



# The Self-Sufficiency Shoppe Newsletter

Issue No. 53

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## “Throw-a-whey Culture” .... And what of our Future?



*“Faded, cracked but largely intact a yoghurt tub has washed up on a British beach – a symbol of the legacy of a throwaway culture ..... The lettering remains clear on the pot despite it being bought 40 years ago ... washed off a container ship in 1997” (from a recent newspaper article*

What a horrifying story! On reading this article my first thoughts were: And what of the future? If we keep producing products and discarding them with disregard or thought (like there is no tomorrow) what will the planet be like for future generations? Plastic containers take thousands of years (if at all) to break-down – that is, disintegrate back into the earth. Not to mention the impact it has on life on earth: sea creatures, native animals, human habitat and the environment. We are producing materials and products that will probably never break-down and remain reminders to many cultures to come. More and more products are produced every day – another news item in the same newspaper comments that some 20 years ago supermarkets stocked just 600-800 food items – now there are 30,000 new products! The item was in reference to unhealthy eating and dieting reflecting how difficult it has become for people to resist bad food choices. So not only are we destroying our planet with ‘consumerism’ but ourselves in the process! All in the name of “profit and progress”

BRITAIN

### Throw-a-whey culture

FADED, cracked but largely intact, a yoghurt pot from the 1970s has washed up on a British beach – a symbol of the legacy of a throwaway culture.

The pot, found at Teignmouth, Devon, was among 25 tonnes of rubbish cleared off beaches by volunteers in a

four-day blitz. The lettering remains clear on the pot, despite it being bought 40 years ago.

The collection of flotsam, which can be deadly to marine life, also included thousands of Lego pieces washed off a container ship in 1997, a TV, dentures and a plastic chicken.

### Forty Years Too Long

In my eyes it's not ‘profit and progress’ but ‘loss and regression’ as we slowly destroy the most precious thing we have: humanity and the planet. It's been forty years since that wayward yoghurt tub ended up in the ocean – and in that time little has changed. The ocean is now even more clogged with discarded items – so much so the when searching for the recent lost air-liner in the furthest regions of the Indian Ocean it was almost impossible to

identify plane debris from all the other debris floating in and on the ocean. In this current mindset there is no future. Something has to change or we are doomed.

## What Can We Do About It?

My personal mantra is: "Buy less consumer products". Reduce our dependence on commercially made products and use, instead, alternatives that drain less on the earth's resources and leave less residue for generations to come. Swap as many commercial supermarket products with simple alternatives as you can using such things as: bicarb soda, vinegar, soap, eucalyptus oil and more. If consumer demand is less – the result will be less strain on the planet's resources. While there are people in the mind-set of 'buying, buying, buying' the producers will respond accordingly with MORE products – and all in the name of the mighty dollar and profit.

### The Sustainable Alternatives Chart

I've put my thinking cap on and put together a practical chart listing alternatives that can be used in the home in place of 32 common commercially made products. I use all these alternatives in my home – rarely do I find the need to venture down the cleaning lane of the supermarket – and that includes other lanes such as hair products, personal care products, deodorising agents and others. Remember: Old habits die hard – so be aware that changing entrenched habits may take a bit of concerted effort and determination – but believe me its well worth it.

(You'll find a copy of the chart at the end of this newsletter.)



### Growing Sprouts in a Recycled Jar

Fresh home-grown sprouts are easy to do and cheap to grow! Using a recycled jar keeps costs to a minimum and is great for the planet. The result: tasty, healthy, chemical free sprouts at a much cheaper cost than if purchased commercially.

**All you'll need is:** A medium-large recycled glass jar, seeds\* (for sprouting), a small piece of loose weave fabric (for the top – an old handkerchief will do) and a rubber band.

Place approximately 1 tablespoon seeds into the jar. Attach the fabric to the top of jar with the rubber band. Pour water into the jar (through the fabric). Leave approx. 15 seconds to dampen the seeds - drain the water. Rinse the seeds in fresh water daily. Leave the jar in a warm place (such as a window-sill) to germinate. The seeds will sprout and be ready to eat within 4-6 days.

\*Examples of seeds suitable for sprouting: alfalfa, wheat, barley, mung beans, fenugreek, lentils, chickpeas, peas, buckwheat, soya beans (all from health food stores or selected supermarkets). Eat them as they are in sandwiches or add to salads. Yummy!

Growing sprouts is a great children's activity encouraging the use of recycled containers whilst discovering the wonders of Mother Earth in that small seeds can grow into something tasty and nutritious You'll find more ideas for children's activities and information in



### e-book No. 63 - Making Play-toys from Recycled Materials

Ideas for recycling disused materials to create an array of play-things for children at next to nothing cost. Covers using: cardboard cartons, old sheets & bedding, paper bags, ice-cream and margarine containers, rubber tyres, tin cans and lots more.

