tired-to-cook-after-work/ar-AA1pE4oi?ocid=msedgntp&pc=LCTS&cvid=a36170cc13004e72af97859e3c8161d9&ei=15)

[ocid=msedgntp&pc=LCTS&cvid=a36170cc13004e72af97859e3c8161d9&ei=15](https://www.msn.com/en-us/health/nutrition/nearly-80-of-americans-too-tired-to-cook-after-work/ar-AA1pE4oi?ocid=msedgntp&pc=LCTS&cvid=a36170cc13004e72af97859e3c8161d9&ei=15)

Nourishing Traditions cookbook <https://bookshop.org/a/86014/9780967089737>

Azure Standard in the US https://www.azurestandard.com/?a_aid=fDevVdRXWd

Healthcare Stats in the US <https://crsreports.congress.gov/product/pdf/IF/IF10830>