

The Self-Sufficiency

Shoppe Newsletter



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WHY USE ALTERNATIVES?

If every human on earth lived the same privileged lifestyle as the developed nations what a mess our planet would be! The reality is that we (in the modern society) live far, far beyond our means and, and more importantly, beyond the planet's means. The earth just cannot sustain this so-called 'wealthy' lifestyle. Believe it or not but planetary resources are limited. Consumer products abound like there is no tomorrow. Thousands of new products are created and manufactured every day - much of it ends up as land fill because it either did not meet consumer need or over production - all discarded as if we do not have a worry in the world. This era of consumerism must change - it is outdated, irrational and a dangerous way to live. It may have seemed practical and advantageous in past times but now is well and truly obsolete.

My philosophy is very basic: buy less consumer products and use, instead, alternatives that demand less of the Earth. Why? For four reasons:

- 1. Less chemicals**
- 2. Less impact on the environment**
- 3. Saves \$'s**
- 4. Respect for all living things (including the Earth)**

Everyone on the planet should hear this message - because it's the only way forward. Consumer products have finished - gone - relegated to the past. The only impediment to 'using alternatives' is habitual. It doesn't cost extra money, time or effort - it's just a matter of habit changing. Of doing something different - 'old habits die hard' as the saying goes. Part of the problem is the 'power of advertising' - continued conditioning (over many generations) via advertising so that people believe that what is sold commercially is 'the best'. That the suppliers and manufacturers know what is best for us - classic manipulation. I've lost count the number of times people have said to me in amazement after trying a simple



alternative - "It worked as well, if not better, than the commercial thing!". Bicarb soda made my sink shinier than anything else I have ever used. It cleaned the oven as well! Plus it works as a personal deodorant, cleans teeth and deodorises the carpet. Bicarb soda is so good it's commercially 'unviable' - meaning no point packaging it up to sell as it wouldn't make enough money because it goes a long way and its uses are too variable. The point of modern commercialism and consumerism is to create MORE products, a different product for as many different tasks around the home - that way more money is made!

But it's not just about bicarb soda - vinegar is the best natural anti-bacterial (disinfectant, skin cleanser, general cleaner, etc). A bar of soap will suffice as an alternative for a huge range of detergent-based cleaning products (Remember: Grandma cleaned everything - floors, clothes, body, hair, dishes, etc. etc. - with just a bar of soap - look at the range of products we now use for cleaning? Grandma would be astonished).



In a recent workshop a lady was so over-whelmed when she realised how much money she had been wasting on consumer products she was lost for words! *I've been wasting my money for years - she said.*

It will be 'interesting times' ahead as the change begins away from consumerism and toward a more environmentally-centred approach to living and managing the household. Get ready - we are in for an interesting ride!



Environmentally-friendly Basics e-booklet Set

These 6 common household products – **Bicarb Soda, Vinegar, Lemon, Eucalyptus Oil, Soap, Oatmeal** - that have a multitude of safe, environmentally friendly uses around the home. Very cost effective!

6 Booklets: No. 9 - Uses for Bi-carb Soda, No. 10 - Humble Lemon, No. 33 - Versatile Vinegar, No. 51 - Uses for Eucalyptus Oil, , No. 50 – Recycling Soap, No. 58 - Old-time Oatmeal.

Price: \$42.00

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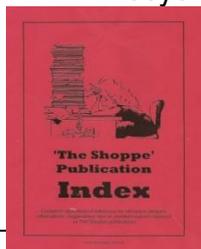
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The 2 Most Common Household Questions

In my travels running workshops and talking to groups of people about practising environmentally friendly ways there are two very common questions I'm asked:

- 1. How to remove mould/mildew from walls, tiles, bathroom, etc.*
- 2. How to unblock drains (as an alternative to calling the plumber!).*

Here's some environmentally friendly answers from my selection of e-booklets:

Mildew Remover

Suggestion 1: Vinegar – sprayed onto the general area and wiped or scrubbed off will help remove and prevent mould. *(A simple technique for mild mould/mildew problems)*

Suggestion 2: Scour the area with a bicarb soda and water paste *(or use vinegar in place of water for extra strength and deodorizing - be aware the mix will froth up).*

Suggestion 3: Use 1/2 lemon dipped in bicarb soda *(Great if you have an abundance of lemons or as a way to use up lemons after squeezing out the juice - don't forget to throw the remaining skin in the compost afterwards - that way even the garden reaps the benefits!)*

Suggestion 4: Surface Spray - Mix together 1/3 each of cloudy ammonia, biodegradable detergent (or soap jelly) and water. Add few drops eucalyptus oil. Use as a spray or wipe onto the surface with wet sponge - leave 1/2 hour – wipe off.

