

The 2022 Ancestral Kitchen Challenge

The challenge topics are here to spark creative fire in you! How each of these challenge topics play out in your kitchen is all up to your own interpretation. We will be supporting your endeavors from the podcast with books, ideas and research!

Post your pictures on social media and tag @ancestralkitchenpodcast and use the hashtag #ancestralkitchenchallenge so we can savor and share your work! If you aren't using social media, email us at alison@ancestralkitchen.com.

1. Make a fermented or lacto-fermented beverage (if you already ferment beverages, try a new one!)
 2. Read a book mentioned on the podcast
 3. Find and make a bread that works for your family
 4. Use some kitchen scraps that would normally be tossed
 5. Use a new-to-you kitchen tool (double the adventure and go find a vintage tool, too!)
 6. Cook with a spice you've never used before
 7. Exchange a recipe with someone in another country (snail mail or electronic mail!)
 8. Ask an elder for a recipe from the past, and listen to their memories about food and life
 9. Make a broth! Vegetable broth, bone broth, meat stock, your choice!
 10. Put together a few of your favorite recipes and gift to a friend (snail mail or electronic mail)
 11. Make a ferment (if you ferment a lot, make something new to you!)
 12. Prepare a dish or meal that would have been known to locals in your area in the past
 13. Prepare a meal or dish using offal. If you are already using offal, use a new-to-you organ or method!
 14. Use fat in a new way – make it extra special and use a fat you have never tried before!
 15. Make a home remedy, herbal blend or supplement
 16. Preserve something – such as canning, freezing, drying, long-fermenting, liming, pickling, cellaring ...
 17. Make a recipe you've avoided or been intimidated by
 18. Make a meal from ingredients sourced entirely from your region
 19. Spend a day without using the internet/social media, or if at all possible, any screens at all. If at all feasible, try making it a periodic routine to stay off screens for 24 hours.
 20. Introduce a new cookbook to your kitchen
 21. Make something mentioned on the podcast
 22. Make a dish or meal your genetic ancestors would have made
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Listen to the Ancestral Kitchen Podcast anywhere you find podcasts

Find Alison at www.ancestralkitchen.com and Andrea at www.farmandhearth.com

Taking notes? Use this sheet to jot down ideas, websites or inspiration for your challenge!

Share your accomplishments with us online! Tag us @ancestralkitchenpodcast and use the hashtag #ancestralkitchenchallenge or send it to us at alison@ancestralkitchen.com!

1. Fermented beverage _____

2. Book _____

3. Bread _____

4. Kitchen scraps _____

5. New-to-me tool _____

6. Spice _____

7. Recipe exchange with _____

Recipe _____

8. Ask an elder _____

9. Broth _____

10. Recipe gifting sent to _____

Recipe: 1. _____

2. _____

3. _____

11. Make a ferment _____

12. Historic, local dish _____

13. Offal _____

14. Fat in a new way _____

15. Home remedy _____

16. Preserve something _____

17. Recipe I avoided _____

18. Locally sourced meal _____

19. Screen Free _____

20. New cookbook _____

21. Something mentioned _____

22. Ancestral dish or meal _____