

A woman with blonde hair, smiling, wearing a white top and a floral apron with yellow straps. She is standing in a pantry filled with various food items on shelves. The text is overlaid on the left side of the image.

How to Stock Your Essential Traditional Foods Four-Corners Pantry

Mary's Nest



Contact

MarysNest.com/contact

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Hi Sweet Friends,

To help you stock your near and long-term storage for your family, I hope you will enjoy using this Essential Traditional Foods Four-Corners Pantry List.

Please let your friends and family know about this document and my website at marysnest.com. Let's help as many people as we can learn how to make Traditional "Nutrient Dense" Foods!

I'd love to hear about your favorite Traditional Foods pantry items too. Please share your comments with me on one of my YouTube videos or recipe blog posts. You can also find me on social media:

- Facebook: facebook.com/marysnest
- Instagram: instagram.com/marysnest
- Pinterest: pinterest.com/marysnest
- Twitter: twitter.com/marysnest
- YouTube: youtube.com/marysnest

That's all for now, but I look forward to chatting with you again! And be sure to join me in my kitchen with my next video as we make Traditional Foods together.

Love and God Bless,

Mary ❤️

Contents

Introduction	4
Get Started	8
Animal and Fish Proteins	10
Baking	12
Beverages	14
Condiments	15
Dairy and Dairy Alternatives	16
Fats and Oils	17
Fresh Aromatics	18
Fruits	20
Grains	22
Legumes and Pulses	24
Nuts and Seeds	26
Seasonings	28
Sweeteners	30
Vegetables and Tubers	32
Vinegars	34
Helpful Extra Pantry Staples	35

Learn How to Use This Pantry Guide

For a quick tour of this eBook, watch my Pantry List video where I go over this document in detail and describe how you can use it for your pantry at marysnest.com/free-traditional-foods-pantry-list/



What are Traditional Foods?

A Traditional Foods Kitchen is a place where you can properly prepare nutrient-dense real foods. Traditional cultures throughout history ate these real foods, which include:

- Bone Broths and Bone Marrow
- Cultured Dairy
- Ferments, including Fermented Vegetables and Beverages and some Fruits
- Grass-Fed Meats
- Organ Meats
- Pastured Poultry and Eggs
- Sourdough Breads
- Sprouted Grains
- Wild-Caught Fish and Shellfish
- And more

Four-Corners Pantry

The Four-Corners Pantry refers to the four areas in your home where food is normally stored:

- Main Kitchen Pantry
- Refrigerator
- Freezer
- Extended Pantry

Main Kitchen Pantry

Your main pantry can be a cabinet or closet in your kitchen where you keep those everyday essentials that you frequently use when cooking.

Refrigerator

Most of you know what this is! But in all seriousness, the fridge in a Traditional Foods Kitchen is where you'll keep all your fresh produce, raw milk, grass-fed butter, and other temperature-sensitive foods. The top shelf and the door shelves of your refrigerator tend to be slightly warmer than the rest of the fridge, and these are the best places to store your ferments that prefer a slightly less cold temperature.

Freezer

Some say, "The freezer is where things go to die," but that's not the case in a Traditional Foods Kitchen. The freezer is going to be your best friend. It will hold your grass-fed beef, pastured chickens, and wild-caught fish, and it's a great place to keep one-cup and two-cup measures of bone broth on hand for preparing nutritious soups, stews, rice, and grains.



Extended Pantry

The Extended Pantry is where you keep non-perishable foods that you like to stock up on, as well as foods that you can use in the event of an emergency. Extras of anything that you cook or eat on a regular basis should go into your Extended Pantry.

This is the best place to store your selected items when you find them on sale and can buy them in bulk. The Extended Pantry is also a great place to store those items you might need in an emergency, such as extra water.

Not sure how to get started with Traditional Foods Cooking?

Just start with a roast chicken!

What about Organic?

Before we get started on our pantry list, I want to take a minute to discuss organic food, as well as nitrate-free, grass-fed, pastured, and wild-caught foods. Are these the best? Certainly. But are they in everyone's budget? Not always.

So does that mean you throw in the proverbial towel and just eat processed foods because you can't do everything perfectly? I think you know what I am going to say. Don't worry about it.

Buy the best food that you can that is within your budget. Cook a whole chicken—any chicken—and serve it with love. That is better than any processed food will ever be.

Overspending on your grocery budget (or in any facet of life for that matter) and then stressing about it is not good for your health—or your digestion—no matter what you eat!

