

The Self-Sufficiency

Shoppe Newsletter



Issue No. 40

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High-jacking Sustainability

It's a sad reality that something as significant and important as Earth's survival into the future has been exploited in the name of 'sustainability' and 'environmental responsibility'. The problem that we have with our 'modern world' focussed on 'profit and progress' is that everything is viewed in terms of 'income potential'. That is, the potential to make someone, somewhere with the right entrepreneurial skills very wealthy. It's wonderful our western world has awakened to the importance of respecting the environment - it's not so wonderful that this very concept, like everything else, has become a means to promote profit and self-gain.

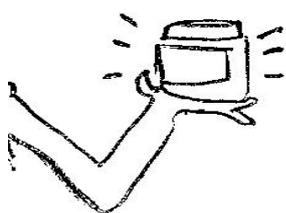
Terms such as 'green', 'organic', 'no chemicals or additives', earth, environmentally friendly, sustainability are common place on product labels, in business names, advertising and the like. Why? Obviously it attracts customer interest and increases sales. It taps into people's concern about what has happened (and may continue to happen) to the environment in which we live. A wise environmentally conscious person would realise that it's not about what we buy (out of guilt) but what we **do**. Real change in our relationship with the planet (via the environment) comes about by consciously changing our behaviour. Refusing to purchase highly packaged goods, or goods that have been transported long distances, using less energy, growing our own - much of which most people are already familiar.

Finding the right balance

As individuals we need to financially survive and live day to day- that's a fact. But at the other end of the spectrum is our responsibility toward the planet and environment. As a society should we continue to maintain our resource rich lifestyle or shall we lessen our demand on the planet by living more simplistically? But if we did that the 'economy' will become unbalanced - jobs will be lost and people will suffer. It's all about finding the fine line between the two - maintaining our current level of comfort within the confines of what the environment can cope with. Can that be achieved? Only time will tell.

The planet will look after itself

As we progress into the future the problem is not human impact on the planet - but planetary impact on humans. The earth is a mammoth (to say the least) living organism. Just like all living organisms (humans included) it has mechanisms for survival. It will adjust as necessary energy-wise in order to maintain balance. There lies the problem (for humanity). Changes upon the surface of earth will undoubtedly have a huge impact on the beings that live upon it. For this reason issues of sustainability and environmental responsibility are very serious indeed - issues that have the potential to cause human suffering and great loss through environmental disasters and the like. It leads us back to the original topic 'high-jacking sustainability'- there is nothing more sacred or important right now to humanity than the environment (and the planet) - for without it human life would be no more.



Alternatives to Glues, Pastes and Putties

My favourite past time is collecting information about alternatives to commercial/chemically orientated products. My philosophy is - You never know when such information may be useful. One of the most challenging topics was finding 'natural' alternatives for 'glues, pastes and putties' - but I managed to uncover some interesting recipes - most from the past when improvising and making do was essential for survival. Not so crazy really - in our modern day most of our day-to-day essentials are now imported (usually from China - Australia's major trading partner). Any disruption to that cosy arrangement with imports interrupted or even stopped will leave us, too, 'improvising and making do' - so you never know when such information may be useful! Here's a couple of recipes from the relevant book:

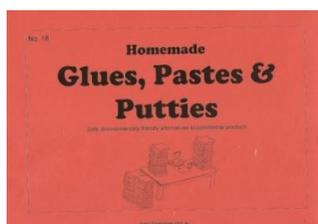
Quick & Easy 'Glue Stick':

1. Boil a small **potato** for 5-10 minutes.
2. Remove the top and rub the cut surface of the potato over the paper.
3. Use as a simple '**glue stick**'. *(The potato starch will provide mild glue-like properties)*

Waterproof Glue

1. Heat 6 tablespoons **water** until steaming in microwave.
2. Add 2 sachets **gelatine** (20grams) and dissolve.
3. Add 2 tablespoons **vinegar** and 2 teaspoons **glycerine**
4. Allow to cool to warm temperature then pour into air-tight jar.

