

Feel-Good Frugality

A Frugal French Living Companion



Simple pleasures, seasonal rhythms, and living well on less

Frugal French Homestead

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Simple pleasures, Seasonal rhythms

Living well on less

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Frugality Can Be Fun!

- *It's about resourcefulness, rhythm of life, and pleasure in simple things*
- *A slower, more sensory way of living*
- *This is feel-good frugality*



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Opening Thoughts

There is a moment, often in the early morning, when the house is quiet and the day has not yet started. I know that it is going to be a sunny day.

A window is opened.

Fresh air moves gently through the room.

A kettle boils, coffee is poured.

In these simple moments life feels... abundant.

Frugality can feel restrictive. How much money is enough? Enough is just enough so you don't worry," said my grandma. She had a plate on the wall with a quote from Mr. Micawber, a character from Charles Dicken's *David Copperfield* on her wall.

"Annual income twenty pounds, annual expenditure nineteen and six, result happiness. Annual income twenty pounds, annual expenditure twenty-pound ought and six, result misery."

In the quote, Micawber is saying that it's better to live within your means than to spend more than you earn. This can be a difficult experience when we feel the pinch of the cost of living and can afford less than we could last year.

That's when frugal living can feel like a heavy weight, a narrowing, a holding back, a quiet "no" to things we might want or even need. "I can't afford it," becomes a continual phrase in our heads.

I've been in the place where I've been anxious when a friend suggests cake with our coffee in a café. I've dreaded looking at the bank statement as the end of the month arrives. I've missed my holidays in places I loved visiting.

But I was fine. I was well. I began to live mindfully (that's another story) and bring simple things to the forefront of everyday life.

Being grateful

A life lived differently with attention on things I can feel grateful for. I chose to retire early and forge a second career in another country where the cost of living was cheaper. I still work full time and have less income – but life can feel good more of the time.

This is when frugality becomes something else entirely.

A way of thinking in a different way, sometimes radically differently
A way of using what is already there. A make do and mend it mentality
A way of creating small, satisfying daily routines from ordinary things.

This isn't about living miserably. Yes, it is about being careful, but good food, scented cleaning products, picnics and candlelit evenings fit very easily into a frugal way of living.

A Quiet Life in the 'middle of nowhere'

In the French countryside, this is not unusual. It is simply how life has often been lived. The pace of life in the Berry, where we have our little French farmhouse is slow. This can feel like stepping back in time. There is no central heating at Champ de la Grange, but we're not cold in the winter. Last year we managed to spend less on electricity than the year before through choosing a different plan.

We have a combined kitchen/living space and a bedroom in the main house. We finished a renovation of a room in the barn which had been started by the previous owners. We let that out for bed and breakfast.

We found the pensions didn't provide enough to do that comfortably, so I went back to work full time. I still work in my healthcare profession online, and I have a second career as a ghostwriter of romantic, historical fiction.

I can be extravagant. I bought more flower seeds for my cutting patch than I needed this year. We travel as our family live a long way from here, and I want to explore the Europe on our doorstep.

A simple life is the aspiration. What does this look like?

A handful of herbs gathered on the way back to the kitchen.

A meal made from leftovers stretched across the week.

A walk in the woods between clients.

There is rhythm to this.

And after adjusting to having less money I discovered a quiet kind of pleasure.

Feel-good Frugality can be a way of life.

Throw out the Rule Book

This Companion Booklet is not a set of rules. Every life and situation is different.

It is a source of ideas about living simply and cheaply.

To slow down the pace, look around and think about what we have and how it can be adapted.

This is the make use of what we have approach. So many clothes are thrown away because of

a slight tear on a seam or a button falling off. Skills have been lost, and a moment with a needle puts those right and saves money.

Overall, the ethos here is about rediscovering the calm satisfaction of having *enough*.



SECTION 1

Home: Simple, Natural, Enough

A Simpler Approach to Cleaning

In many homes, cleaning products accumulate over time - one for each task, each surface, each purpose. Can we use the same surface cleaner in the kitchen and bathroom? Of course. We've just been influenced to think they have to be different.

And often, a few simple ingredients are enough to make a household cleaner.

