



# AUTUMN *Kitchen* COMPANION

SEASONAL RECIPES, MEAL PLANS  
AND SIMPLE JOYS FOR  
AN AUTUMN WELL LIVED



*Our Little House in the Country*



[ourlittlehouseinthecountry.com](http://ourlittlehouseinthecountry.com)

# WHAT'S IN SEASON

THIS

# Autumn



Our Little House  
in the Country

A seasonal guide to fruit, vegetables, herbs  
and wholesome ingredients to enjoy  
throughout the autumn months.

## FRUIT



### APPLES

Crisp, sweet  
and perfect for  
baking, pies  
and crumbles.



### PEARS

Juicy and  
fragrant – ideal  
for roasting or  
eating fresh.



### BLACKBERRIES

Wild and  
wonderfully juicy.  
Great in crumbles,  
jams and bakes.



### PLUMS

Sweet and tart  
– lovely for  
baking and  
preserves.



### GRAPES

Beautiful in  
autumn – enjoy  
fresh or roasted  
in desserts.



### QUINCES

Perfumed and  
perfect for  
jelly, paste  
and baking.

## VEGETABLES



### PUMPKIN & SQUASH

Comforting and  
versatile – soups,  
roasts, pies  
and more.



### CARROTS

Sweet and earthy –  
perfect for roasting  
or adding to  
hearty stews.



### ROOT VEGETABLES

Parsnips, swedes,  
celeriac, turnips  
and beetroots.



### CABBAGE & GREENS

Savoy, red cabbage,  
kale and Brussels  
sprouts are at  
their best.



### LEEKS

Mild and  
flavourful –  
wonderful in  
soups and quiches.



### MUSHROOMS

Wild or  
cultivated –  
perfect in risottos,  
pasta and soups.

## HERBS



**THYME**  
Earthy and  
warming.



**ROSEMARY**  
Aromatic and  
robust.



**SAGE**  
Soft and  
soothing.



**PARSLEY**  
Fresh and  
versatile.



**BAY LEAVES**  
Add depth to  
soups, stews  
and casseroles.



**BLACKBERRIES**  
Abundant in  
hedgerows.



**ROSEHIPS**  
Perfect for  
teas and  
preserves.



**HAZELNUTS**  
For baking,  
snacking and  
homemade  
treats.



**ELDERBERRIES**  
Make delicious  
syrups, jellies  
and cordials.

## FORAGING FAVOURITES

## PANTRY STAPLES



**PULSES & LEGUMES**  
Lentils, beans  
and chickpeas  
for hearty,  
warming meals.



**FLOUR**  
For baking  
bread, cakes  
and comforting  
treats.



**OLIVE OIL**  
A kitchen  
essential for  
everyday  
cooking.



**OATS**  
Perfect for  
porridge,  
baking and  
granola.



**NUTS**  
Walnuts, almonds,  
hazelnuts –  
great for baking  
and snacking.



**HONEY**  
Natural sweetness  
for teas, bakes  
and autumn  
favourites.



**WARMING SPICES**  
Cinnamon, nutmeg,  
cloves and ginger  
bring cosy flavours  
to every dish.

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# AUTUMN

## Weekly Meal Planner



Simple, seasonal meals to nourish our bodies and bring joy to our table.



MONDAY 	
TUESDAY 	
WEDNESDAY 	
THURSDAY 	
FRIDAY 	
SATURDAY 	
SUNDAY 	

### THIS WEEK'S PLANS

-  SLOW COOKER NIGHT
-  SOUP NIGHT
-  BAKING
-  WEEKEND GATHERING



### SHOPPING LIST

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### NOTES & IDEAS



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### A LITTLE INSPIRATION



Use what's in season,  
cook with love,  
and gather around  
the table together.



# AUTUMN

## Pantry Checklist

SEASONAL STAPLES FOR COZY MEALS,  
WARM BAKES & SIMPLE JOYS

### BAKING ESSENTIALS

- All-Purpose Flour
- Wholemeal Flour
- Baking Powder
- Baking Soda
- Salt
- Caster Sugar
- Brown Sugar
- Vanilla Extract
- Cocoa Powder
- Cornflour
- Oats
- Plain & Self-Raising Flour



### AUTUMN SPICES

- Cinnamon
- Nutmeg
- Ginger (Ground)
- Cloves (Ground)
- Mixed Spice
- Allspice
- Cardamom
- Pumpkin Pie Spice
- Star Anise
- Vanilla Bean



### DRY GOODS

- Pasta
- Rice
- Quinoa
- Couscous
- Lentils
- Beans (Tinned or Dried)
- Chickpeas
- Polenta
- Rice Noodles
- Breadcrumbs
- Nuts & Seeds
- Dried Fruit



### CANNED & JARRED GOODS

- Chopped Tomatoes
- Tomato Passata
- Coconut Milk
- Tinned Beans
- Tinned Lentils
- Vegetable Stock
- Chicken Stock
- Tuna or Salmon
- Apple Sauce
- Pumpkin Purée



### SWEET & TREATS

- Honey
- Maple Syrup
- Golden Syrup
- Jam or Preserves
- Peanut Butter
- Almond Butter
- Dark Chocolate
- Dried Cranberries
- Raisins
- Dates



### OILS, VINEGARS & CONDIMENTS

- Olive Oil
- Rapeseed Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- Mustard
- Soy Sauce
- Worcester Sauce
- Chutney
- Harissa or Hot Sauce
- Sea Salt & Pepper



### Don't Forget...

- Stock up little by little
- Check what you have before you shop
- Use what's in season
- Cook with love & enjoy the little things

### NOTES

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# FAVOURITE

## Autumn Recipes

A collection of the recipes we love  
and return to, again and again.

 RECIPE Name of Recipe	 FROM Source / Cookbook	 WHY WE LOVE IT Our Notes & Memories	 FAVOURITE Rating (optional)
 _____ _____	_____ _____	_____ _____ _____	☆ ☆ ☆ ☆ ☆
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