

The Self-Sufficiency Shoppe Newsletter

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‘Mother Earth Looks After Her Own’

The more frugally we live and the more carefully we abide by the Laws of Nature and give respect to the Earth - the ‘safer’ we will be amid environmental change.

The more dependent we are on the Earth’s resources for our security and survival the deeper the impact we will experience when those resources are displaced or depleted. This does not necessarily mean that we should all live isolated and self-sufficient in the bush – but more that we live here, where we are right now, frugally and carefully, being aware of and respecting all that we rely upon that has been sourced from the Earth (which is everything!). One day that source may no longer be as we expect. When it comes to Mother Earth – we should never take anything for granted! Everything we touch, everything we do, everything we breath, everything we eat, absolutely everything comes from the Earth – in one way or another.

It has been realised by modern-day scientists that ancient cultures such as Stonehenge in Britain and the Incas in South America fervently worshipped and revered the Sun on a daily basis. They (quiet sensibly) recognised their survival depended upon the Sun rising and setting each day and then rising again the next. Perhaps their appreciation of the Sun is based in a belief that sometime in the past the Sun did not rise - that something affected its functioning – something planetary (volcanic eruption that blocked the Sun) or an astronomical event of some type (such as in the case of a giant meteor crashing to Earth causing the extinction of dinosaurs). Either way – there would be no doubt, that if the Sun also had been ‘taken from us’ at some time in our past – we too would revere and worship it’s presence everyday and be thankful it exists. For without it we would surely die!



In our modern-day culture we take much for granted. We exploit the Earth's resources to build and maintain our current standard of living. We have become a 'throw-away' society that frivolously uses and disposes of resources with little thought of the source, renewing that source or the subsequent consequences. We have disrupted the habitat of many of the Earth's creatures to the point of their extinction (or full extinction). But at the same time in that process we have also developed a deep dependency on those resources in anticipation that the Earth will stay just as 'it is': full of resources for the taking, stable, balanced and reliable. We should never take that for granted. In fact, now is the time, due to the environmental instability caused by our own actions that we should be particularly thankful everyday that the Earth still supports us, and our lifestyle, and that the Sun rises and shines brightly everyday!

Earth is at an important stage of its evolution. Great changes are on the horizon. The planet is soon to reach a point where it will no longer be able to sustain frivolous abuse of its resources. To understand the process that is about to take place it is also important to understand 'energy levels'. That the Earth is reaching a level of evolution (energy) that will be available only to those that function on that same level. It's a level of working with the planet, not against it. Of seeing that as humans our first priority is overseeing the stability and harmony of the planet and sustaining it's survival into the future. Stability and harmony in terms of: the environment and all other living beings (from plants, insects, animals and humans). If you do not 'see' that same picture than you will find it difficult, if not impossible to continue to live on planet Earth. Your energy level will not be congruent with that of the planet. The two cannot therefore co-exist without change or adaptation in some way – and it would be foolish to expect the planet to adapt to our requirements – we must adapt to 'it' or leave. The choice is ours to make – every individual will be and are being faced with that choice. Mother Earth will look after her own: If we live within the confines of the Laws of Nature and respect for the Earth we are safe and assured of a future.



Acknowledging Earth

Our planet is a most beautiful place. Gardens, the countryside, parks - with plants, flowers, trees, birds, insects and animals connect us with that beauty and all-important source of life. As a culture we have disconnected from our core - the planet. We've forgotten how to enjoy the pleasures of Mother Earth – trees, shrubs, fruit, vegetables, flowers, herbs for aromatic, aesthetic, healing, beauty, relaxation and productivity (growing our own). It's an amazing process, a miracle, for which we should be thankful every day.