- Vinegar
- Bicarbonate of soda
- Lemon juice
- A good, traditional soap such as Castile or Marseille soap

These form the base of a natural, effective way to care for a home. They are gentler on the hands and purse too.

There is something grounding about returning to these and saving money.

The Scented Sanctuary

Frugality does not mean doing without pleasures in life.

A few drops of essential oil, such as lavender, rosemary, lemon, pine can transform the simplest cleaning product into something sensory and restorative.

When added to vinegar or diluted soap mixture, we create a *scented sanctuary*.

- Lavender for calm
- Lemon for freshness and clarity
- Rosemary for focus
- Pine for a sense of the outdoors brought inside

The act of cleaning becomes a much more pleasurable task.

Last year I wrote a series of articles on Scented Cleaning products and making your home into an aromatic herbal haven. I'll put a link at the end of the section. You will find base formulas made from bicarbonate of soda, vinegar and soap.

Each blend is based on a different season, but there is a chart to help you create your own blend from any oils you may have at home. You will discover blends like:

Zing of Spring,

Sultry Summer Skies

Small Details, Lasting Pleasure

Instead of purchasing room fragrances or diffusers, small natural home-made alternatives can bring just as much atmosphere.

- Pine cones gathered on a walk, lightly scented with essential oil
- Sprigs of rosemary or lavender placed near a window
- A bowl of citrus peel or rose petals drying slowly

These are not only economical. They are *connected* to memories of places in the past. I have a pine cone in my pocket which I picked up while walking with my tiny granddaughter this week – it will give the room fragrance and when I see it I will remember that walk in the woods.

Linen, Cloth, and the Art of Reuse

I love fabric, or material as Grandma used to call it. She made her living dressmaking, and I wish I had learned more from her. I enjoy patchwork and have an old manual singer sewing machine with a handle to turn. I like using electric sewing machines, but always enjoyed the old-fashioned machines, and my family bought me one for a birthday. I can sew anywhere outside in the garden now.

Old linens, worn tea towels, pieces of fabric once set aside—these can return to daily use in simple ways:

- As cleaning cloths
- As wraps for bread or herbs

Over time, the cloth softens. They carry the marks of use and become part of the home's story. I used to buy dusters – but not anymore.

I recently discovered 2 linen sheets in a French thrift shop for €5 each. They look as if they have been stored but never used.

The One Surface Reset

A five-minute return to calm. There are days when the house, or our mood, feels unsettled.

A little overwhelming - slightly out of rhythm.

On these days, choose *one surface* to clean, one corner to tidy.

A table.

A worktop.

A small corner of a room.

Clear it.

Wipe it.

Five minutes is enough to re-set my thinking and the house somehow feels more spacious!

A Note on Spring Cleaning

In spring, this instinct often deepens.

Windows are opened wider.

Cupboards and drawers are revisited.

Spaces are de-cluttered

But even here, there is no need for a major overhaul.

A drawer.

A shelf.

A single cupboard.

Done slowly, over several days.

I like polishing wood, so the scent of cedar fills the house and lingers for a day or two.

For the series on Substack about my Scented Cleaning Kit for a Herbal Haven at home:

[Scented Cleaning Kit Series](#)

Frugal & Thrifty Home Notes

Small savings, simple changes, plus a calmer home.