Cleaning Products, Paper Products, and Food Storage Containers

You can often make cleaning products homemade. Vinegar and baking soda can replace store-bought cleaners when it comes to cleaning many household items and surfaces. When purchasing manufactured cleaning products, keep it simple. Choose bleach, Borax, washing soda, and the like over more expensive multi-ingredient cleaning products. Choose dish liquid, dishwasher detergents, and laundry detergents that contain limited ingredients.

You can add bath tissue (toilet paper) and facial tissue to your extended pantry as your budget allows. Instead of paper products like paper towels and paper napkins, you should seek out cloth options that you can wash and reuse to save money. Avoid disposable paper plates, plastic cups, and plastic utensils. If you need plastic plates, cups, and utensils to feed young children, purchase those items that you can wash and reuse.

How to Use this Pantry List

The following pages list essential pantry items that I recommend you keep on hand so that you can be a confident cook in your Traditional Foods Kitchen. I've also offered ideas for optional items you might like to add as your budget allows.

With opened and filled in bullets, I also recommend the best place to store the items in your Four-Corners pantry. In the Amount column, you can write the number of items you have, as well as make comments in the Notes column.

However, please do not feel any pressure to run out and buy all of these items tomorrow. Even when it comes to foods that I have classified as essential, stocking your Four-Corners pantry is a process. Add these items to your pantry as your budget allows.

Your Traditional Foods Kitchen

Now keep in mind, this list is only a starting point and is by no means exhaustive. Use the foods listed in this booklet to help you develop confidence in transitioning your present kitchen into a Traditional Foods Kitchen.

Print out or store this document on your mobile device so you can take this guide with you to the grocery store or the farmer's market. You can also keep this guide on your computer as a handy reference if you shop for some of these items online.

Over time, you will discover that there are particular items that you like to use in your kitchen—and which best suit your tastes—that are not on this list. By all means, add them! Many sections have additional rows where you can write in your own items. You have a lot of flexibility when it comes to stocking a Traditional Foods Pantry.

What's most important is to start...and always focus on buying real foods and slowly (or quickly!) eliminating processed foods from your pantry and your grocery cart.

Video and Recipe Links

With many items, I also provide clickable links in this PDF document to my blog posts that contain instructional videos and printable recipes to show you how to make and use those ingredients. Use these resources to grow your kitchen skills, and you'll be a more confident and practiced Traditional Foods home cook.

As you cook with these basic ingredients that you've stocked in your Four-Corners pantry, you'll begin to create tasty, nutritious meals that will almost seem effortless. And they'll be meals that you, your family, and friends will love. Best of all, you will be well on your way to creating your own Traditional Foods Kitchen!

Let's get started!



Animal and Fish Proteins - Essential

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Bacon	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Beef, ground	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Beef Bones, a variety that includes Marrow Bones and Meaty Bones	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video
	Beef Bone Broth, preferably homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video playlist
	Beef Chuck Roast or Rump Roast, Bone-in	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Beef or Chicken Livers	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video
	Chicken, canned and preferably organic	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Chicken, whole	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Chicken Bone Broth, preferably homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video playlist
	Eggs	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Fish, oily and canned:					
	• Anchovies	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	• Sardines	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Video
	• Herring	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	• Salmon	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Video
	Pork Roast, Bone-in	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	

Animal and Fish Proteins - Optional

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Beef Cuts, Bone-in, such as a T-Bone Steak	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Chicken Pieces, Bone-in and cut up with skins on	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Fish, Fresh and oily, such as Salmon	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Fish Bone Broth	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video
	Shellfish, such as:					
	• Clams	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	• Mussels	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	• Oysters	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	• Shrimp	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video
	Turkey Bone Broth	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Video playlist
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Baking Powder, aluminum free	●	○	○	●	
	Baking Soda	●	○	○	●	
	Yeast, commercially-packaged, active or instant	●	●	●	●	
	Vanilla Extract, preferably homemade	●	○	○	●	Video
	Flours, including:					
	• All-Purpose Flour (organic, if possible)	●	●	●	○	
	• Bread Flour (organic, if possible)	●	●	●	○	
	• Whole Wheat Flour, ("hard red" wheat is standard at the grocery store)	●	●	●	○	
		○	○	○	○	
		○	○	○	○	

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Barley Malt	●	○	○	●	
	Citric Acid	●	○	○	●	
	Einkorn Flour, All-Purpose	●	●	●	○	Video
	Sourdough Starter	●	●	○	○	Video playlist
	Sprouted Grain Flours	●	●	●	○	Video
	Whole Grain Einkorn Flour	●	●	●	○	
	Whole Grain Rye Flour	●	●	●	○	
	Whole Grain Spelt Flour	●	●	●	○	
	Whole Wheat Flour, hard white, soft white	●	●	●	○	

Do You Need a Scale to Make Sourdough Starter?