3 Things to Do to 'Connect' with our source: Mother Nature

- 1. The Sounds of Earth:** Sit comfortably in the quietest room in your home. For five minutes listen to the sounds around you. Start with the closest: other people in the home, the fridge, the radio, the computer, clock ticking. Then listen beyond: the neighbours, cars or traffic, people working or walking. THEN listen intently beyond that: trees, birds, wind, rain, the Earth. SCORE: If you can identify 10 different sounds – average. 15 different sounds – very good. 20 or more different sounds – very connected! (Tip: each distant bird sound, tree movement, sound of the wind, etc. are counted separately)
- 2. Life Goes On:** Hang a bird feeder from a tree (or balcony) and/or install a bird bath and watch the birds feed and play. Fill the feeder on a daily basis at about the same time – so that the birds become familiar with the routine. Sit and watch while enjoying a tea or coffee (all it takes is 5 minutes from your schedule!) – you'll be amazed at the pleasure and fulfilment it brings you.
- 3. Grow something** – whether it be in the ground or a pot. One plant or lots. It does not matter. Just the appreciation of planting (touching the earth - our source for survival), nurturing it and watching it grow into maturity is the greatest gift from the Earth.

Toxic sprays in your home

THE BANNED LIST

Chemicals no longer available in Europe, but still available in Australia:

- **Chlorpyrifos:** used in cockroach baits and ant killers.
- **Malathion/Maldison:** used in insect killers.
- **Allethrin:** used in mosquito zappers and coils.
- **Bioallethrin:** used in insect surface sprays.
- **Bioresmethrin:** used in insect surface sprays.
- **Permethrin:** used in fly and mosquito surface sprays, flea killers, pet shampoos and flea collars.
- **Fenoxycarb:** used in flea and cockroach bombs.
- **Pyriproxyfen:** used in cat flea collars.



CALLIE WATSON
CONSUMER AFFAIRS REPORTER

HOUSEHOLD pesticides no longer available in Europe are in Australian supermarket products such as cockroach bait and head lice shampoo.

A Choice investigation found eight pesticides included in a European Union "non-inclusion" list of chemicals because of safety concerns and a lack of information are registered for use in Australia.

They include bioallethrin, found in insect surface sprays, and permethrin, used in pet shampoos. Pesticide chlorpyrifos, an ingredient in cockroach bait and registered here, was banned in the U.S. in 2000 amid concerns it could pose risks for child development.

Choice spokesman Christopher Zinn said regulator Australian Pesticides and Veterinary Medicines Authority had adopted a "wait-and-see approach" to reviewing pesticides that include substances suspect of causing cancer or neurological problems.

"We want to see a precautionary principle applied and the burden of proof put on manufacturers and importers

to show that a chemical is safe," he said. But authority public affairs manager Simon Cubit said chemicals underwent extensive reviews.

"These pesticides are designed to kill insects, so there are obviously dangers, but that's exactly why we have huge risk-assessment measures," he said.

The authority is reviewing 30 chemicals, with a further 40 placed on a waiting list.

"But a review doesn't have to be complete for us to take action and take a product off the market," Mr Cubit said.

He said climate differences and cultural preferences were reasons why some pesticides were not found in Europe.

"The EU allows some chemicals we don't here; it's not a one-way street," Mr Cubit said.

"And the pesticides have not necessarily been banned in Europe. They've been voluntarily withdrawn because the manufacturer chose not to supply data to support them."

Organic Crop Protectants director Gary Leeson said the authority was lacking the "people power" to get through a backlog of chemical reviews.

The Advertiser 11/5/09

margarine tubs (containing a few remaining dregs of margarine) in areas where cockroaches frequent. They will crawl into the tub to savour the margarine, only to find the walls too slippery for escape. (A little sherry, piece of cake or bread, in the container will hasten their attraction to the trap). Alternatively, use an old jar smeared inside (to about halfway down the top of the jar) with oil or margarine.

Flies: Try a **fly swatter** - it's cheap, economical and very environmentally safe (no chemicals)! **Instant fly killer:** Mix approximately ½ teaspoon of black pepper with one teaspoon each of cream and brown sugar in a small lid or saucer. Leave where flies frequent. They will nibble the lethal mixture and meet with instant death!