- Keep a basic cleaning kit: white vinegar, bicarbonate of soda, washing-up liquid, old cloths, and a spray bottle.
- Refill spray bottles rather than buying a new cleaner for every surface.
- Use old cotton T-shirts, tea towels, or worn pillowcases as cleaning cloths.
- Keep one “quick wipe” cloth near the sink for daily counters, table tops, and spills.
- Make a simple surface spray with water, a splash of vinegar, and a few drops of lemon, lavender, or rosemary essential oil.
- Use bicarbonate of soda for sinks, stubborn marks, and deodorising bins or fridge shelves.
- Save lemon halves after juicing and use them to freshen chopping boards, taps, or the sink.
- Open windows early in the morning to freshen the house before the day heats up.
- Clean one small area well rather than exhausting yourself trying to clean everything.
- Put flowers, herbs, or greenery in jars rather than buying expensive home fragrance.
- Use lavender bags in drawers, wardrobes, linen baskets, or under pillows. You could make with scraps of fabric from old clothes.
- Air bedding, cushions, and blankets outside when the weather allows. Some guests from the Netherlands recently taught me this trick.
- Wash cloths, napkins, and tea towels together to make a useful small load. Adding essential oil to the drum means you can use a cheaper washing powder and still have fragrance.
- Reuse glass jars for flowers, herb cuttings, homemade sprays, leftovers, buttons, seeds, or tea lights.
- Keep a “use first” shelf in the fridge to reduce waste.
- Plan one meal around what needs using up rather than starting with a new shopping list.
- Make breadcrumbs from stale bread and freeze them for toppings, gratins, or stuffing.
- Keep vegetable peelings and herb stalks for stock if you have enough.
- Water from pasta makes a great base for soups.
- Use a tray to make a simple drink, snack, or tea feel more special.
- Light a candle, open a window, or clear one surface if you feel overwhelmed.
- Mend, patch, wash, polish, or rearrange before replacing.
- Keep a list of things you already have, especially cleaning supplies, candles, toiletries, and pantry basics.

Thrift does not have to feel deprived or joyless. Often it is simply the art of caring for what we already have, using it well, and noticing how much enough can give us. There is a satisfaction in saving the cents or pennies.

Section II

Everyday Pleasures: The Luxury of Just Enough

The Morning Begins Simply

A cup of coffee or tea, taken slowly.

Not rushed between tasks but held for a moment longer.

Perhaps by an open window. Perhaps outside ... even briefly.

The air, the light, the quiet are all part of the experience.

This is not about adding anything.

It is about allowing what is already there to be enough.

Small Actions, Repeated often

Peace of mind often lives in repetition. Something which is comfortable and familiar.

The same chair.

The same cup.

The same corner of the garden.

Over time, these become *anchors* in your day.

Returning to what feels steady.

A place where the body relaxes more quickly.

Where the mind begins to recognise *this is a place or time when we rest*.

Stepping Outside

A short walk.

A moment in the garden.

A pause at the edge of a field or along a quiet path.

Looking up at the sky and cloud gazing.

In rural France, these moments are woven into the day almost without thought.

But they are available anywhere.

To step outside, even for five minutes can shift perspective.

To soften the edges of the day.

To reconnect with a slower pace.

Evenings by Design, Not Default

As the day draws in, there is an opportunity to change its tone.

A lamp instead of overhead light.

A candle lit, even briefly.

These are small gestures, and yet they signal something important about easing into the evening.

The Gentle Return to Simple Things

Reading a few pages.

Listening to familiar music.

Sitting without needing to rush to the next job on the list.

Frugality often returns us to these simple things by returning to what we may have overlooked.

The Pleasure of Making Do

There is a quiet satisfaction in using what is already here.

A meal assembled from the cupboard.

A table set simply, without effort, with a jar of flowers.

A blanket brought out on a cooler evening.

Your Simple Pleasures

It can be helpful to *notice* these moments as they occur.

Just to recognise them.

What brings a sense of ease?

- A place
- A time of day
- A small, repeated action

These are your *everyday pleasures*. This is about *savouring* everyday life.

A Quiet Reframing

It is easy to think that enjoyment must be arranged.

That it requires time, money, planning.

But often, it savouring what is already present - waiting in the ordinary rhythm of the day.

Or adjusting a routine to make it different – coffee in a different mug, using a forgotten teapot, opening a magazine or page on the internet which looks relaxing.

Frugality, in this sense, is not about going without.

It is about *being in tune* with life and our available resources.

Closing Reflection

Sometimes, life becomes richer through focused attention.

Noticing the temperature of the cup in your hands.

The light and shadows in the room.

The quiet at the end of the day.

Small, steady moments.

Section III

Garden & Potager: Grow a Little, Gain a Lot

There is something satisfying about growing even a small amount of food. Not for self-sufficiency, but to augment, add quality to life and give a certain satisfaction. “I grew these radishes!”

A few herbs.

A small veggie or salad patch.

A pot by the door.

A jar on the windowsill

Start Small

A pot of thyme on a windowsill.

