

# The Self-Sufficiency

# Shoppe Newsletter

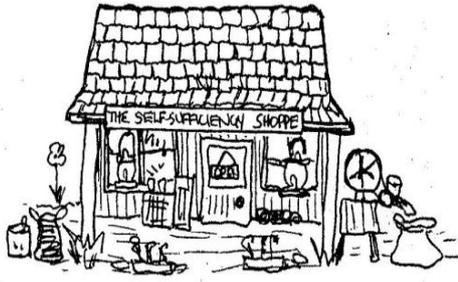
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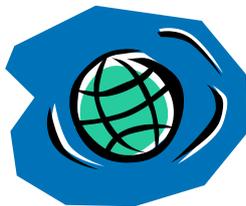
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## THE DINOSAUR AFFECT!

There are many instances in the planets' history of species of plants, animals and humans ceasing to exist (disappearing from the surface of the planet) due to changes within the planet's evolution. One of the most commonly known examples is the demise of the dinosaur. Although dinosaurs thrived and dominated the planet some 65 millions years ago they eventually died out with only fossil evidence remaining. Many theories abound to explain this event – the most common that it was due to changes within the Earth's atmosphere or environment making it impossible for the dinosaur to survive. Others believe it to be due to a sudden impact by an asteroid (or similar) - plus there are other less commonly known theories. Who knows what brought about the demise of the dinosaur – but the facts are that at the time of it's disappearance it had evolved to a point of great dominance over the planet - consuming all in its path, destroying the planet's resources at a rate greater than it could be replaced and destroying the survival and habitat of other planetary species. It all sounds very familiar. Doesn't it?



What is crucial about this event is that it reflects the vulnerability of every living species on Earth – and that at any given time changes could take place that will effect our future survival. Our planet – Earth – is a living breathing organism constantly adapting and changing to meet its needs. It is an '**organism**' – just like human form, animal form or plant form. It requires ecological balance (good health) for its survival and continued evolution. And just like humans, animals or plants it will make necessary changes within its being (eco-system) to deal with and avert disruption to it's health (balance). Therefore any **imbalance** will incur changes to restore **balance**. So commonsense dictates: If we disrupt the balance or survival of something far greater then ourselves there will be a price to pay. Disruption to the planet's ecology will incur a period of adjustment – that may render humans obsolete. This is what we are facing at the present time.

As difficult as it may be for some people to accept, the fact remains, humanity does not have complete control and dominance over the planet – we are mere 'transient boarders'

temporarily utilizing the resources of the planet for our growth and evolution. Humanity will at some time in its future disappear from the surface of the Earth – but the Earth will remain for many more eons of evolution to come. The difference between a ‘dinosaur’ and a ‘human’ is a crucial higher state called: **intelligence**. Whereas the dinosaur was unable to perceive the relevant happenings in and around it at the time of it’s demise, humans **do** have the ability to observe and intellectualise (and process) that information. Then, in response, do what is necessary for survival. We are not a bunch of dinosaurs – we are highly evolved beings expected to use our evolved state for the well being of our species and the planet. If we do not we could end up just like the dinosaurs.

### Lessons of the Past

In the over-grown jungles of countries such as South America evidence exists of past cultures having deserted their villages and towns on mass for reasons yet unknown. Modern-day scientists are perplexed as to why seemingly developed, self-sufficient communities containing complex structures and systems have suddenly vacated. Its citizens, it seems, have chosen to live elsewhere in simple dwellings in less developed communities. The fact is that ‘people change’, communities change – attitudes change. People realise that their community or life-style is no longer as they want to live. Or that is conflicts with their personal beliefs or morals. Or conflicts with the resources within their local environment rendering it no longer able to support them.



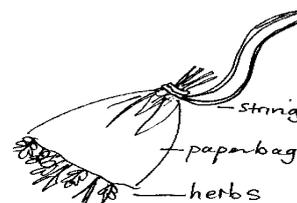
So what of the future for our culture – the ‘modern’ world? Will we one day leave our cities and highly developed places of abode and live simplistic and frugal lives for the sake of the planet? Or perhaps we were forced to move - not by choice but by necessity - because we no longer had the resources to maintain our life-style. Will we choose, in time to come, to stop the spread of ‘technological development’ for the sake of the planet and say: No thanks – I think I’ll do it the ‘old’ way? A way that is perhaps less convenient, more ‘physical’ and manual – but more respectful of the planet. Will cultures of the future walk one day through our cities now uninhabited, over-grown and unrecognisable – ‘rediscovering’ them – wondering: “Who were these people? Where have they gone? Why did they leave their amazing structures to live simple lives in small communities? We will just have to see what unfolds – as difficult as it might be to admit.