Best used while still warm. Good for adhering leather and vinyl, fabrics and similar materials. Also suited to paper and cardboard.



No. 18 - Homemade Glues Paste & Putties e-book

Various safe and chemical free (or low chemical) recipes and ideas - children's play glue, starch pastes, office glue, improvised glue stick, glues for mending porcelain and china, wood glue, homemade putties, obtaining glues and resin from trees and plants. Contains methods from past times that have long been forgotten. 20 pages **Price: \$8.00** (download from www.theshoppe.com.au or see page 4)

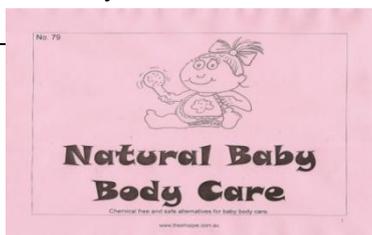


Natural Baby Body-Care

At my 'wise' age baby body care is the most unlikely topic I'd be venturing into. But after receiving requests from local community centres to talk to young mothers about natural ways to care for a baby on a budget I began wading through my research material for information. The result was a workshop for young mothers on Natural Baby Body-care and e-booklet No. 79.

The wonders of oatmeal: Interestingly the main product that came up time and time again in my research was oatmeal (for the treatment of nappy rash and other minor skin ailments). Oatmeal is an excellent natural skin care product so it's not surprising it was used by mothers in the past for baby-care. It is a natural skin cleanser and healer - I use it daily to cleanse my face - it works very well leaving the skin soft and not overly dry (such as with detergents and soap). In my workshops I strongly encourage oatmeal as an alternative to soap. It also comes cheap - much cheaper than Chemist creams!

How to use for babies: It is best soaked in water (2 tablespoons oatmeal per 1 litre warm water) to make a soothing body or skin wash (particularly for the bottom area).



No. 79: Natural Baby Body Care (e-book): Chemical free and safe alternatives for baby body care. Covers: body powders, baby oils, oatmeal (skin-care), plants and herbs for baby. Includes recipes for baby healing oil, milk and lavender bath powder, chamomile baby powder, herbal infusion, honey & milk moisturiser, natural soap-based products, make-your-own baby wipes and homemade rusks
19 pages **Price: \$12.00** (download from www.theshoppe.com.au or see page 4)

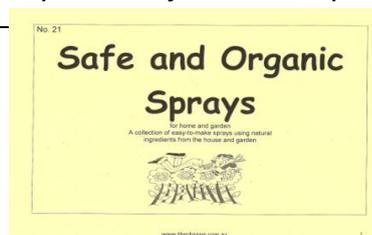


Never-fail Garden Spray

I've had a bit of a battle of late with tomato mites ruining my tomato bushes. The tomatoes grow quite well initially - then as the weather heats up the mites multiply. The leaves turned yellow-brown - eventually the entire bush becomes brown and dies. Although I did receive the first crop of fruit subsequent crops did not eventuate. I tried using my own simple garden spray blends, but they had no effect whatsoever. So I purchased a couple of (very expensive) natural commercial preparations. They too, were not effective. So, in frustration I mixed my own concoction of everything I knew to be a deterrent into one spray. It worked (but required regular application) Here's my creation:

'Never-Fail Garden Spray'

Make up a mixture of 100g **grated soap** dissolved in 300ml **boiling water** – blend and leave to cool. Tie 4 halved **garlic cloves** and 1 chopped very hot fresh **chilli** into a small bag. Place 8 litres of water in saucepan. Bring to boil and simmer 15 minutes. Remove the bag and add to the grated soap mix. Add two tablespoons each of **citronella** and **eucalyptus** oil. Mix well. Pour into sprayer. ready for use. *Note: Do not use crushed or powdered chilli/garlic as it will not be as effective, plus it may block the sprayer.*