People have been making sourdough starter for thousands of years, and many of them never had a scale to weigh their ingredients.

To make a sourdough starter, you need a cup of flour and a cup of water that weigh about the same. But if you don't have a scale, how do you know if you have the right amount of flour and water in the correct proportions? It's easy. Instead of putting your measuring cup into your flour, dip a clean spoon into your flour and use it to fill your measuring cup. This process gives you approximately the same weight of flour to the weight of your cup full of water. Is it exact? No. But it's close enough, and you'll be on your way to a successful starter.

Learn more with The Complete Sourdough Starter Guide at marysnest.com/the-complete-sourdough-starter-guide/

Beverages

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Beet Kvass or Rye Bread Kvass	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Filtered or Spring Water, bottled	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Milk Kefir (if tolerated)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Coffee, Ground	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Coffee, Beans	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	
	Fermented Soda, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video playlist
	Herbal Tisanes	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Kombucha	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Rejuvalac	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Tea, all varieties, including black, green, and white (loose or tea bags)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Water Kefir	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Condiments

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Fermented Ketchup, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Fermented Mustard, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Fermented Salsa, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Mayonnaise, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Anchovy Paste	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Soy Sauce, Naturally Fermented	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Tomato Paste, Canned	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Tomato Paste, Tube	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Notes:

- If you choose to buy these condiments, find those with the least ingredients and the lowest sugar content.
- For Mayonnaise, buy a product that does not contain soybean oil.
- For Anchovy and Tomato Paste, refrigerate once opened.

Dairy and Dairy Alternatives

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Cheese of choice, Full Fat and preferably made from raw milk	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Cream, raw if available	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Milk, raw if available	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Yogurt, Full Fat and homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Cheese, Full-fat, made from pasteurized milk	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Coconut Milk, Full-Fat, Canned	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
	Cottage Cheese, Full-fat	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Cream, Pasteurized and not ultra-pasteurized, if possible	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Milk, Low-temperature pasteurized	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Oat Milk, Made from soaked oats	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Sour Cream, Full-fat	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Yogurt, Full-fat	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Fats and Oils

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Beef Tallow	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Extra Virgin Olive Oil	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Grass-Fed Butter, (preferably cultured)	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Lard (pork)	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Avocado Oil, cold-pressed	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Coconut Oil	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Duck or Goose Fat	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Ghee	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	
	Leaf Lard (pork), best for baking	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Schmaltz (chicken fat)	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Sesame Oil, untoasted, cold-pressed	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
	Walnut Oil, cold-pressed	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Carrots	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Celery	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Italian Flat-Leaf Parsley	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Garlic	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Onions, yellow	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Notes: Carrots, Celery, and Onions also serve as vegetables.

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Leeks	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Red Onions	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Scallions/Green Onions	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	Shallots	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

What Are Wheatberries?

Wheat Berries play a pivotal role in Traditional Foods Cooking. This type of cooking focuses on using whole grains for baking and cooking, instead of solely relying on “white” flour, such as all-purpose flour, which is also known as plain flour.

In addition to flour, you'll want to include a generous amount of Wheatberries and other whole grains in your Four Corners Pantry. See the Baking - Essential checklists on page 12 to help inventory your supply.

And to learn more about how to use the different varieties of Wheatberries visit marysnest.com/wheat-berries-faq-video/



What is Kamut?

Kamut or Khorasan Wheat is an ancient grain that provides a nutritious source of fiber, iron, and protein. (Did you know that Kamut is also nicknamed The Pharaoh’s Grain?) Although it is a relative to modern-day wheat, Kamut is lower in gluten and can be easier to digest for some people than the varieties of wheat commonly consumed today.

Get to know Kamut at marysnest.com/what-is-kamut/

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Fresh Fruit, including:					
	• Apples	●	●	○	○	
	• Avocados	●	●	○	○	
	• Bananas	●	○	○	○	
	• Berries	○	●	○	○	
	• Lemons	●	●	○	○	
	• Limes	●	●	○	○	
	• Pears	●	●	○	○	
	• Oranges	●	●	○	○	
	Fruit Compotes	○	●	○	○	Video
		○	○	○	○	

Notes:

- Purchase fresh fruit in season.
- Purchase canned fruit to stock your Extended Pantry.

