# **Items Needed For the Kitchen Revival**

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# Day 1.

Binder

### Day 3

- Glass or Plastic Spray Bottles
- Vinegar
- Essential Oils
- Olive Oil
- Quart Jars -Walmart
- Smaller or Pint Jars
- Arm & Hammer Washing Soda
- Bar Soap
- Citric Acid
- Borax
- Sticker Paper
- Label Printable
- Beeswax
- Kitchen Scale

## Day 4

- Quart Jar
- Sprout Lid (<u>Sprout Kit</u> or Lid or Cross Stitch plastic sheets with fine holes so seeds do not slip through)
- Sprout Seeds

#### Day 5

- Favorite Spices in Bulk (Purchase from <u>Azure Standard</u> or Frontier Wholesale for great prices of Organic Spices)
  - Cumin
  - o Paprika
  - 。 Salt
  - o Pepper
  - Garlic Powder
  - Chili Powder
  - Onion Powder
  - Ranch Powder
  - Brown Sugar

#### Day 7

- Yeast
- Bread Pan and or Sheet Pans
- <u>Unbleached Flour</u> (organic if possible from Azure Standard or Costco)

# Day 10

- Greek Yogurt Culture
- Buttermilk Culture
- Quart Jars Walmart
- <u>Lids</u>
- Milk
- Vinegar or Lemon Juice

#### **Day 12**

- Beeswax
- Shea Butter
- Coconut Oil
- Bar Soap (Preferably Dr. Bronners)
- Arm & Hammer Washing Soda
- Borax
- Kitchen Scale

## **Day 13**

- Salt
- Carrots
- Fermenting Weights
- Quart Jars
- Lids

The remaining days will be featured recipes; concepts of how to cook with whole ingredients that you have on hand. Those will be posted daily.