

TOP 19 NATURAL BRAIN BOOSTERS P.57

MOTHER EARTH Living

NATURAL HOME. HEALTHY LIFE

GROW IN LESS SPACE
TIPS FOR SMALL SPACES
BACKYARD BOUND
8 HEALING WEEBILLS
OUTDOOR LIVING
HOW TO DESIGN GREAT SPACES

PLUS!

WHAT IS WITCH HAZE
ORGANIZE A WELL-STOCKED PANTRY
24 GOODS FOR A HEALTHY HOME

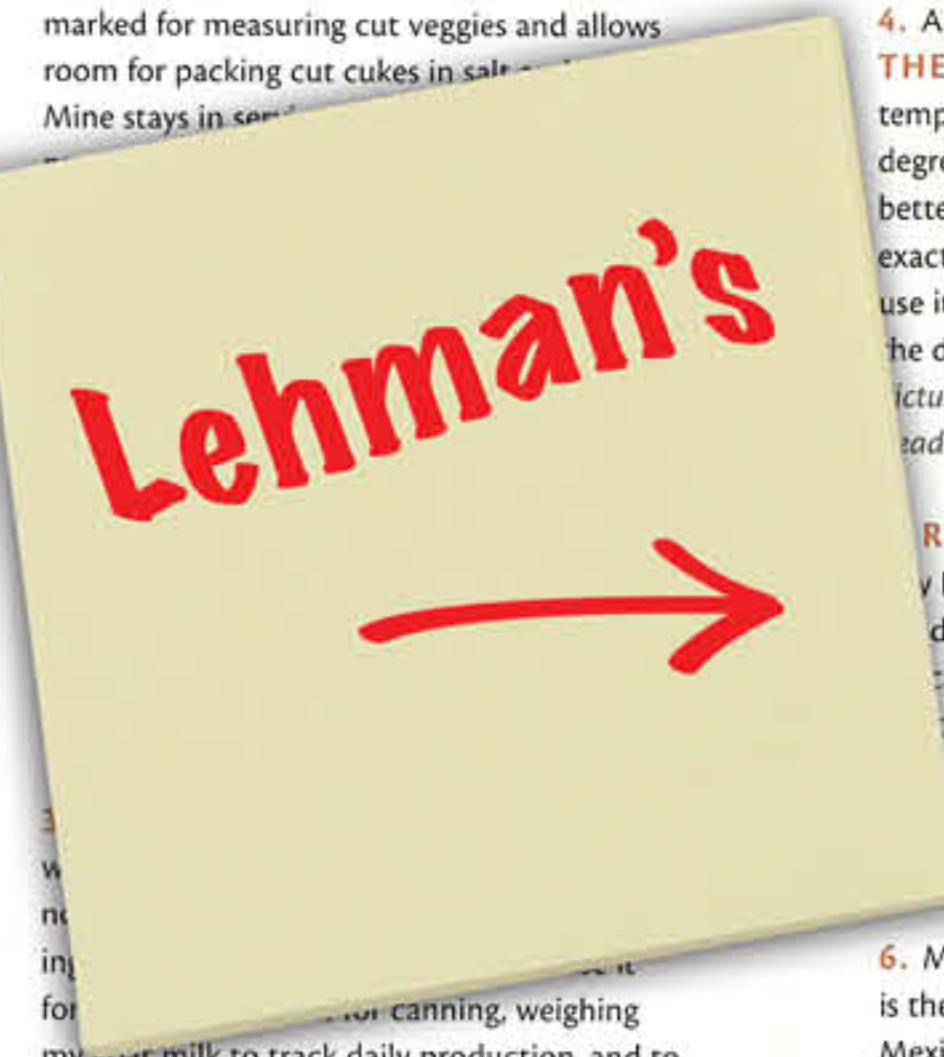
24 Goods for a Healthy Homestead.

Create a healthier, simpler, more self-sufficient home with our expert product recommendations for the kitchen, garden and medicine chest.