## Waste Not Want Not: Drying Garden Herbs

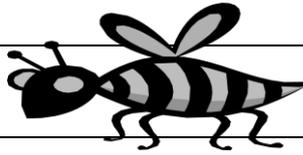
*During this time of the year there is an abundance of fresh, new-growth herbs and flowers in our gardens. A resourceful way to make use of these herbs all year round is to dry them for later use. Here’s a simple technique.*

Pick bunches of herbs on a dry day (wet herbs will take longer to dry or develop mould). Tie into a ‘posy’ with string - leaving a length of extra string for hanging. Snip the corner off a brown paper sandwich bag. Slip it over the herbs allowing the stem base to protrude through the hole in the bag. The paper bag will keep the herbs dust and dirt free during the drying time. Hang the bunches of herbs in a

cool, dry and (if possible) airy place (veranda, shed or garage are ideal). Leave until herb leaves are ‘crisp’ to touch (about three weeks – but this will vary according to the humidity of the drying area). When herbs are fully dry remove leaves from stems. Store in airtight containers for long-term use.



For more ‘herb’ ideas: **Booklet No. 61 ‘Harnessing Herbs’** (\$12.00) or **Booklet No. 45 ‘Home Distillation of Essential Oils’** (\$12.00) Download at [www.theshoppe.com.au](http://www.theshoppe.com.au)



# Beeswax Lip Salve

The most popular selling Self-Sufficiency Shoppe product is its 'Beeswax Lip Salve'. I'm often told by customers how well it works and long it lasts. It's nice to know that this simple homemade alternative is much preferred by 'the consumer' than the commercial counterpart! Although some people prefer to purchase the product ready-made the general philosophy of The Shoppe is to encourage 'self-sufficiency' – that is, making it yourself or using simple alternatives – it presents a pleasant deviation from our dependency upon commercial consumer products. Surprisingly this effective and simple lip salve contains just three basic ingredients: beeswax, coconut oil and olive oil.

So to suit all needs I've presented below the original recipe (for making at home) or the ready-made product alternative (for purchase):



## Beeswax Lip Salve recipe

(from Booklet No. 13 - Simple Salves & Creams)

You will need: olive oil, coconut oil, beeswax and flavouring (if desired)

**Method:** In a small saucepan carefully melt **1½ teaspoons grated beeswax**. Add **4 level teaspoons coconut oil**. Stir. Add **50 mls olive oil**. Stir well to blend – immediately remove from heat (do not overheat to smoking). Pour in a small (100ml approx) **recycled glass jar** that has been thoroughly cleaned, dry and label removed (a small jam or condiment jar are ideal). Use a jug if easier for pouring.

For flavoured lip salve: Wait until the salve ingredients have cooled to tepid temperature then add 4-5 drops of one of the following **natural flavours**: lemon, peppermint, orange, strawberry, chocolate, vanilla or for a healing lip salve add **essential oils**: tea tree or lavender or rosemary or thyme. Leave salve to set.

**Precautions:** Do not add liquids to hot ingredients – wait until they have cooled.

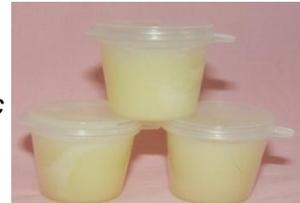


Beeswax is highly flammable. Do not place hot beeswax near naked flame. Do not overheat the ingredients as it will quickly burn (smoke) and discolour. Do not use equipment used for making salves and creams for food preparation.

**Tips:** Use a medicine glass to measure small amounts. Grated beeswax is easier to measure (by spoonful) then by weight.

**Beeswax alternative:** **Carnauba wax** is a non-animal product alternative to beeswax. It's sourced from the leaves of a Brazilian palm tree and available dried from selected herbalists and suppliers.

