



GUIDE TO STOCKING YOUR KITCHEN



OUR GUIDE TO PANTRY BASICS, WHERE TO SOURCE THEM, AND SIMPLE MEALS TO KEEP SEASONAL EATING SIMPLE



THE GOAL

The goal of this resource is to help you build a well stocked kitchen that includes all the things you need on hand to make great, flavorful meals in 30-60 minutes from vegetables throughout the growing season.

Once you know the regular things you need to keep stocked, you should be set up to shop weekly or every other week to replace used staples/favorites. These staples also bridge the distinct eating seasons as types of produce shift.



EXPANDING HOW WE THINK ABOUT THE PANTRY



When most folks talk about stocking their pantry, they often aren't thinking of it comprehensively and thinking through how to keep each essential part of the kitchen stocked (like the pantry, fridge, and freezer).

That's why in this guide, we will talk about stocking not just your pantry, but your whole KITCHEN. With the right dry goods, *and* fresh and frozen items on hand, you'll be able to easily turn CSA product into quick evening meals.



PANTRY BASICS

When we think through stocking our kitchens, there are 14 main categories you want to consider. The items in each category will vary greatly based on your food and dietary preferences, but it's a good exercise to think through each of these categories and makes lists of what you deem essential.

GRAINS

A mixture of at least 3-4 types based on your diet with at least 2 easy options. Includes pasta(s), rice, flour (white plus more if desired), oats, cornmeal, tortillas, quinoa, bulgar, wheat or rye berries, rice/soba/other specialty noodles. Frozen bread (1-2 types like a take and bake baguette and sliced whole wheat). The idea here is to have options. If you are unfamiliar with any of these just look them up and think about trying a new one once a month.



FRESH

Fresh herbs, lemons and other citrus fruit, staple fruits (like apples, berries, etc), and avocados for salads, meals, dressings.



BEANS

Canned and dried including black, pinto, garbanzo, white, lentils, kidney, butterbeans. Both canned and dried beans have their benefits. Canned beans give you options for super fast meals and dried beans are economical (and increasingly quick thanks to the Instapot).



OTHER CANNED GOODS

And don't forget other commonly used canned goods such as canned tomatoes, tomato paste, and canned/boxed/jarred stock (these can be bought or homemade) plus goodies like, olives, sundried tomatoes, and coconut milk.

CONDIMENTS

Ketchup, mustard, salsa, mayo, plain yogurt. These are cooking staples that make the base of dressings and dipping sauces. Choose options that work with veggies.





SPICES AND DRIED HERBS

Italian spice blend, paprika, cumin, thyme, rosemary, salt, black pepper, basic curry or garam masala, cinnamon/pumpkin pie spice, chili powder or red pepper flakes are all basic dried herbs you should make sure you have in your kitchen.

More adventurous eaters should also consider fennel seeds, turmeric, coriander, cardamom, ginger, mustard seed, dried chilis, curry pastes or spice blends.

SWEETENERS

We know many people are trying to eat less sugar but adding honey, maple syrup or even sugar to dressing or other things you cook yourself will lead to a much healthier option than store bought options and allows you to adjust to taste. Consider having at least one of the following on hand for salad dressings or caramelizing roasted veggies: maple syrup, honey, sugar, or agave. You can also include options like stevia if needed for your specific diet.



SEEDS & NUTS

Try to have at least two of the following options: sunflower seeds, pumpkin seeds, peanuts, cashews, almonds, walnuts, pinenuts, hazelnuts etc. These turn salads into meals and add protein and texture to roasted veggies.



OIL

Olive oil, sunflower oil, grapeseed oil, canola oil, toasted sesame oil, coconut oil, butter. We recommend having at least 2 types of salad dressing/cooking oils like sunflower and olive as well as butter and a flavoring oil. For us toasted sesame oil is a favorite but flavored chili oil or infused olive oil is another option. Make sure you have at least 1 oil that can be used at relative high cooking temperatures for higher temperature roasting or stirfry.

PERISHABLES

Eggs, milk, and cheese (if they work for your diet) work well with veggies of all types and should be kept on hand as often as possible.





SAUCES & FLAVORINGS

These products, these flavor enhancers, are the foundation of many great meals. They make great sauces and dressings. Consider stocking your kitchen with soy sauce, lemon juice, apple cider, Parmesan cheese, peanut butter or other nut butters, and hot sauce. Lime juice, balsamic vinegar, and rice wine vinegar are also all on our personal list.

