



# The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle

## Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas

By Jennifer McGruther

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**A cookbook from the author of the popular website Nourished Kitchen, featuring over 160 recipes based on the "traditional foods" philosophy of eating, which emphasizes whole grains, dairy, red meat, organ meats, and fermented foods.**

The traditional foods movement is a fad-free approach to cooking and eating that emphasizes nutrient-dense, *real* food, and values quality, environment, and community over the convenience of processed, additive-laden products that are the norm on grocery store shelves.

Based on the research of Weston A. Price, who studied the diets of indigenous peoples to understand the relationship between nutrition and health, a traditional foods diet avoids processed ingredients, but allows meat, animal fat, and grains. It embraces cultured dairy, such as kefir and yogurt, that contain beneficial bacteria; fermented foods, such as sauerkraut and kombucha, that are rich in probiotics; and organ meats that are packed with vitamins and minerals. It also celebrates locally grown foods. By choosing ingredients from nearby sources, you create a stronger connection to your food, and have a better understanding what you're eating and how it was produced.

In *The Nourished Kitchen*, Jennifer McGruther guides you through her traditional foods kitchen and offers more than 160 recipes inspired by the seasons, land, and waters around her. In the morning, fuel up with Eggs Poached in Fiery Tomato Sauce. On a hot summer day, Cucumber Salad with Dill and Kefir is a cooling side dish, and on a chilly fall evening, Barley in Broth with Bacon and Kale offers comfort and warmth. Old-Fashioned Meat Loaf with Gravy makes a hearty family meal, while Chicken in Riesling with Peas can be the centerpiece of an elegant supper. Satisfy your sweet tooth with Maple-Roasted Pears, and quench your thirst with naturally fermented Vanilla Mint Soda. With the benefit of Jennifer's experience, you can craft a loaf of Whole

Wheat and Spelt Sourdough Bread and stock your kitchen with Spiced Sour Pickles with Garlic.

*The Nourished Kitchen* not only teaches how to prepare wholesome, nourishing foods, but also encourages a mindful approach cooking and a celebration of old-world culinary traditions that have sustained healthy people for millennia. Whether you're already a practitioner of the traditional foods lifestyle or simply trying to incorporate more natural, highly nutritious foods into your routine, you will find plenty to savor in *The Nourished Kitchen*.

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# **The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas**

*By Jennifer McGruther*

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## **Jennifer McGruther Bibliography**

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## Editorial Review

From [Booklist](#)

Following the precepts of dentist-nutritionist Weston Price, McGruther has developed a system for healthy eating based on lots of vegetables and grains as cooked and preserved on early twentieth-century American farms. What differentiates McGruther's approach from other regimens is her unabashed advocacy of animal fats. She is especially fond of cooking foods in lard, noting its fat-content profile's similarity to that of olive oil. When sweetness is an object, McGruther suggests replacing refined sugar with honey, molasses, sorghum, or maple syrup. Bread recipes specify ancient grains such as einkorn, and leavening comes from sourdough. She favors making one's own butter when possible, and she recommends drinking that by-product of churning: buttermilk. Her meat dishes will satisfy carnivores, whether with a rich rabbit pie studded with bacon and chanterelles or with a rare-roasted elk steak. McGruther advocates sustainable agriculture, and she enthusiastically preserves summer's bounty through fermentation for pickles, sauerkraut, and relishes. --Mark Knoblauch

### Review

“I love this book. It’s gorgeous, informed, and filled with wisdom based on old ways and common sense—the wisdom that we crave. At the same time, it is filled with flavor and style. Jennifer’s food is food that I already love, plus there’s new food I am ready to try.”

—Deborah Madison, author of *Vegetable Literacy*

“Jennifer McGruther brings a wealth of farmhouse wisdom to life in *The Nourished Kitchen*. Her northern European culinary perspective is a perfect match for her home in the mountains of Colorado, a beacon for how to eat seasonally and locally in a place where the snow flies six months of the year.”

—Hank Shaw, author of *Duck, Duck, Goose* and creator of the award-winning blog Hunter Angler Gardener Cook

“Jennifer McGruther’s road map to culinary integrity delivers us from wandering through the bewilderment of industrial, nutrient-deficient, supermarket detours. *The Nourished Kitchen* is as essential in the modern kitchen as a slow cooker and electric mixer.”

—Joel Salatin, farmer, lecturer, and author of *Folks, This Ain’t Normal*

“What an inspirational book! Jennifer McGruther takes us from the local community and the garden to the kitchen and the table with a collection of delicious, nutritious, traditionally prepared recipes. *The Nourished Kitchen* deserves a place of honor on your kitchen counter.”

—Sally Fallon Morell, president, the Weston A. Price Foundation

“Jennifer McGruther is great at showing how healthy, nourishing food can be mouthwatering and delicious. This book is full of practical wisdom and inspired recipes (including lots of fermented foods and beverages). Jennifer makes you want to get into the kitchen.”

—Sandor Ellix Katz, author of *The Art of Fermentation* and *Wild Fermentation*

### About the Author

JENNIFER MCGRUTHER is a food educator and the author and creator of the award-winning traditional foods website, Nourished Kitchen ([www.nourishedkitchen.com](http://www.nourishedkitchen.com)). She teaches workshops on traditional

foods, fermentation, and food activism. Jennifer lives with her husband and son in the central mountains of Colorado where she and her husband started and managed a farmers market for seven years. Her work emphasizes traditional, from-scratch cooking with a focus on farm-to-table recipes.

## **Users Review**

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#### **Loyd Tyler:**

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