A few sprigs of mint near the kitchen door.

They are easy to grow, scented, and give pleasure, over and over again.

A Cut-and-Come-Again Mindset

Many plants do not need to be picked all at once.

- Herbs, can be trimmed lightly
- Salad leaves, picked as needed (if you're lucky all year)
- Greens, gathered over time, and my French neighbour makes nettle soup most weeks in the summer.

You can even buy seeds of *cut and come again* lettuces.

This year we have mixed together all the left-over seeds from previous years and then scattered in part of the potager as a thrifty ‘cut and come again’ salad patch.

The garden is not a one-time crop, but a *steady companion* giving variety to the frugal farmhouse kitchen.

A Basket by the Door

There is a particular pleasure in stepping outside with a small basket to gather

A few leaves

A sprig or two of thyme

Something like garlic bread comes alive with the addition of fresh parsley, or even mint (try it as it is much nicer than it sounds).

Growing What You Will Actually Use

It is easy to be drawn to new varieties, or a new plant for the potager. I'd like to grow melons and squash here, but we don't have the space.

The frugal minded gardener thinks about what they plant. It's important to grow what you will use in recipes.

- Herbs you cook with regularly
- Salad greens you enjoy
- A vegetable that suits your soil and season

We tend to grow tomatoes, peppers and salad crops. I have some lettuce and cabbages which survived the winter – and it was a harsh one (all my scented leaf geraniums and African Basil) died despite being inside in the barn.

This year we have courgettes and many more seeds scattered around the potager. I grow flowers to distract the slugs and snails and it seems to work well.

I'm never sure if the potager saves us money. I ought to focus on this and work it out. I know it gives tasty, healthy crops and it makes me feel happy to look at and plan how I use what's growing.

I am convinced that strawberries are the best perennial ground cover and weed suppressant. They seem to grow happily here, and I get new plants without having to do anything as their runners spread into the garden.

A Garden Without a Garden

For windowsills, small spaces, and city living

You do not need land to grow something. Container gardening is one of the greatest gardening pleasures, and I'll write about that another day. For now, let's think small... tiny in fact.

- A jar.
- A little water.
- A windowsill.
- That is enough to begin your mini potager.

Sprouted seeds like cress, mustard can be grown easily in a small jar or shallow container. You can buy special mixes of seeds, but after trying them over the years I tend to keep to cress, mustard and radish as I trust them to grow.

All you need is:

- A spoonful of seeds
- A little moisture
- Daylight

Within days, tiny shoots appear. Snip a handful and add it to a sandwich or salad.

Simple Method (Jar or Dish)

- Scatter seeds in a shallow dish or glass jar with kitchen roll in the bottom
- Keep lightly moist (not soaked)
- Place near natural light
- Harvest after a few days when green shoots appear.

No tools or equipment required. This works as well, if not better than the three-tiered sprouting seeds kit I purchased at great expense a few years ago.

A Note on Practicalities

The potager does not need to be perfect.

There will be uneven growth.

Weather that the best laid interrupts plans.

Things that do not thrive.

And yet it is still worthwhile.

A handful of herbs.

A good crop of fiery mustard.

This is enough to make the effort worthwhile.

From Potager to Kitchen

What you grow is the beginning of a meal.

- Herbs added to a simple omelette
- Bay leaves stirred into soup
- A garnish that lifts an everyday meal

