

ANCESTRAL KITCHEN PODCAST¹ NOURISHING TRADITIONS READING SCHEDULE

Pick two (or more!) recipes from the monthly reading to make and enjoy, and share your experience and thoughts (and photos, if you have them!) with the group.

February 2025

- Preface, and Introduction: Politically Correct Nutrition (xi-xii, 1-3)
- Recipes: Cultured Dairy; Fermented Vegetables & Fruits (79-111)

March 2025

- Introduction Section: Fats (4-20)
- Recipes: Sprouted Grains, Nuts & Seeds; Stock (112-125)

April 2025

- Introduction: Carbohydrates (21-25)
- Recipes: About Stock Based Sauces; Salad Dressings (126-135)

May 2025

- Introduction: Proteins (26-32)
- Recipes: Sauces, Marinades & Condiments; About Coconut Products (136-160)

June 2025

- Introduction: Milk and Milk Products (33-35)
- Recipes: Hors d'oeuvres & Dips; Vegetables Salads (160-196)

July 2025

- Introduction: Vitamins (36-39)
- Recipes: Soups; Raw Meat Appetizers (197-242)

August 2025

- Introduction: Minerals (40-45)
- Recipes: Gourmet Appetizers; Fish (243-278)

September 2025

- Introduction: Enzymes (46-47)
- Recipes: Poultry; Organ Meats (279-316)

October 2025

- Introduction: Salt, Spices, & Additives (48-50)
- Recipes: Game; Beef & Lamb (317-354)

¹ www.ancestralkitchenpodcast.com or look for Ancestral Kitchen Podcast anywhere you listen to pods!

November 2025

- Introduction: Beverages (51-55)
- Recipes: Ground Meat; A Catalog of Vegetables (355-412)

December 2025

- Introduction: About Food Allergies & Special Diets(56-62)
- Recipes: Meat Salads; South of the Border (413-435)

January 2026

- Introduction: Parting Words (63-64)
- Recipes: Eggs; Sandwich Suggestions (436-450)

February 2026

- Introduction: Guide to Food Selection (64-65)
- Recipes: Whole Grains; Breads & Flour Products (451-475)

March 2026

- Introduction: A Word on Equipment (66-68)
- Recipes: Baking with Alternative Grains; Legumes(477-510)

April 2026

- Introduction: Kitchen Tips and Hints (69-71)
- Recipes: Snacks & Finger Foods; Natural Sweeteners (511-537)

May 2026

- Introduction: References (72-78)
- Recipes: Sweets for Kids of All Ages; Pies & Cakes (538-573)

June 2026

- Appendices A - F (621-634)
- Recipes: Gourmet Desserts; Beverages (574-596)^{2 3}

July 2026

- Recipes: Feeding Babies; Tonics & Superfoods (597 - 607)
- Choose a book from the footnotes or bibliography to start reading next!

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³ Thank you Rachael for putting this schedule together and sharing it with us!