Beeswax Lip Salve in plastic pots



## 'Living in Harmony with the Planet' Workshops

Making take home samples of beeswax lip salve (and other skin care products) is part of the Natural Skin Care Workshop. Practical exercises via workshops is the most effective way to learn new skills. See: 'Workshops' at [www.theshoppe.com.au](http://www.theshoppe.com.au) for more information.

## Further Relevant Information

Booklet No. 13 – Making Simple Salves and Creams (\$8.00).

No. 30 – Natural Skin Care (\$12.00)

No. 4 – Making Beeswax Products (\$12.00)

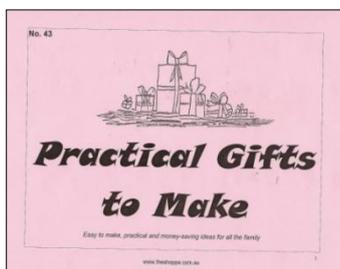
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## Growing a safe office

A COUPLE of indoor plants can provide a safer, healthier environment in the office and at home, researchers have found.

As long as the plant is bigger than 200mm, it can remove toxins from the air, studies conducted at the University of Technology Sydney indicate and it seems the type of plant is irrelevant.

'The Advertiser' 19/5/09



## Pot plants Essential for Good Health!

Although some may be drawn to the 'world of technology' – it remains that the simplicity of Mother Nature is what provides us with the sustenance for life – as the newspaper item (left) suggests!

Even better for 'Mother Nature' is to obtain pot plants by recycling from cuttings or seeds of other plants:

### Recycled Pot Plants: From Avocado Seed to Pot Plant

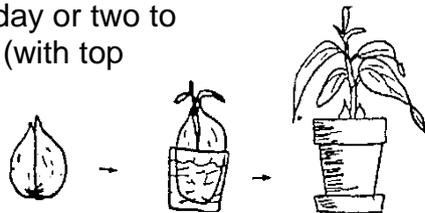
Avocado stones are excellent for growing indoor plants.

Here's how to do it: After removing the flesh from an avocado fruit leave the stone a day or two to dry.

Place it in a container of water (with top facing upwards – as illustrated)

until it begins to sprout. Don't forget to replace the water as it evaporates – and keep at least

1/3 of the stone base in water. When it has sprouted, plant the bottom 2/3 of the stone in a plant pot filled with potting soil. Water regularly.



From Booklet No. 43 'Practical Gifts to Make' \$12.00

Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) - see below

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# Your Questions & Comments

Your letters, recipes, comments are always welcome. Please keep them coming in. Send to: The Self-Sufficiency Shoppe address via mail (P.O. Box 390 Park Holme 5043) or email: pam@theshoppe.com.au

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## **More on Vinegar!**

It seems the 'Amazing Attributes of Vinegar' in last issue of The Shoppe Newsletter inspired many people already

utilizing vinegar in their day-to-day activities to share their ideas. Many thanks to all – here's your contributions:

### **Vinegar Cures Tinea**

Hi Pam,

Thanks for the information about vinegar. I use it all the time. It is particularly good for curing tinea. It's much cheaper than expensive creams from the Chemist. I use white distilled vinegar. I dampen cotton wool ball with vinegar and dab it onto the itchy areas on the feet. Or, if sitting by the fire I soak my feet in a bowl of half warm water and vinegar. It keeps the feet warm as well and get rid of tinea.

Mary-anne (via email)



### **Vinegar Cake (no egg)**

Dear Pam,

After reading your vinegar article and reading your Versatile Vinegar booklet I thought you might like my Vinegar cake recipe (without eggs):

Jenny (via email)

#### **Jenny's VINEGAR CAKE Recipe:**

Ingredients: 185 grams self-raising flour (sifted), 90 grams of margarine, 90 grams sugar, 150mls milk, 1 tablespoon vinegar, ½ teaspoon of bicarbonate soda, 100grams dried fruit

Method: Cream the margarine and sugar. Pour the milk into a large basin, add the vinegar and bicarbonate of soda (the mixture will immediately froth and rise in the basin). Blend the flour and vinegar liquid into the creamed margarine and sugar. Then add the dried fruit. Pour into a greased and floured cake tin and bake in a moderate oven 45 minutes to 1 hour.