Many products promise to make our lives easier, better, more glamorous and more beautiful. And though we all try not to succumb to marketing tactics, in our minds—which can get too crowded with options—and our homes—too crowded with clutter—it can be hard to sort the facts from the sales pitches. So how did we go about rounding up the essentials for a simple and self-sufficient home? We asked some of our favorite experts in the fields of cooking, gardening and natural health to share their “must-have” products for living better. And here are their top picks. Stock your homestead with these versatile, powerhouse items and you’ll be able to cook, grow and heal just about anything. Note: Turn to page 71 to find books by many of the experts in this article; you will find even more of their informative books at motherearthliving.com/shopping.



Get Cooking
These kitchen must-haves make preparing wholesome, homemade foods a snap.



1. The first thing I do when I make pickles is get out my **BATTER BOWL**, which is marked for measuring cut veggies and allows room for packing cut cukes in salt water. Mine stays in service for years. —Deborah Niemann
Pictured: My Weigh KD-8000; myweigh.com

4. A good quality, **INSTANT-READ THERMOMETER** lets you gauge the temperature of water for yeast (ideally 110 degrees), which means your dough will rise better-than-average chances. It performs exactly as the recipe says. You can also use it for soapmaking and to instantly test the doneness of meat. —Karen K. Will
Pictured: Taylor 9840RB Classic Instant-Read Pocket Thermometer; taylorusa.com

5. **PRO-FINE TONGS** are the only tongs I use to handle food, besides my hands. They are accurate, lightweight and sturdy. I use them to get ingredients in and out of canning jars, to turn food on a grill and to pack jars as well as to elegantly place onto the table. —Matthew Weingarten
Pictured: Rosleus Tong; rosleusa.com

6. My favorite tool for drying herbs is the traditional **MOLCAJETE**, the Mexican version of a mortar and pestle. Made in the traditional way from volcanic stones, the molcajete makes the taste and quality of your herbs really stand out. I made pesto in a molcajete last summer, and every one of my guests commented it was the best they'd ever had. The only difference was hand-grinding! They are inexpensive (and will last a lifetime) in the

Southwest or Mexico. I also have found an authentic one made from volcanic stone. —Rosemary Gladstar
Pictured: Sur La Table Molcajete; surlatable.com

7. **GRANITWARE CANNERS** are charming to have in the kitchen. Their mottled finish is as iconic as gingham and looks great in country and modern kitchens alike. If you don't have graniteware, however, you can process canned goods in any pot with a tight-fitting lid, as long as it is at least 3 inches taller than the tallest jar you are processing. —Sherri Brooks Vinton
Pictured: Lehman's Black Enamelware Canner; lehmans.com

8. No kitchen is complete without a couple of **RELIABLY SHARP KNIVES**. When shopping for a chef's knife—essential for numerous tasks—hold a few sizes to discover which feels most comfortable in your hand. An offset serrated knife makes slicing bread. The sharp knives made by J.A. Henckels are of the highest quality and craftsmanship. —Tabitha Alterman
Pictured: Wusthof Classic 8-inch Cook's Knife; wusthof.com

KITCHEN CONNOISSEURS

BARBARA PLEASANT is a regular contributor to *Mother Earth Living* and *Mother Earth News* magazines. She is the author of numerous books, including *Gardening Essentials*.



LISA KIVIRIST is an innkeeper at the solar- and wind-powered Inn Serendipity and the co-author, with husband John Ivanko, of the books *Farmstead Chef* and *Rural Renaissance*.



DEBORAH NIEMANN lives on 32 acres where she grows food, raises goats and chickens, spins wool, and makes cheese and soap. She's the author of *Homegrown & Handmade*.



KAREN K. WILL is co-author of *Plowing With Pigs and Other Creative, Low-Budget Homesteading Solutions* and operates Prairie Turnip Farm in Kansas with her husband.



MATTHEW WEINGARTEN is a New York City-based chef who specializes in heritage comfort food. He is a proponent of sustainability and director on the board of the Chefs Collaborative.



ROSEMARY GLADSTAR is a renowned herbal teacher and practitioner and the author of many books, including *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*.



SHERRI BROOKS VINTON is a local food and preservation enthusiast and author of several books, including *Put 'em Up!* and *Put 'em Up! Fruit*, both published by Storey Publishing.



TABITHA ALTERMAN is a sustainable, local and seasonal food advocate and the food and garden editor of *Mother Earth Living*.