No. 21 - Safe Organic Sprays for Home and Garden (e-book): Easy-to-make sprays using common household ingredients. Covers sprays for cleaning, insect repelling, disease prevention (plants), plant nourishment using such sources as: lemon juice, vinegar, eucalyptus oil, citronella, onion, garlic, milk, chilli, soap, pepper, coffee, flour, herbs, seaweed, bicarb soda and more! 19 pages **Price: \$12.00** (download from www.theshoppe.com.au or see page 4)



Use safe, natural alternatives in the home

The focus of my workshops, publications, newsletters, etc. is to promote 'non-consumerism' by encouraging the use of simple, safe and environmentally responsible alternatives. Here's why:

- **SAFER/BETTER** - For you and your family in terms of sensitivities, chemicals, long term reactions.
- **ENVIRONMENTAL RESPONSIBLE** - Better for the environment because - less containers for disposal - less waste & residue from making commercial products - less likely to exploit the planet's resources for raw materials required for mass-production of commercial products
- **CHEAPER** - Using natural ingredients (from home and garden) is much cheaper than expensive commercial products.
- **REASSURING** - To know about alternatives – so that you have control over what you use and what's in it – and not totally dependant on consumer products.

For more information: www.theshoppe.com.au

How to Purchase Booklets and Workshop@Home

There are 3 ways to purchase publications:

Method 1. From the website:

All booklets are available for **immediate download**. This is the quickest way to access the booklets.

1. Go to www.theshoppe.com.au
2. Click on 'Shoppe Publications'
3. Scroll down to find your chosen title
4. Click 'ADD TO CART'
5. Click 'Continue shopping with The Shoppe' to order more booklets or
6. Follow the prompts: 'Proceed to Check-out' to pay. (You do not need to have a Paypal account to order via this method. You can pay by debit or credit card, Mastercard, Visa, American Express or Paypal)
7. When payment has been processed your booklet will appear immediately for download in PDF (Acrobat) format on the screen.
8. Save to your computer for printing (full booklet or just relevant recipe pages) or use ebook reader.

Method 2. Internet Banking or Direct Payment:

Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can then be emailed or posted* to you. Email: pam@theshoppe.com.au for The Shoppe's bank account details for payment transfer. *Please add \$3 to the price of each booklet to cover printing and postage costs.

Method 3. By Mail

Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043 (add \$2 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per booklet for postage and printing costs.

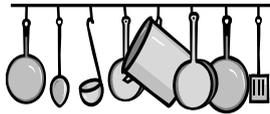
If you have any problems or queries contact: pam@theshoppe.com.au - ph: (08) 8374 2531

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The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme 5043 email: theshoppe@tpg.com.au
www.theshoppe.com.au



Your Favourite Recipes

Send your recipes and ideas to:
The Self-Sufficiency Shoppe: P.O. Box 390
Park Holme 5043 or email:
pam@theshoppe.com.au

Homemade Moisturiser for dry skin

Hi Pam - L-o-v-e your newsletter. Like you I make my own moisturiser. Here's my recipe that people may be interested in.

Mix together well: **1 teaspoon honey, 1 tablespoon coconut oil, 1 teaspoon lemon juice.**

My skin is dry so I find this mix to be excellent. It works best by leaving on the skin for about half an hour then rinsed off. If you do not use all the mix it should be kept in the fridge.

Terry - via email



Old Fashioned Sago Pudding

Hello - Sago pudding is the best dessert - but people seem to grimace when it's mentioned to them. Maybe they haven't tried REAL sago pudding! June - Salisbury Sth Aust.

Here's my recipe:

Ingredients: 1 cup of soaked sago or tapioca, 2 eggs (separated), 500ml milk, 1 teaspoon vanilla essence, 1/2 cup sugar, 1/4 tspn salt.