Suggestion 5: *For larger areas like walls, pavements, etc try -* In half a bucket of hot water add one cup cloudy ammonia with half cup disinfectant (or vinegar) and 2 tablespoons biodegradable detergent. Wash the wall or surface with this mix using an old broom (for large areas) or scrubbing brush (for smaller areas). Wash off with water.

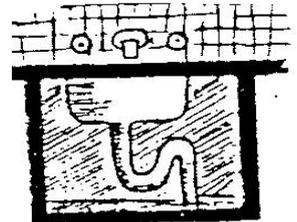
Unblocking Drains:

Suggestion 1: To unblock drains when the blockage is due to grease or fat - boiling water poured into the drain will clear it.

Suggestion 2: For general blockages - pour in half cup each of salt and bicarb soda followed by boiling water.

Suggestion 3: Pour 1/2 cup bicarb soda followed by 1/2 cup vinegar . After frothing subsides follow with boiling water.

For extra clearing power use a suction plunger. If all else fails, before calling the plumber, place a bucket under the U-bend, unscrew the locking washer and remove the blockage by hand.



Personally Speaking

I consider the 'Surface Spray' (Suggestion 4) my 'best friend' around the home. I use it on 'everything' as a back-up cleaner when the simple things (like bicarb and vinegar) cannot do the job. Not only is it a general surface cleaner (kitchen, stove, bathroom, laundry, walls, switches, knobs, handles, telephone, etc.,etc. but a stain removal spray as well (sprayed onto stains before washing). Plus it even works as cat deterrent when they pee in the wrong spot (occasionally - thank goodness!). The scent of ammonia seems to deter the cat - or other cats - from returning! I save heaps of money not having to purchase a range of commercial products - using instead my simple 'Surface Spray/ Stain Remover! Take care though as cloudy ammonia - although environmentally safe in

moderation - has a strong odour that may affect the respiratory system. Use vinegar if you prefer but it will not quite be as effective.

For my blocked (or smelly) drains I find vinegar/bicarb followed by boiling water from the kettle works the best. There's some initial frothing - but it then clears the drain of sludge build-up and deodorises at the same time. I have learnt however that in the long term for badly blocked drains it is not the answer - and clearing the pipe by removing the washer or calling the plumber may be the next step. It pays to stay on top of it and regularly clear the drain to ensure a blockage does not build up. Some time ago the plumber was called to unblock my kitchen drain - blocked by tree roots - he commented that once the roots were removed there was a sudden flush of 'white powder' - which, was of course, my effort to clear the drain with the old vinegar and bicarb method. I didn't have the courage to tell him of my amateurish exploits to save on a call-out fee for a plumber!

The best thing about all these suggestions is that using these simple alternatives is much, much better for you, your purse and the environment - less products, less chemicals, less containers! What more could you ask for!



Green Cleaning Workshop@Home

Why pay for expensive commercial cleaners when the job can be done just as effectively using just four common household items: bicarb soda, vinegar, bar of soap and eucalyptus oil?

Save your money for more important things - never walk down the supermarket cleaning lane again!

Download contains 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 suggestions for cleaning the home.

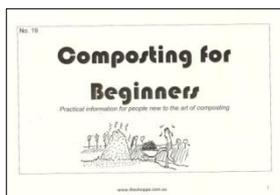
35 pages **Price: \$25.00**

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Recipe : Compost Tea

Homemade garden fertilizer! If you make your own compost there's no need to use Thrive or similar products for fertilizing the garden. Your rich compost mix is perfect as natural cost effective substitute for commercial products. Here's how to make it:

Soak a handful of fresh compost in half a bucket of water for an hour or so. Strain through muslin or fine sieve. Spray lightly onto plant leaves and pour around plant base to provide much needed nourishment, particularly leafy plants, such as lettuce, cabbage, spinach and silver beet. A 'compost tea' will also help prevent mildew type diseases. Information from:



e-Booklet No. 19 - Composting for Beginners

Easy to follow and concise information for people new to the art of composting. Covers various methods for composting, container options (commercial or recycled), how to make compost, uses and troubleshooting. 13 pages **Price: \$8.00**

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Budget-wise International Meals

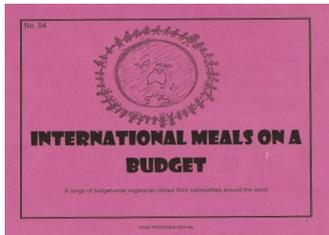
Someone recently reported to me how much they enjoyed e-booklet No. 54 - International Meals on a Budget - through which they discovered some very useful budget conscious ways to cook and feed the family. I was a little surprised as it's not a particularly popular title from the selection of my e-books on offer. Such topics as natural skin care, hair care, green cleaning, organic gardening, etc. are usually the more popular choices for people. In actual fact I put this booklet together at a time in my life when money was extremely tight. I wanted to experience the pleasures of 'international dining' - which I could not afford at the time - as cheaply as possible at home. Cooking programmes abound on 'exotic' dishes - but many are impractical money-wise. In this book I've covered a variety of common international dishes (Middle eastern, Mexican, Indian, Chinese, Malaysian, British, North American, etc.) recreating them in a cheaper form - and vegetarian (which is often much cheaper than meat!). Here's a recipe from the 'Mexican' section of the book. It's very popular dish at barbeques and other events. Many times I've been asked for the recipe:

Warm Red Kidney Bean & Cheese Dip

You'll need: 1 ½ cups cooked red kidney beans (or use canned), 1 tablespoon tomato paste, 1 tablespoon tomato sauce (or use homemade pasta sauce), 1-2 cloves garlic (crushed), 1 small onion (finely chopped), 1 tablespoon olive oil, ½ teaspoon each oregano & cumin, salt, pepper to taste, 60g tasty cheese (grated) - use parmesan for extra taste..

Method: Sauté onion and garlic in oil until soft. Pour into food processor. Add remainder of ingredients. Blend until smooth. Place in saucepan, heat the mix, add cheese and heat until melted. Remove from heat (do not overheat as the cheese will become stringy).

Serving suggestion: Top with extra grated cheese and grill until brown - or use microwave. Best served warm with corn chips.



e-booklet No. 54 - International Meals on a Budget

Collection of easy recipes for making various international meals - quickly and cheaply. Menus for: Middle Eastern, Indian, Mexican, Chinese, Italian, Malaysian, North American, British and more. All meatless - a cheaper option than meat. Many great family meals. Contains over 40 different recipes with variations.

23 pages \$12.00

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Your Favourite Recipes

Homemade Moisturisers

Hi Pam,

I really enjoyed your Natural Skin Care Workshop yesterday. Although I make my own moisturisers I still learnt something new during the workshop. Here's a couple of my favourite recipes that I make:

Felicity (via email)

Lime & Milk: Juice of 1 lime, 1/4 cup warm milk, 2 tablespoons almond oil (or use some other good quality oil such as grape-seed, coconut, apricot kernel or avocado). Mix well and refrigerate between uses.

High Protein Moisturiser: 1 egg yolk, 1/4 cup milk, 1 tablespoon grape-seed oil. Mix thoroughly. Use as a deep moisturizing treatment for all skin types. Best left on the skin for at least 30 minutes (or longer is you can). Wash off well with warm water.

Honey Hair Conditioner

I've read your books Natural Hair Colours and Dyes and Natural Hair Care but noticed that you did not mention honey as a hair conditioner. It's very good - and unlike lemon does not dry my hair. Here's my way of using it: Chris - Woodville SA

Mix ¼ cup of honey with 1 cup of water and apply to the hair. Leave on for at least half an hour. Then shampoo the hair in the usual way.

Oatmeal

Hi Pam,

Following on from your information about the many uses for oatmeal I can remember my grandmother serving up this pie back in Britain - many years ago! Meat was virtually unavailable so most dishes consisted of home-grown vegetables. I think the oatmeal was used mostly as a thickener - it was not noticeable in the pie - if it was I probably wouldn't have eaten it! I'm not sure of the

correct pronunciation - I think it was called Woolton pie. Judy (via email)



Woolton Pie

Ingredients: Approx 1/2 kilo diced potatoes, 1/2 head cauliflower (broken into small flowerets), 1/2 kilo each of diced carrots and swede, 3 medium onions (finely chopped), 1 teaspoon vegetable stock powder, 2 tablespoons oatmeal, chopped parsley

Method: Cook everything together with water to just cover the ingredients. Stir frequently to prevent it from sticking or burning on the base. Leave the mixture to cool before spooning into a pie dish. Cover with a crust of potatoes or wholemeal pastry. Bake in a moderate oven until golden brown. Serve hot with gravy.

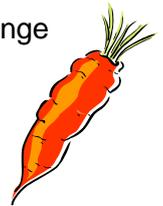
Here's another recipe from my grandmothers collection:

Carrot Fudge

Ingredients: Carrots, Gelatine, Orange essence (or grated orange peel and juice)

Method: Finely grate carrots to make 4 tablespoons. Cook just enough water to cover for 10 minutes. Add flavouring with orange essence, grated orange rind or even orange cordial. Dissolve two teaspoons of gelatine in hot water. Add to carrot mixture.

Cook quickly for a few minutes stirring all the time. Spoon into a flat dish and leave to set.



Your letters, comments, recipes are always very much appreciated. Send to: Pam, The Self-Sufficiency Shoppe: P.O. Box 390 Park Holme 5043 or email: theshoppe@tpg.com.au