What is Kombucha?

Kombucha is basically a fermented tea that is made with a "SCOBY," which stands for "Symbiotic Culture of Bacteria and Yeast."

It's this SCOBY that allows us to take a simple sweetened black tea and turn it into a delightfully effervescent probiotic-rich beverage. We can do this process at home for a fraction of the cost of buying it from the store!

Learn more with the Beginner's Guide to Kombucha Making at marysnest.com/beginners-guide-to-kombucha-making/

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Canned fruit, preferably in their own juices or water	●	○	○	●	
	Frozen fruit, preferably with no added sugar	○	○	●	○	
	Jams and Marmalades, preferably homemade or low-sugar	●	●	○	●	Video playlist
	All other fresh fruits in season	●	●	○	○	
		○	○	○	○	

Notes:

- Look for canned fruit in their own juices or water, as opposed to sugar syrup.
- If you water bath can your jams, you can control the amount of sugar.

Extend the Shelf Life of Your Food With Water Bath Canning

To learn more about water bath canning, visit the following Water Bath Canning 101 links:

- [Canning Books](#)
- [Canning Supplies](#)
- [Canning Salts, Spices, and Pectin](#)
- [How to Make Low Sugar Strawberry Jam](#)
- [How to Make Sugar Free Strawberry Jam](#)
- [How to Make Strawberry Jam Without Pectin](#)



Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Barley Groats or Pearl Barley	●	●	●	●	
	Durham Semolina Pasta	●	○	○	●	
	Oat Groats	●	●	●	●	Video
	Rice, brown or white	●	●	●	●	
	Sourdough or Sprouted Flour Bread	●	●	●	○	Video playlist
		○	○	○	○	

Notes:

- Flours are listed under Baking Essentials.
- You only need to store baked bread, if you have not started baking your own bread.

Learn How to Bake Bread (All kinds!)

To learn more about baking bread, visit the following links with videos and printable recipes:

- [No Knead Sourdough Bread](#)
- [No Knead Sandwich Bread](#)
- [No Knead Whole Wheat Sandwich Bread](#)
- [How to Make Bread Without Yeast](#)
- [How to Make Banana Nut Bread](#)



Grains - Optional

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Bulgur Wheat or Cracked Wheat	●	●	●	●	
	Cornmeal or Masa	●	●	●	●	Video
	Einkorn Berries, whole	●	●	●	●	
	Farro or Emmer Berries, whole	●	●	●	●	
	Quinoa	●	●	●	●	
	Rolled Oats, Old Fashioned	●	●	●	●	
	Rye Berries, whole	●	●	●	●	
	Spelt Berries, whole	●	●	●	●	
	Sprouted Grains, all varieties	●	●	●	●	Video
	Wheat Berries, varieties including:					
	• Hard red	●	●	●	●	
	• Hard white	●	●	●	●	
	• Soft white	●	●	●	●	
		○	○	○	○	

Legumes and Pulses - Essential

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Dried Beans, variety including:					Video
	• Black Beans	●	○	○	●	
	• Cannellini Beans	●	○	○	●	
	• Dark Red Kidney Beans	●	○	○	●	
	• Garbanzo Beans	●	○	○	●	
	• Great Northern	●	○	○	●	
	• Navy Beans	●	○	○	●	
	• Pinto Beans	●	○	○	●	
	• Red Beans	●	○	○	●	
	Lentils	●	○	○	●	
	Peas, split	●	○	○	●	
	Peas, fresh	○	●	○	○	
	Peas, frozen	○	○	●	○	
		○	○	○	○	

Legumes and Pulses - Optional

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Adzuki Beans, dried	●	○	○	●	
	Black-Eyed "Peas," dried	●	○	○	●	
	Cranberry Beans, dried	●	○	○	●	
	Lima Beans, dried	●	●	○	○	
	Lima Beans, frozen	○	○	●	○	
	Mung Beans, dried	●	○	○	●	
	Various Heirloom Beans, dried	●	○	○	●	
		○	○	○	○	

Why Should I Soak My Beans?

We go to the trouble to soak and sprout beans to make them easier to digest, but there is another reason too. Beans, like grains, contain anti-nutrients that can make it difficult for our digestive systems to absorb nutrients. Soaking and sprouting the beans deactivates these anti-nutrients so we can better absorb nutrients, making beans a more usable source of food.

Soaking and sprouting beans have been a long-standing practice of traditional cultures. Unfortunately, with the onset of canned beans, we lost these practices. You can bring these traditional techniques back to your kitchen by purchasing dry beans and taking the extra step to soak and sprout them. Once you have done this, you can cook the beans any way you like.

