

## Kitchen Essentials

### Food Procurement (see also [Shopping](#))

- Start with growing your own food - whatever you like and feel comfortable with growing. Try a container or two, or even just an herb on the windowsill.
- If you can do more, try starting a garden. If you grow too much you can always give food to neighbors or even to local food pantries.
- Use the least amount of pesticides as possible. Most bugs wash off, and ugly vegetables taste as good as pretty ones!
- If you aren't comfortable with a garden, try a local farmer's market, or even a CSA (Community Sustainable Agriculture). Missoula has several, or see if your grocery store has a local foods section. The gist is that the closer food is grown to home, the less energy goes into transporting it.
- Look for fruits and vegetables that are in season. Those that are available out of season (strawberries in February, for example), have to be transported here or grown in hothouses that require lots of energy, and tend to be grown with more pesticides and sent with more preservatives.



**Taking a more active  
role as Creation  
Caretakers**

### Food Preparation

- Peel as little as possible. The peels of many things are high in vitamins and minerals. Others, of course, you won't like (orange peels, yuck!), but can be composted.
- Try saving the water that you use to wash your foods. It can be dumped on those containers you are using to grow veggies.....

- Save the water you use to cook your vegetables - once it cools it can be used in soups, or at least to water plants since it collects some of the vitamins and minerals from the veggies.

## Dining

- Using washable dinnerware, napkins, and even placemats saves the resources it takes to make them out of paper or plastic.
- Try to make only what you are going to eat that meal, especially if you or your family doesn't like leftovers.
- Save those leftovers! Use them for lunches, second meals, or save them in the freezer for those nights you don't have time to cook from scratch. We've been known to feed things that aren't very appetizing to the chickens.....

## Clean- up

- Use reusable sponges, dishcloths and soaps in reusable containers.
- Store leftovers in glass containers and reuse them.
- Compost if you can. If you live in an area that is unsafe for composting, you can contact [Garden City Compost](#). They have a list of groups that will even pick up your compost.
  - A composting hint for warm weather - keep your compost bucket in the freezer. It won't draw fruit flies and can be dumped in the compost pile as easily frozen as not.
  - We use a large cottage cheese container, but old milk cartons cut open work well too.