Closing Reflection

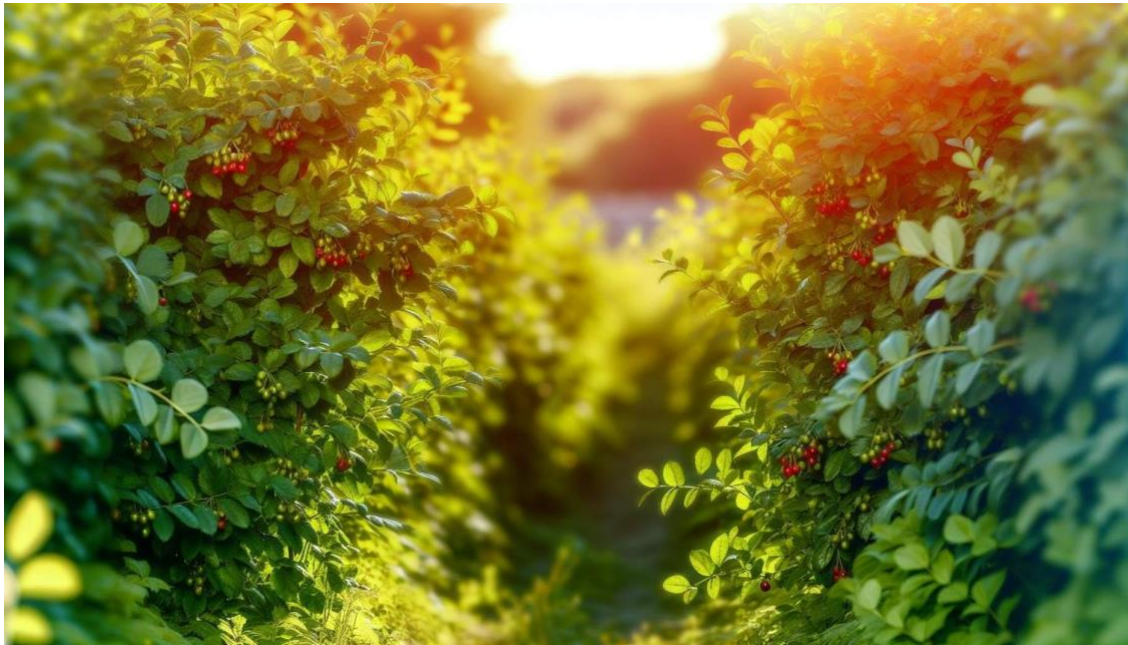
To grow something that you can eat is to be part of a seasonal rhythm.

Not doing without ... but discovering how so much can come from very little.

I think this the essence of frugal living.

Section IV

Hedgerow & Foraging: Discovering Treasure in the Countryside



There are places where food is not cultivated, but simply... found. We discover a treasure along a path, at the edge of a field.

In the hedgerows that line the quiet roads of the Berry countryside surrounding my house I once found a pea plant with ripe peapods in the hedge. It must have self-seeded from a garden, and all the gardens nearby were abandoned. We find food treasure in the strangest places sometimes.

I'm getting to know where the wild mint, thyme, chives, garlic and chamomile grow close to Champ de la Grange. I don't always pick them as I have them in the herb garden here, but I suppose I like to know they are there.

Food appears without being cultivated. Not in great quantities. Not always reliably. But often enough to be noticed.

The Hedgerow as Larder

Blackberries and sloes in late summer. Wild herbs in spring. The occasional fruit tree, half-forgotten at the edge of a lane. What is available for foraging will always be local to where you live. Different climates. Different landscapes,

A friend in East Lancashire goes out each year to pick bilberries on the moor. Small, dark berries gathered on a sunny day. Elsewhere, it will be something entirely different.

I discovered a patch of wild marjoram in the field near a ruined Cistercian abbey. Had it survived from a long-ago monastic herbarium? I like to think so.

Here in the heart of France, I find:

- Blackberries
- Sloes
- Nettles (when young). For cordial.
- Elderflowers
- Wild garlic
- Wild chives, marjoram and mint, found by scent the first time.
- Walnuts
- Sweet chestnuts
- Apples

Sometimes, it begins with noticing. The familiar scent of mint or chives as you pass a path. That's how I discovered we had wild mint in our garden.

Last year, chamomile appeared on a cart track on the walk to the woods. I could smell that wonderful, relaxing scent and bent down to see a whole row of it as far as the eye could see.

Small, delicate flowers which are easily missed. Once discovered our foraging places become somewhere to return to.

Memories of Gathering

Foraging is often remembered across generations. When I drive into town in the Fall/Autumn I see cars parked next to woodland paths and know people are foraging for walnuts or mushrooms. In France you can take fungi into the pharmacy for identification. It's a routine part of life.

I grew up within five minutes of the sea. I remember walking with my grandma while she gathered small shellfish, winkles was her name for them, gathered from the seashore when the tide was out (low tide). In my part of the world, we didn't say high or low tide, but that the tide was in or out.