21 pages **\$12.00** (See page 3 for ordering information)

## Making Paper from Recycled Materials

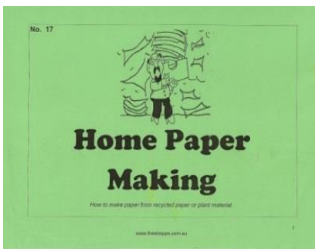


Paper making, in its original form, is complex and involves special equipment and chemicals. But it's very easy to make paper from discarded paper using recycled kitchen and household equipment. An old picture frame with fly-screen attached or a splatter shield are ideal as paper-making frames. Old tea-towels, pieces of fabric (old bed-sheet torn into small squares) or chux wipes become backing materials for drying the paper. Discarded paper, such as computer paper, newspaper, brown paper, wrapping paper are reduced to a pulp with water to make

new sheets of paper. It's so easy to do, costs next-to-nothing and offers an appreciation of how materials we use every-day are produced. Quite interesting textures and colours can be achieved using different types of paper for the basic pulp (coloured copy paper, newspaper, etc.).

From the range of workshops I offer 'Making Paper from Recycled Materials' is the most intriguing. For me – any activity that involves using discarded materials to make something useful and creative is my idea of 'true sustainability'. In this 'computer age' tonnes of good quality bond paper (which makes the best homemade paper) is discarded everyday – it's such a waste. So here's one way to do something useful with it.

For more information see e-booklet No. 17 - Home Paper-Making:



### **e-book No. 17 - Home Paper-Making:**

Comprehensive coverage of how to make paper. For beginners and advanced - includes creative techniques, (improvised and home-made) paper-making frames, paper-making from discarded paper, recycled fibres or plant material. Plus handy hints, possible problems, colouring techniques, sizing. 25 pages **\$12.00** (See page 3 for ordering information)

### **Ordering 'The Shoppe' publications**

All publications can be downloaded from [www.theshoppe.com.au](http://www.theshoppe.com.au) or purchased as follows:

#### **Method 1. From the website:**

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

Go to [www.theshoppe.com.au](http://www.theshoppe.com.au). Choose your item for download Click 'ADD TO CART'

Follow the prompts (pay by debit or credit card, Mastercard, Visa, American Express or Paypal)

#### **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](mailto: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. Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per book for costs.

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I hope you enjoyed this newsletter. Keep well - and I'll catch you next time.  
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**Help educate others about the benefits of 'anti-consumerism' and alternatives -  
please forward this newsletter to a friend!**

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## Making Jams, Chutneys & Pickles

*I've been running quite a few of my 'Making Jams, Chutneys and Pickles Workshops' over the past weeks. If you've missed coming to one of the workshops - I've listed below the most popular recipes from the workshop so you can enjoy the experience at home!*



### Tomato Chutney

**You'll need:** 2 kilograms ripe tomatoes (or use canned tomatoes), 1 kilogram cooking apples, 500g onions, 625ml (2 ½ cups) malt or cider vinegar, 625g (2 ½ cups) sugar, 45g (1/4 cup) sultanas, 2 teaspoons salt, ½ teaspoon pepper, 1 teaspoon mustard powder, ½ teaspoon ginger, 10 cloves, ¼ teaspoon chilli powder (optional)

**Method:** Blanch tomatoes in boiling water. Remove skins and chop coarsely. Place in a large heavy based pan. Peel and core apples, cut into rough slices or quarters. Add to pan. Add peeled and chopped onions. Stir in vinegar, sugar, sultanas, salt, pepper, cloves and mustard.

Bring to boil. Add ginger and chili powder. Bring to boil again and then simmer without lid for 1 ½ hours or until very thick consistency. Pour into clean, hot jars. Seal. When cool, label with contents and date. Store in a cool dry place. Use within 6 months . Refrigerate after opening.

### Pear Jam

*(In winter the choice for jam making has been limited (compared with the abundance of fruit available in summer). But this pear jam recipe has been well received and enjoyed by all at the workshops)*

Core, peel and slice 2 kilograms pears and 500 grams green apples (provides pectin and will help the jam to set). Place in saucepan with the juice and rind of 3 lemons. Simmer until tender. Add 2 kilograms sugar, dissolve, boil mixture rapidly until it gels when tested – about 15-20 minutes boiling time should be sufficient. Pour into sterile jars and seal ready for use.