Learn how to soak and sprout beans and discover techniques for seasonal differences at marysnest.com/how-to-soak-and-sprout-beans-techniques-for-seasonal-differences/

Nuts and Seeds

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Soaked and Dried Nuts	●	●	●	○	Video
	Soaked and Dried Seeds	●	●	●	○	
		○	○	○	○	
		○	○	○	○	

Notes: If you make soaked nuts, use fresh, locally-sourced nuts when possible.

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Homemade Nut Butters	○	●	●	○	
		○	○	○	○	

Notes: If you choose to buy nut butters, look for those varieties where the nuts have been soaked or roasted. Preferably, the nut butter should only contain nuts and sea salt.

Is it Easy to Make Homemade Salad Dressing?

You can make these five homemade dressings with a few simple ingredients that you probably already have in your pantry right now:

- French Vinaigrette (with bonus recipes for Italian and Balsamic)
- Ranch
- Thousand Island
- Blue Cheese
- Green Goddess

To learn more about how to make these dressings with all-natural ingredients, visit marysnest.com/5-homemade-salad-dressings/

White or Whole Grain?

In my video tutorials and printable bread recipes, I walk you through the steps for making different types of bread. I also talk about how you can convert white bread recipes to use whole grain flour. But keep in mind that if your or your family's palate are new to whole grains, I



recommend you start by using half all-purpose or bread flour and half whole grain flour.

Using 100% whole grain flour can create a somewhat dense texture and unpleasant taste to those that are used to eating white sandwich bread. It's best to ease into whole grains gradually to help your family successfully transition from processed foods to traditional foods.

Don't feel bad about not using all whole grains in your recipe right from the start. Even our ancestors sifted out some of the bran and germ from their flour after milling their grain to create a lighter, more digestible loaf of bread.

So, even when you decide to start adding whole grains to your baking repertoire, I often recommend allowing for at least one-half cup or one full cup of all-purpose or bread flour in your recipe. You'll still get the nutritional benefits of the whole grain flour, but your final product will be more palatable.

Baking bread by hand is a time-honored life skill every home cook should know. If you're new to making bread, watch my tutorial video at marysnest.com/learn-how-to-make-bread-with-step-by-step-instructions/

If you're not ready to make bread the old fashioned way by kneading it, be sure to try my easy No Knead Super Soft Sandwich bread at marysnest.com/no-knead-sandwich-bread/

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Basil, dried	●	○	○	●	
	Cinnamon, ground	●	○	○	●	
	Garlic Powder	●	○	○	●	
	Ginger, powdered	●	○	○	●	
	Onion Powder	●	○	○	●	
	Oregano, dried	●	○	○	●	
	Peppercorns, black	●	○	○	●	
	Rosemary, dried	●	○	○	●	
	Sage, ground	●	○	○	●	
	Sea Salt, fine ground or other “real” fine ground salt	●	○	○	●	
	Thyme, dried	●	○	○	●	
	Turmeric, ground	●	○	○	●	
		○	○	○	○	

Homemade Seasoning Blends

Learn How to Make Homemade Season Blends - A total of 10 Blends! Watch the video and print out the recipe at marysnest.com/how-to-make-10-homemade-seasoning-blends/



Seasonings - Optional

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Bouillon powder, Homemade	●	○	○	●	Video playlist
	Cayenne powder	●	○	○	●	
	Chili powder	●	○	○	●	
	Coriander, seeds or ground	●	○	○	●	
	Cumin, seeds or ground	●	○	○	●	
	Herbs, Fresh and in season	●	○	○	●	
	Poultry Seasoning, Homemade	●	○	○	●	Video
	Red Pepper Flakes	●	○	○	●	
	Sea Salt, coarse ground or other “real” coarse ground salt	●	○	○	●	
	Seasoning Blends, Homemade	●	○	○	●	
		○	○	○	○	

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Cane Juice, Dried, such as brand name Sucanat	●	○	○	●	
	Cane Sugar, white preferably organic and only to be used sparingly	●	○	○	●	
	Honey, Raw	●	○	○	●	Do not give raw honey to infants under the age of one.
		○	○	○	○	

To Can or Not to Can

If you are new to canning food, water bath canning is the easiest place to get started. You can certainly use a water bath canner, but you really don't need any special equipment. As I share in my recipe videos, a simple stockpot will work.