Winkles, like many foraged foods, are not complicated. They are typically boiled briefly and eaten simply, often with nothing more than seasoning or a little butter.

These memories are special alongside present day foraging walks.

It's a different place with a very different landscape, yet the instinct to seek out berries and seeds has the same rhythm.

What once fed families out of necessity now returns as a slower, simpler and frugal way of living.

From Hedgerow to Home

What is gathered is often made into a traditional recipe.

- Blackberries folded into a simple dessert. Clafoutis comes from the Creuse, the department only ten minutes from Champ de la Grange.
 - Herbs added to a meal to make it more special.
 - Chamomile dried for a calming evening infusion
-

The Return of Simple Crafts

Some things feel ready to return to enrich our modern life.

A small bowl of rose petals, dried slowly - Pot Pourri, gently scented in a room. Everything has a time comes back into fashion again.

A Different Kind of Abundance

Foraging offers:

A sense of connection with nature

A reason to walk more slowly - noticing what is around us in the countryside



Section V

Cooking: Frugal Food Should Be Delicious

I've written a booklet (free) on Frugal Food, called *Cucina Povera* with ideas for frugal food in the summer months. A longer *Kitchen Companion* with a recipe planner will follow.

So, this section is short, but I can't write a *Feel-Good Frugal Booklet* without mentioning food!

I feel very sad when people say they have bought the cheapest meat, maybe a frozen burger as they cannot afford anything else. It is possible to make good food go further than we ever expect, and also to bring in the vegetables to 'eek out the meat', especially legumes such as chickpeas and lentils which bulk up a dish cooked with a tiny amount of quality meat.

I admit that I am what is called a 'picky eater' in Britain. I would far rather eat fresh vegetables than tough, gristly, fatty meat. I'll leave it there as I don't need to describe further.

Our grandmother's made food go a long way and would have balked at some of the suggestions on frugal sites and videos. Life isn't always easy and we need to be healthy, and have a little pleasure in what we eat.

I tend to substitute any cheese in a recipe (whatever I have in) and there are some surprisingly delicious results. Greek Feta cheese tends to be a cheaper option and can go a long way. It also lasts for months until open, so it really is a store cupboard star, even if it is stored in the refrigerator.

I read today of a suggestion for freezing feta for several hours then grating it over a fruit like melon – that sounds gourmet to me!

There is a quiet confidence in cooking simply and knowing what you have in the fridge and cupboard and thinking of possibilities for that day and the next.

Use what is already there. In many ways, this is the heart of frugal living. It's not just about saving money. It's creating meals that are satisfying, comforting, and *good to eat*.

In the French countryside, this has long been part of everyday life.

A kind of *cuisine rustique*, the French version of *cucina povera*. In my approach I combine the two. Here are some recipes.

The Potager Soup

A soup made from what is available. Often, this begins with potatoes.

You will need:

Potatoes

An onion (hopefully to hand)

A handful of herbs (thyme, bay, parsley, or what grows nearby)

Water or simple stock (I use Marigold vegetable Bouillon powder, but chicken stock works well)

A little oil

To make:

Soften the onion gently if using.

Add chopped potatoes and cover with water or stock.

Simmer until soft (less than 30 minutes).

Blend or leave as it is.

Finish with herbs.

This is not a fixed recipe. It can change with what is growing and needs to be used, or value at the market.

The Baked Potato, Reimagined

We forget the baked potato. Simple, filling, and endlessly adaptable. Baked until soft and about to burst out of its skin, then opened, and filled with what is to hand. I learned to like baked potatoes cooked on the barbecue and served with olive oil at my friend's house in Italy.

- Butter and herbs
- A spoon of leftover vegetables
- A little cheese
- Freshly cut chives or mint

Eaten outside if the weather allows, as a hot picnic, or barbecued.

Scones, Simply Made

A familiar, thrifty bake. I find the fat ratio is better for scones than other baked goods. Having said that we have just discovered some almond milk muffins and the B and B guests have enjoyed them very much.

You will need:

- Flour
- A little butter
- Milk
- A pinch of salt
- Optional: a little sugar

To make:

Rub butter into flour.

Add milk to form a soft dough.