Method:

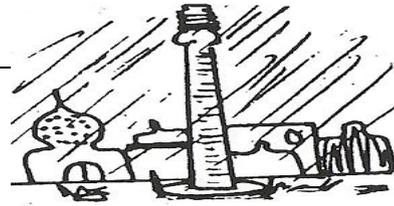
Soak the sago or tapioca overnight in water according to instructions. Do not drain as the cereal will absorb almost all the water in which it has been soaked.

Heat the milk to lukewarm in a saucepan and stir in the sago or tapioca. Remove from the stove.

Beat the egg yolks with the sugar and salt in a bowl. Gradually add the milk mixture, beating all the time.

Beat the egg whites until stiff and fold into the milk and sago or tapioca mixture. Stir in the vanilla essence and pour into a greased ovenproof baking dish.

Bake in the oven at 180°C until set, about 40 minutes. Serve hot with golden syrup, honey or jam. Serves four.



There's nothing like the real thing!

I recently purchased a falafel roll with homous at a local take-away store. The falafel tasted nothing like I'd expected a falafel to taste. So I dusted off my recipe collection to find my own falafel recipe - I've been making falafels ever since!

Falafels (Chick Pea Patties)

500g chick peas (soaked overnight in hot water), 1 medium onion (finely chopped), 2 tablespoons freshly chopped parsley, 2 cloves garlic (crushed), 1/4 cup plain flour, 1 teaspoon each cayenne pepper and ground cumin powder, salt to taste, oil for deep frying.

Method: Drain the chick peas. Cook in fresh water until tender. Drain. Place in a blender and blend to a 'grainy' texture.. Place remainder of ingredients in blender and blend to mix. (Do not over-blend). Form dessertspoonfuls into small balls and flatten. Place in fridge for 15-20 minutes. Heat oil and deep fry patties until golden brown. Drain and serve hot.

Humous (Chickpea Dip)

200g cooked or canned chick peas, 150ml tahini paste**, crushed garlic (approx. 2 cloves or more if desired), juice of 2 lemons, ground black pepper and salt.

Method: Drain the chick peas - reserve the liquid. Place all ingredients (except chick peas and liquid) in blender and blend well. Add chick peas and continue to blend until a smooth paste. You may need to add some of the reserved liquid to help the blending process and make the paste thinner (but not too thin - about the consistency of whipped cream). Add more lemon juice, salt, pepper to desired taste. Serve with pitta bread.

***Tahini paste (also known as sesame paste) is an oily paste derived from sesame seeds. Some supermarkets stock it or try your local Continental grocery store*



Your Letters & Questions

Many thanks for your letters, emails and messages. Please send your recipes, comments and questions to: The Self-Sufficiency Shoppe, P.O. Box 390, Park Holme 5043 or email: pam@heshoppe.com.au

Hi Pam

I just wanted to say thank you. I attended your "green cleaning workshop" in Victor Harbor the other week and I feel as though it has changed my life! I have always tried to do the right thing and buy the most "eco friendly" products I could find, but now I feel as though there really is no other option for me and my young family other than making my own, and through your workshop and some of your downloads it has become a reality. I really enjoy the soap making process which is something I thought I would never do, and making the cleaning products and organising them in lovely jars and bottles has become one of my favourite past-times. So thank you very much, and keep up the good work! Megan

Hi Pam,

I always look forward to your newsletters, you express so well, the same truths as myself. I have just downloaded, Surviving The Hard Times, although I do have a full set of the booklets - it was interesting to read a bit about your own journey and how you came to be doing this work. I just wanted to say you do a great job, it is so encouraging to know there are people around like you. You are right about the energy of the world changing and we are changing too, I look forward to what ever the future brings. Cheers Pat

Hi Pam,

I just have to tell you I hardly ever read the newsletters I receive in my inbox but when I see it's from you I can't wait to open it.

My daughters and I did your cosmetic workshop at the Burnside Library a while ago and we are still having loads of fun making our own homemade cosmetics. In fact we now have requests from family and friends (who we gave our lip balm samples to) to make some more as they now can't stand using the bought ones!

I love that we can go out to our garden, pick the herbs, and know everything that goes into our skin-care is organic and natural plus it's really nice to share that with the girls.