Adapted from 'Fig Jam' recipe in **e-booklet No. 74 - Ways With Fruit**. Price: \$12.00. For ordering information see below

### Plum Jam

Wash 1 kilogram plums, cut in half and remove stones. Boil with 4 tablespoons water and juice and rind of three lemons until soft. Mash with a spoon. Remove from heat. Add ¾ kilogram sugar, dissolve. Place back onto stove and simmer for approx.15-20 minutes. Test for thickness by placing a teaspoon on a saucer, leave to cool - check for thickness/consistency. Continue simmering until correct consistency. When ready pour into sterile jars, seal & label.

More jam recipes in **e-booklet No. 74 - Ways With Fruit**. See below for info.

*The plum jam was the 'jam of the day' at a recent workshop as it was 'in season' and the most cost effective fruit for jam making. It was easy to make and absolutely yummy (I've been eating it on toast every morning since!). Everyone took home at least two sample pots each. Lots of people have commented how yummy it was and the colour a wonderful rich red-purple. I hope you enjoy the recipe! For ginger-plum jam add approx.. 3 tablespoons freshly grated ginger with the plums.*



### **e-booklet No. 74 – Ways With Fruit**

Also includes info and recipes for making syrups, cordials, other types of jams, conserves, pickling, glacé, mango chutneys, conserves, curds, butters, fruit cheese, freezing, candying, crystallizing, pickling. Interesting recipes include: rose petal jam, orange marmalade, fig and plum jams, lemon cordial, pickled zucchini. Price: **\$12.00** 25 pages

(See page 3 for ordering information)



# The 'Sustainable Alternatives' Chart

<b>Commercial Product</b>	<b>The Alternative</b>	<b>More specific information &amp; other ideas</b>
<b>Oven Cleaner</b>	Bicarb soda & vinegar paste. Apply to warm oven.	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
<b>Dish-washing detergent</b>	Soap-jelly* with added eucalyptus oil	e-book No. 23 Green Cleaning or No. 50. Recycling Soap
<b>Laundry Detergent</b>	Soap-jelly*	e-book No. 23 Green Cleaning or No. 50. Recycling Soap
<b>Carpet Deodorising Powder</b>	Bicarb soda with added eucalyptus or lavender oil	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
<b>Surface Spray/Cleaner</b>	Surface Spray**	e-book No. 23 Green Cleaning
<b>Abrasive Surface Cleaner</b>	Bicarb Soda – plain or with added grated soap	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
<b>Floor Cleaner</b>	Boiling hot water with added vinegar or soap jelly*	e-book No. 23 Green Cleaning
<b>Carpet Shampoo</b>	Soap jelly* with added eucalyptus oil	e-book No. 50. Recycling Soap
<b>Wooden Floors (floors/furniture) Cleaners</b>	Mixture of half olive oil and vinegar. Apply with dry mop – wipe well	e-book No. 23 Green Cleaning or No. 5 Polishers & Cleaners
<b>Wooden furniture</b>	Mixture of half olive oil and vinegar or cold tea. Apply with soft cloth.	e-book No. 23 Green Cleaning or No. 5 Polishers & Cleaners
<b>Disinfectant</b>	Vinegar or mixture of half vinegar-water with added eucalyptus oil	e-book No. 23 Green Cleaning or No. 33 Versatile Vinegar
<b>Deodoriser/Air-freshener</b>	Fresh flowers or vinegar spray or mix half vinegar/water with added eucalyptus/lavender oil	e-book No. 22 Homemade Air-fresheners
<b>Bathroom Cleaner</b>	Vinegar or Surface spray* For abrasive cleaning: bicarb soda – plain or with added grated soap & eucalyptus oil	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
<b>Mould Remover</b>	Vinegar or Surface spray*	e-book No. 23 Green Cleaning or No. 33 Versatile Vinegar
<b>Toilet Cleaner</b>	Vinegar or homemade disinfectant with added bicarb soda (abrasive cleaning)	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
<b>Drain Deodoriser &amp; Cleaner</b>	Bicarb soda followed by vinegar or salt and vinegar	e-book No. 23 Green Cleaning or No. 24 Back-to-Basics Cleaning
<b>Window Cleaner</b>	Vinegar or cold tea or methylated spirits or crumpled newspaper	e-book No. 24 Back-to-Basics Cleaning
<b>Water Softener (fabric conditioner)</b>	Bicarb soda, washing soda or oatmeal	e-book No.9 Amazing Bicarb! or No. 58 Old-time Oatmeal
<b>Fabric Conditioner/bleach</b>	Vinegar or lemon juice	e-book No. 23 Green Cleaning or No. 33 Versatile Vinegar
<b>Stain Remover/Heavy-duty solvent</b>	Surface Spray/Stain Remover* or Eucalyptus oil	e-book No. 23 Green Cleaning or No. 51 Uses for Eucalyptus Oil
<b>Skin Cleanser</b>	Oatmeal & water (plain or with added chopped fresh herbs)	e-book No. 30 Natural Skin Care
<b>Skin Astringent</b>	Herbal infusion*** or anti-bacterial wash: 1 part cider vinegar/8 parts water	e-book No. 30 Natural Skin Care or No. 61 Harnessing Herbs
<b>Skin Moisturiser</b>	Blend almond oil with water or herbal infusion*** or lemon juice.	e-book No. 30 Natural Skin Care
<b>Hair Shampoo</b>	Soap jelly – with added oil (conditioner) and lavender essential oil	e-book No. 14 – Natural Hair Care