Shape, cut, and bake until golden.

Scone recipes are easily available online. In the winter I got quite partial to Delia Smith's wholemeal sultana scones.

Serve with what is available:

- Jam
- A little butter
- Layers of sliced fruit
- Cream (Cornish clotted is out of reach on a frugal budget)

Cooking with What Remains

There is comfort in these kinds of recipes. They are easy to cook and frugal food. Frugal cooking often starts not with a plan - but with a question. What do I already have?

- A few vegetables.
- Some bread.
- A handful of herbs.
- Frozen stock
- A glut of celery in the potager

From this, something can be made. Some of us can make up recipes based on ingredients available, but nowadays it is easy to search online for a recipe with available ingredients.

- A soup.
- A simple grazing plate, scattered with herbs.
- A flan with cheese and tomatoes.

The Table Matters Too

Even the simplest meal can lift the spirits

- A cloth laid out.
- A plate chosen with care.

These things don't add cost, yet they change the experience to the level of luxurt.

Continuity with the past

This way of cooking is not new. It has been practised for generations.

In farmhouses, in small kitchens, in places where waste was not an option.

Nanna and Grandma inspired many of my recipes. I think cooking the food our

SECTION VI

From the Bouchure to the Kitchen

Cooking that is Rooted in Place

Here in the Berry, the hedgerows, known in the local dialect as the *bouchure* are the main feature of the landscape.

The hedges are just as boundaries between fields, but as living edges to the fields and lanes. There is currently a movement to get National Park status for the area around our small Berry farmhouse.

In the hedgerows and country lanes small ‘additions’ can be gathered:

- Herbs
- Leaves
- Occasional fruits like sloe berries or elderflower

Imagine:

- A handful of wild mint stirred into potatoes.
- Chives scattered over a simple dish.
- Blackberries folded into clafoutis.

Cooking with What the Land Gives

In the Berry, certain foods are traditional.

- The *galette berrichonne* - a simple potato pie.
- Lentils, grown locally, steady and sustaining.
- Bread from nearby bakeries, crusty, substantial.
- Honey
- Goat’s cheese, fresh or aged, depending on the season. Here are goat’s cheese all comes under the label of Valençay further north (with an amazing Chateau if you are ever visiting the area).
- And lastly snails, which are a tradition, as well as an everyday frugal dish. Having seen the decimation in my cut flower patch I can imagine how snails were cultivated for protein.

These foods all share something in common. They are far from elaborate. They simple and rooted in local social history.

The Berrichonne Table

A meal might include:

- A slice of potato pie
- A spoon of lentils
- A hunk of bread
- A little cheese

Simple yet filling. This Berry cuisine is frugality at its most grounded - it is *inherited*. A regional way of eating shaped by land and climate which has evolved over time.

Choose ingredients that make sense where you live. There may be some historical hidden gems in an old cookbook somewhere! If you are interested in British cuisine then I recommend The Farmhouse Kitchen Cookbook by Grace Mulligan where representatives from Women's Institutes across the country sent in the recipes.



Closing Reflections

I truly believe that looking around us and making recipes for what is in the refrigerator, or reviving food cooked by our grandparents can be part of the frugal lifestyle.

I might put a lot less meat in a recipe and sometimes this leads to wonderful culinary discoveries. My family all like the chef James Martin's Butter chicken recipe with sticky rice from the Camargue (it is a staple here in the supermarket, but probably a gourmet item in your country, so use whatever rice is available).

We discovered that adding a few chickpeas enhanced the recipe, and the next day it can be served again with more chickpeas than chicken. We have even begun to cook it without any chicken now – as a chickpea curry. It is low cost and delicious – and that's the key to feel-good frugality.



Continue the Journey...

This small seasonal booklet will link to a larger Frugal Kitchen Companion exploring:

- frugal French cooking
- stretching ingredients
- herbs and seasonal living
- practical ways of spending less without losing the pleasure of food

More from the Frugal French Homestead soon!

Find out more about the Frugal French Homestead on Substack and You tube at:

<https://seasonsinchassignolles.substack.com/>

<https://www.youtube.com/@frenchcountryjournal>

A bientôt!

Ruth et Nigel