ADVANCED FLAVORINGS

For the more adventurous eater, you may want to add a few extra flavor enhancers to your arsenal. Things like: nutritional yeast, canned/smoked fish (salmon, tuna, smoked trout, sardines), miso paste, curry pastes, fish sauce, fermented foods like pickles/sauerkraut etc. These help make meals “extra” special and also help you make salads into meals or quick sides of veggie and dips.





MEAT & FISH

For meat eaters, keeping the freezer stocked with at least one flavored option (think smoked meat) and one neutral option from this list makes meal nights come together quickly: frozen sausages, bacon, chickens, ground or cubed meat are all great options. For vegetarians, there are many options here but we use fermented products like miso and nutritional yeast to bring the deeper umami flavor often offered by meat.



EXTRA SPECIAL ITEMS

The final part of stocking your pantry is making note of all the special things you like to have on hand for favorite meals, favorite dishes, or fun, out-of-the-ordinary meals. For us, this list includes cocoa powder, chocolate chips, sushi and/or spring roll wrappers, specialty noodles, frozen or fresh fruit (for smoothies), and other specialty baking ingredients.





BASIC MEALS TO CONSIDER

When thinking through what items you need on hand from the staples list on the previous pages, it's great to have certain types of meals in mind.

Here are eight of our favorite basic meals to consider.

1

TACOS:

Keep your pantry stocked with tortillas (corn and flour), salsas (homemade or store bought), rice, beans, and avocados to whip up tacos in a pinch with whatever veggies you have on hand.

3

EGG DISHES LIKE QUICHE, FRITTATAS, SCRAMBLES, EGG BAKES & OMELETS:

If you eat eggs, it's a great idea to always keep a couple dozen on hand during the CSA season. The possibilities are literally endless when it comes to combining farm fresh veggies with local eggs. Another benefit of these meals is that you don't need much else in the pantry: maybe some flour and butter for pie crust if making a quiche or potatoes or breakfast meat for an egg bake, but in a pinch, veggies and eggs make a great meal.

2

PASTA WITH SEASONAL VEGGIES:

Stock your pantry with many shapes and styles of pasta that would work well in many different kinds of pasta dishes. Jars of pasta sauce, pesto, and other things you know you love to add in are also great things to keep on hand.



4

RICE OR NOODLE BOWLS:

Quite different than pasta, rice or noodle bowls lean more heavily on Asian culture and ingredients. They also tend to pack in way more veggies! If these dishes appeal to you, stock up on rice and soba noodles as well as soy sauce, tamari, sesame oil, rice wine vinegar, and sesame seeds. Meat or eggs can be a great addition if you need a little extra protein.

5

STIR FRIES:

Endlessly versatile and able to fit a wide array of veggies, stir fries are every CSA member's best friend. Keep a neutral cooking oil on hand so you can prepare stir fry in a pinch as well as some of your favorite seasonings (soy sauce, garlic, cornstarch, and hot sauce are some of our favorites). Mushrooms, tofu, and a quick cooking protein like steak or pork loin also make great additions.

6

CURRIES:

Another great way to use up a lot of CSA veggies in a pinch is in a big pot of curry. Keep coconut milk and a couple different curry pastes on hand to always keep this dish a possibility.

7

SOUPS & STEWS:

Keep the pantry stocked with various types of bouillon, stock, or broth to whip up a soup or stew quickly with farm veggies. Our favorite brand is Better Than Bouillon base which comes in a wide array of options for meat eaters and vegetarians as well as several low sodium options.

8

GRILLING OUT & KEBABS

You don't need much to make grilling a seasonal favorite. Keep a neutral cooking oil with a high smoke point on hand as well as some dried herbs and seasonings for flavor. If you're a meat eater, throw on some sausage to serve on the side of your grilled veggies for a super quick meal.



SALADS

The one basic meal we left off our simple meal list is something so obvious, so essential to cooking with local veggies, it deserves its own section: salads!

1

YOU CAN ENJOY SALADS AS MEALS,

2

COLESLAWS ON THE SIDE OF SIMPLE MEALS,

3

ROASTED AND COOKED COMPONENT SALADS

(potatoes, beets, roasted green vegetables), and

4

PLATTER SALADS

To be prepared for salad at any time, keep your pantry filled with premade salad dressings or the ingredients to make your own (oils, vinegars, mustards), and an array of nuts, seeds, and dried fruits.