<b>Pet Shampoo Pet Flea Repellent</b>	Soap jelly with added eucalyptus oil to repel fleas. Dry shampoo: bicarb soda or oatmeal with added eucalyptus oil	e-book No. 35 Natural Pet Care or No. 51 Uses for Eucalyptus Oil
<b>Toothpaste</b>	Bicarb soda and salt – mixed with water to make a paste.	e-book No. 1 Homemade Toothpaste & Mouth-washes
<b>Personal Deodorant</b>	Bicarb soda or vinegar spray (diluted 1 part cider vinegar to 8 parts water with added scent such as lavender oil)	e-book No. 2 Homemade Deodorants
<b>Talc powder</b>	Rice-flour or corn-flour with added scent – i.e. lavender oil or your own perfume	e-book No. 2 Homemade Deodorants
<b>Shower gel/body washes</b>	Bar of soap or soap jelly (in a recycled pump container). Add lavender or eucalyptus oil (disinfecting/perfuming)	e-book No. 50. Recycling Soap
<b>Hand-wash (liquid) and other personal cleaners</b>	Bar of soap or soap jelly (in a recycled pump container). Add lavender or eucalyptus oil (disinfecting/perfuming)	e-book No. 50. Recycling Soap
<b>Insect Repellent (general)</b>	Fly swat or vinegar spray with added eucalyptus and lavender oils	e-book No. 20 Homemade Insect Repellents
<b>Insect Repellent (personal)</b>	Vinegar (dabbed on the skin) or water with added eucalyptus and lavender oil	e-book No. 20 Homemade Insect Repellents
<b>Garden Spray (insect repellent)</b>	Soap jelly, water, chilli, garlic, eucalyptus oil	e-book No. 21 Safe & Organic Sprays for Home and Garden
<b>Garden Spray (weed-killer)</b>	Boiling water or vinegar	e-book No. 36 Recycling & Improvising in the Garden

## Recipes:

**\*Soap Jelly:** Grate one bar of soap. Put one half in one 10 litre bucket. Put the other half of grated soap in another 10 litre of water. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Use jelly plain or add eucalyptus or lavender oil for extra disinfecting and deodorising properties (More soap-based ideas in e-Booklet No. 50 – Recycling Soap). Note: Soap is more environmentally friendly than detergents (of any kind: biodegradable or not). Detergents are: shampoos, dish-detergent, laundry detergent, body washes, hand wash (liquid type).

**\*\*Surface Spray (All-purpose Spray/Stain Remover):** Mix together 1/3 cup each of water, cloudy ammonia and liquid soap-jelly (see above recipe) OR bio-degradable dishwashing detergent. Mix and store in recycled spray container. (More information: e-Booklet No. 23 – Green Cleaning). Use vinegar in place of cloudy ammonia if preferred – but will not be quite as effective.

**\*\*\*Herbal Infusion:** Place 3 teaspoons fresh herbs in an earthenware or glass container. Gently crush the herbs with the back of a spoon (to aid release of essential oils). Add 250ml boiling water. Leave for about 5 minutes or for a stronger infusion leave longer. Strain and use as required. (If using dried herbs blend one teaspoon herbs with one cup boiling water). Use as a hair rinse, skin (facial) astringent or pour into spray bottle and use as a mild deodorant or body spray. (More info: No. 61 - Harnessing Herbs)

### Handy Hints to Remember

**If the alternatives listed above do not suit you.** You'll find other options and suggestions in the recommended e-books.

**Start slow – Don't do everything – just do what suits you best and can cope with.** For example: If the concept of using vinegar as a personal deodorant is not your thing, then start with household cleaning first.

**Even if you just change one thing.** It's still a significant contribution toward what's right for the planet (and you),

For more information including e-book downloads go to:

**[www.theshoppe.com.au](http://www.theshoppe.com.au)**