

Kitchen Jobs

After Breakfast...

- Bake bread.
- Start stock.
- Check supper ingredients.

After Lunch...

- Check sourdough and/or sprouting grains.
- Water house plants and herbs.
- Check your long-term projects (kombucha, pickles, kefir, etc.)
- Bake healthy cookies.

After Supper...

- Begin sprouting grain.
- Soak oatmeal for breakfast tomorrow.
- Soaking grain for tomorrow's bread.
- Check the freezer for any food you'll need tomorrow.
- Soak flour, beans, etc. for tomorrow.
- Decide what you'll eat for lunch tomorrow.
- Finish up the stock you started this morning.
- Check your week's menu for any other prep jobs you should be doing for the next 2 or 3 days.
- Clean kitchen and turn off the light!