Being able to make some of your homemade food shelf-stable frees up a lot of room in your fridge. Plus, canning your food gives you a supply of food that can last up to 18 months in your extended pantry.

For a step-by-step guide to water bath canning, such as for making and canning Bread and Butter Pickles, and for other tips and tricks (including a clear explanation of what exactly it means to make your canning rings fingertip tight), watch the video and get the printed recipe at marysnest.com/bread-and-butter-pickles-recipe-with-water-bath-canning-tutorial/



Sweeteners - Optional

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Brown Rice Syrup	●	○	○	●	
	Coconut Sugar	●	○	○	●	
	Date Sugar	●	○	○	●	
	Maple Sugar	●	○	○	●	
	Maple Syrup	●	○	○	●	
	Sorghum	●	○	○	●	
		○	○	○	○	

Where Do Forever and Almost-Forever Foods Fit In?

As part of your Extended Pantry, you'll want to designate an area as your Survival Pantry where you'll stock foods that have an indefinite shelf life. These top 10 Forever Foods include honey, maple syrup, instant coffee, popcorn (whole grain corn), and much to my surprise upon researching this topic...store-bought canned goods!

Although they do not have an indefinite shelf life, there are additional foods that you can store up to 8, 10, 12, 25...and even 30 years! These almost-forever foods include:

- White rice
- Dehydrated vegetables
- Pasta
- Soft grains, such as rye
- Hard grains, like wheat berries

To learn about the different shelf lives for each of these foods (and more!) and how to store them, watch the 10 Best Forever Foods for Your Survival Pantry video at marysnest.com/10-best-forever-foods-for-your-survival-pantry/

Vegetables and Tubers - Essential

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Broccoli	●	●	○	○	
	Cabbage	●	●	○	○	
	Cauliflower	●	●	○	○	
	Corn	●	●	○	○	
	Cucumbers	●	●	○	○	
	Fermented Vegetables	○	●	○	○	Video playlist
	Green Beans	●	●	○	○	
	Kale and other greens, including Swiss Chard and Collards	●	●	○	○	
	Lettuce, all varieties	●	●	○	○	
	Mushrooms, button	●	●	○	○	
	Peppers, sweet red bell	●	●	○	○	
	Potatoes, white & sweet	●	●	○	○	
	Radishes	●	●	○	○	
	Squash, Summer and Zucchini	●	●	○	○	
	Squash, Winter, including Acorn and Butternut	●	●	○	○	
	Tomatoes, all varieties	●	●	○	○	

Vegetables and Tubers - Optional

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Bok Choy and other Asian vegetables	●	●	○	○	
	Eggplant	●	●	○	○	
	Jicama	●	●	○	○	
	Mushrooms, Portabellas and other less common varieties	●	●	○	○	
	Purple Sweet Potatoes	●	●	○	○	
	All other vegetables and tubers	●	●	○	○	
		○	○	○	○	

Notes:

- Some of the essential items fit in different categories. Corn is technically a grain, a fruit, and a vegetable. Green beans are technically legumes. Mushrooms are technically a fungus. Tomatoes are botanically considered a fruit.
- Carrots, Celery, and Onions are listed under aromatics, but they also make wonderful vegetable side dishes.
- Most vegetables stay the freshest if refrigerated. Tubers and tomatoes can be stored at room temperature.

Vinegars

Essential

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Raw Apple Cider Vinegar, homemade or store-bought	●	○	○	●	Video
		○	○	○	○	

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Balsamic Vinegar	●	○	○	●	
	Sherry Vinegar, Homemade Raw	●	○	○	●	
	Rice Wine Vinegar	●	○	○	●	
		○	○	○	○	



Helpful Extra Pantry Staples

Optional

Amount	Item	Main	Fridge	Freezer	Extended	Notes
	Condensed Milk, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Evaporated Milk, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Flavored Extracts, Homemade	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Video
	Natural Food Coloring, Homemade	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
	Preserved Lemons and Other Citrus	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Video
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Do I Need Organic Apples to Make Apple Cider Vinegar?

If you can use organic apples, that is the best option. But if not, be sure to wash your apples with a mixture of vinegar and baking soda. You can make a foamy paste out of these ingredients and use the paste as a scrub to clean the apples.

Next, rinse the apples thoroughly to remove as much pesticide residue as possible. (Keep this in mind when you are using your apples for other recipes. This way, the apple scraps you save to make vinegar will have already been washed.)

For the complete guide to making homemade Apple Cider Vinegar, visit marysnest.com/how-to-make-homemade-apple-cider-vinegar/

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