

## The Urban Homestead Weekly Menu

Breakfasts: oatmeal (bulk); yogurt (homemade) with frozen blueberries and local honey; fresh home-laid eggs; smoothies (yogurt, blackberries, cherries, blueberries, or raspberries); toast (homemade bread) and jam (homemade); or fruit bars (made from foraged plums, homegrown rhubarb, foraged blackberries, or whatever is on hand).

Lunch: soups, homemade rolls and salad (from the garden), macaroni and cheese (bulk macaroni, and local cheese), oven roasted vegetables, chicken salad, or leftovers. Soups (all homemade): chicken noodle, lentil, split pea, navy bean, black bean, vegetable, minestrone

Snacks: pumpkin custard (pumpkin frozen from garden pumpkins); pumpkin bread; zucchini bread; carrot muffins; fruit bars (from frozen rhubarb, plums, berries in freezer); dry home-made fruit roll-ups; hazelnuts (raw or baked with salt and oil); fruit (frozen, dried, or garage-stored apples); leftover brown rice heated with teriyaki sauce; raw carrots with hummus (available in dry bulk from Sundance – just add water).

Dinners: main dish (entree made from scratch; meat taken from the meat freezer); vegetable (broccoli, cauliflower, cabbage, Kohlrabi, or some green like spinach, Swiss chard, collards, kale from the garden); home-canned fruit (applesauce, pears, peaches, or apricots); homemade bread or rolls; salad (greens from garden and foraging, pickled beets from root silo or tomatoes depending on the season, apple chunks, carrots from the root silo; a mustard leaf, other vegetables from the garden); desert on Sundays (local vanilla ice cream with homemade fruit topping, or pumpkin pie, or berry cobbler).

Monday: spaghetti (with homemade sauce, frozen, from homegrown, home-jarred tomatoes and peppers, along with stored onions and garlic); **OR** chili (with canned tomatoes and beans stored in dry goods section, frozen carrots and corn, topped with local cheese or homemade yogurt), burritos (beans stored in dried goods section, chili powder from bulk spice section, dried peppers and stored onions, lettuce from garden); or meatloaf (ground turkey, with dried onions from pantry and homemade jar of tomatoes, topped with homemade ketchup)

Tuesday: buffalo or venison burgers and broiled potatoes (from root silo, with dried or fresh parsley from garden)

Wednesday: stew (chicken or venison) -- include frozen corn from garden, frozen carrots or stored carrots from root silo, potatoes from root silo, leeks (local or garden), parsnips from garden (they over-winter, so dig them when you are ready to eat); turnips from root silo; homegrown mushrooms; homemade spices (like bay leaf); onions (stored) and garlic (stored).

Thursday: stir fry with peanut sauce (home made; from bulk peanut butter, without packaging, from Sundance): local pork with: onions, garlic, burdock (local from Sundance or Eugene Local Foods), carrots (frozen from garden), beans (frozen from garden), bok Choy, mustard, broccoli, cauliflower, tat soy, mushrooms (all home grown if available); mustard greens (from garden), ginger (can store in freezer for a year; one ginger root will last that long – peel off just a few slices for each stir fry) – serve with organic brown rice, stored in bulk food containers.

Friday: vegetarian pizza (homemade crust – bulk yeast is stored in refrigerator, whole wheat flour is in bulk dry foods storage): homemade pizza sauce (frozen, a year's supply),

spinach (stored in freezer), onions (stored), garlic (stored), home-grown/home-dried tomatoes, local cheese, and olives (bulk from Sundance).

Saturday: Greek chicken – ingredients: onions, garlic (stored), home-made jar of tomatoes, local feta cheese, brown rice (from dry goods storage), olives (bulk from Sundance), rosemary (home grown and dried), oregano (same) and homemade chicken soup stock (in freezer)

Sunday: baked chicken, oven fried potatoes (from root silo) with parsley (fresh from garden or home-dried), salad, fresh rolls, sautéed greens with stored garlic or fresh garlic whistles (early spring), squash (stored, grown from garden), applesauce, berry cobbler or apple pie.

All meals prepared with no grocery shopping! For ingredients go to:

- 1) the meat freezer (local pork, venison, buffalo, chicken, ground turkey)
- 2) the vegetable/fruit freezer (contains home made tomato sauce and chicken stock)(foraged, U-Picked and home grown berries of all sorts, cherries, rhubarb, zucchini, pumpkin, corn, beans, spinach carrots,)
- 3) the dry goods section (flours, sugars, grains, and legumes, bulk pasta)
- 4) pantry (home made jams, honey, home-dried tomatoes, onions, peppers, zucchini, apples, pears, stored garlic, stored onions, home-canned fruits and tomatoes)
- 5) spice and tea cupboard (with homegrown/home-dried spices – marjoram, oregano, basil, fennel, sage, thyme, oregano, bay leaves, rosemary, parsley, chives, dill)(and homegrown and dried teas (peppermint, spearmint, chamomile, lemon balm)
- 6) root silo (potatoes, turnips, beets, carrots) – these all last 8 months
- 7) the garden: leafy greens, tomatoes (spring and summer), other vegetables, parsnips (through the year)
- 8) the refrigerator (local milk, cheese, butter, and homemade yogurt from the milk)
- 9) the garage (stored apples, squash – important to store in DIFFERENT places)
- 10) the coop (for chicken eggs)

### *Mimsi's chicken soup*

Bake a whole chicken with white wine. Serve only meat to family - never serve the drumsticks or other bones (you need them for stock). After dinner, take the meat off the bones to use for chicken salad, casseroles, burritos, etc. Put ALL bones, skin, and all juices from the baking dish into a large pot. Fill the pot with water. You'll see tons of fat. DON'T worry about the fat - it will come off later, making a totally fat free soup. Put in the pot:

2-3 bay leaves

6 cloves of garlic

one onion (doesn't have to be diced - just quartered\_

3-4 carrots

1 parsnip (if not avail. use a turnip)

1 leek - wash so that no soil gets in the soup - can use the whole leek, even tough greens

parsley - a handful

season salt - LOTS

pepper

1/4 tsp. worth of turmeric - turmeric is the trick to this soup. you absolutely need it, but don't ever put in too much. Just 1/4 tsp.

Next day, bring to boil, then simmer 4 hours, adding water as necessary. Can do this in a slow cooker if necessary. The house will fill with homemade soup aroma. At end of day, strain the soup through a metal strainer and press out juices. Throw veggies in the garbage disposal and rest in garbage. Cool overnight in garage (winter) or in fridge (during summer). Next day, skim off the fat. Use for soup (add noodles) or stock.