### **Rust Removal/Washing Machine Cleaner**

Hi Pam, Here's my tips for using vinegar. Vinegar is wonderful at loosening rust and residue (such as around taps) and old nails and screws. I soak paper towels in vinegar and place around or over the problem area (i.e. at the base of the tap). Leave for an hour or so. Remove the towels and clean off the residue.

And another: It never ceases to amaze me how much gunk and washing powder residue runs out of the washing machine hoses when I pour some vinegar into the machine during the washing cycle. All you need is about 1 cup vinegar poured in at the same time you add the soap powder. It does an amazing job!

Just a word of water saving advice: Apparently it should be done on a wash cycle without washing in the tub – but this is such a terrible waste of water. I find it works just as well when added to the normal wash along with the clothes.

Deanna & Martin (via workshop)



### **Vinegar for Diabetics:**

Pour 1 teaspoon organic apple cider vinegar in a large glass of good quality water. Drink just before each meal - it helps lower the 'G.I.' of the meal and your blood glucose level. I also drink tea of gymnema leaves (from Chinese herbalists) twice a day which also has brilliant results. Anne – Adelaide

### **Vinegar as a Weed-killer:**

Pam – I use vinegar (neat) as a weedkiller. It's great – no chemicals! Just spray it at weekly intervals until the weeds turn brown and die off. Pat – via email

### **Grandma's Simple Air-Freshener**

And here's one that I collected from the older generation – the method was

common before the advent of sprays and air-fresheners! Pam

Dampen a tea towel in vinegar and swirl it around above your head. It acts as an instant air-freshener. Vinegar is a natural deodorising agent.

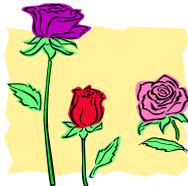
## More Vinegar Recipes:

### **Lavender or Rose Vinegar:**

In a clean recycled bottle: Soak fresh lavender heads or rose petals in white wine vinegar (for culinary) or cider vinegar (for cosmetic). Stand in a sunny position to help with the steeping process (i.e. transfer of perfume from the plant to the vinegar). Leave for 2-3 days. Remove the flower heads or petals. Repeat the process with fresh flowers for stronger perfume - if desired.

**Uses:** Rose or lavender cider vinegar can be used as a hair rinse, skin astringent or personal deodorant or add to the bath-water. Lavender or rose white wine vinegar adds flavor to dishes requiring vinegar, such as salad dressings.

**From Booklet No. 61 - Harnessing Herbs (\$12.00)**



### **Make your Own! Recipe: SIMPLE HOMEMADE VINEGAR:**

Place 500g sugar and 4 litres of water in a large pot. Stir over gentle heat until sugar dissolves. Bring to boil. Allow to cool to lukewarm. Stir in 1 dessertspoon compressed yeast. Allow to stand one month. Strain before using.

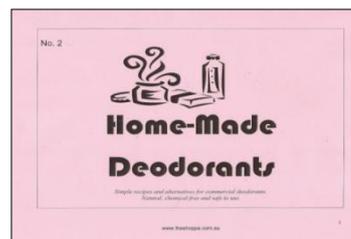
**(More homemade vinegar recipes:  
Booklet No. 33 Versatile Vinegar \$8.00 )**



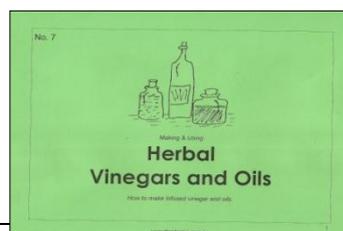
### **Herbal Spray Deodorant**

Pour 90mls of herbal infusion (thyme & rosemary are best) into a 100ml spray bottle. Add 8 mls cider vinegar. Apply lid and shake. Use this mix twice daily in place of commercial deodorants. Add 2-3 drops of lavender essential oil to make lavender scented deodorant.

**From Booklet No. 2 - Homemade Deodorants (\$12.00)**



**For more information on vinegar see:** Booklets No. 33 – Versatile Vinegar (\$8.00) and No. 7 - Herbal Vinegars (\$8.00)



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