I just love what you are doing and have learnt so much from your workshops and articles, and thought I would tell you this first hand Blessings - Jo Day

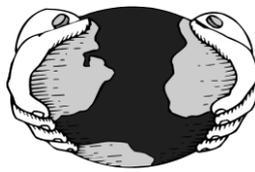
Hi

I don't know how I ended up on your mailing list, but so glad I am. We are a mainstream family who 1 year ago bought an established home, and converted the front yard lawn to a native garden and mini orchard, community herb garden citrus area, raised veggie beds and a water tank to supply it all. Hoping to get some chooks in our very small back yard later in the year. We try to limit chemical exposure to us and our 2 young children, so very keen for all natural products. So really appreciate what you teach. Kind Regards Kylie

Hi Pam

I always love attending your workshops and it is fantastic what you are doing for our world and for the people who really do want to make a difference but don't know where to start. You are really one of our earth's 'angels'. I read something the other day which makes sense: The Will of God will never take you where the grace of God will not protect you! I interpret this that we are definitely guided to do things that sometimes we may question but things will always work out for the best in the end! - thanks Pam. Take care. Deb.

Many, many thanks for your positive letters and emails. It makes such a difference to my day when I receive feed-back like this. While I can 'babble on' for hours about the benefits of alternatives (until the 'cows come home' - as they say) just a few wise words from readers can say it a thousand times better! Thanks. Pam



Workshop@Home

Making alternatives to commercial products at home using ingredients from home and garden.

Safer, cheaper and better for the environment and you!

Easy to follow recipes and procedures.

Natural Skin Care **Workshop@Home**



Make your own facial skin care products using ingredients from the home and garden! Complete natural facial skin care regime (cleanser, astringent, moisturiser) using affordable, safe and environmentally friendly ingredients

Recipes and procedures for making ♦ Facial cleansers ♦ Facial scrub ♦ Oatmeal bag ♦ Herbal astringent ♦ Antibacterial astringent ♦ Herbal moisturiser ♦ Lip salve ♦ Lipstick ♦ Lavender Hand cream ♦ Bath-salts

Green Cleaning **Workshop@Home**



Do all your cleaning with just four basic household items. Never walk down the supermarket cleaning lane again! Safe, cheap and environmentally friendly.

Recipes and procedures for making: ♦ Deodorising powder ♦ Disinfectant ♦ Air-freshener ♦ Furniture polish ♦ Heavy duty cleaning powder ♦ Soap jelly ♦ Lemon dish washing soap ♦ All-purpose surface cleaning/stain removal spray. *Plus many other recipes & cost saving ideas!*

Soap Making **Workshop@Home**



Making plain soap simply and quickly. Easy to follow basic recipe with numerous variations. Transforming a bar of soap into a range of alternative soap-based products (detergent alternatives). Safe & environmentally friendly.

Recipes and procedures for making: ♦ Basic soap (like Grandma used to make) with 10 variations ♦ Soap bag ♦ English wash balls ♦ Soap Crayons (for the children) ♦ Pressed Soap Shapes ♦ Herbal wash-balls ♦ Rose Liquid Hand Soap

Natural Body & Hair Products **Workshop@Home**



Natural, safe alternatives for deodorants, body powders, shampoos, hair dyes, toothpaste and foot care. All chemical free using natural ingredients (from kitchen and garden)

Recipes and procedures for making ♦ lavender spray deodorant ♦ herbal deodorant spray ♦ rose deodorant/body powder ♦ chamomile body powder ♦ herbal hair shampoo ♦ deodorising foot powder ♦ teeth-cleaning powder ♦ lemon hair bleach ♦ dry hair shampoo

Price: \$25.00 each

To order: download from www.theshoppe.com.au or email: pam@theshoppe.com.au OR send \$25.00 (plus \$3 postage) to: The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043

For more information go to 'Workshop@Home' at www.theshoppe.com.au