(From e-booklet No. 20 'Homemade Insect Deterrents' \$12.00 (download details page 4)

Natural Alternatives to Chemical Sprays

This recent newspaper article reported the dangers of specific chemicals in commercial pesticides – many of which, due to their toxicity, have been banned in overseas countries. However, it is not necessary to use such toxic products in the home - there are plenty of natural, safe alternatives for combating insect problems. Many people will argue, however, that highly toxic chemicals are essential for effective elimination of insect problems. But the consequences for the whole family of using dangerous chemicals in the home must be weighed against the less effectiveness of natural, home procured alternatives. I know what I would choose! Here's some useful options from Booklet No. 20 'Homemade Insect Deterrents'. Pam

Hot Powder: chilli powder or pepper sprinkled in problem areas will deter crawling insects (ants, silverfish, cockroaches)

Ants: Boiling water or kerosene or hydrated lime over their nest will 'encourage' them to move elsewhere. **Moth balls** inside pantyhose hung in the bin will discourage fossicking ants. They will (apparently) not cross a **chalk line** – draw a thick chalk line around their usual haunts to keep them under control. Talcum powder will also discourage ants.

Fleas: fleas detest **mint** – throw fresh mint cuttings where the pet sleeps.

Cockroaches: **Talcum powder or Epsom salts** will deter cockroaches (which dislike walking on grainy powder). In the olden days it was believed that fresh **cucumber** also deterred cockroaches. Dishes containing bicarb soda and icing sugar will destroy cockroaches (who nibble the mix).

Homemade Cockroach traps: Leave old

If reducing the amount of chemicals in your home is of interest – there's a whole booklet set devoted to the topic:



Chemical Free Options Booklet Set

The specifics about living chemical free and environmentally friendly

7 e-Booklets: No. 4 – Making Beeswax Products, No. 6 – Making Whitewash, No. 20 – Natural Insect Repellents, No. 18 – Homemade Glues, Pastes & Putties, No. 75 – Natural Colours and Dyes, No. 55 – Handyman Hints, No. 35 – Natural Pet Care.

Price: \$59.00 (Available for instant download)



Environmentally-friendly Basics

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 e-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 (Available for instant download)

How to Purchase Booklets

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:

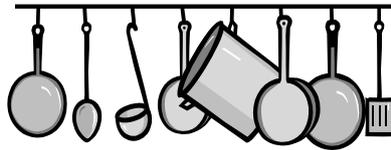
Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can then be emailed or posted* to you. Email: pam@theshoppe.com.au for The Shoppe's bank account details for payment transfer. *Please add \$2 to the price of each booklet to cover printing and postage costs.

Method 3. By Mail

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

If you have any problems or queries contact: pam@theshoppe.com.au

**Booklets are 20% cheaper when purchased as a set.
To order 'Booklet Sets' simply follow the same procedure - go to: 'Booklet Sets'**



Your Favourite Recipes

(Tips and Ideas!)

Your letters, recipes, comments and tips have been piling up. So I'll use these pages to clear the backlog and pass some of the very useful information on to you! Please keep them coming in – send to The Shoppe (address details page one).

Hi Pam,

Absolutely loved your natural skin care ideas. I am a great believer in the same philosophy – so here's what I do for my skin – and it works really well. Also a tip for colouring your hair by mixing natural hair dyes with commercial shampoo. I have suggested coffee or chamomile, but you could use any natural ingredient, as mentioned in your booklet No. 71 – like lemon juice, henna, tea, etc.

Tania (via email):

Super Complexion Booster

Wash your face with milk to enrich your skin. Then apply egg white working it into the skin with your fingertips. Leave for about 5 minutes – then wash off with warm water. I also 'spritz' my skin with fresh cold water to tighten the pores before applying make-up.



Simple Hair Colouring

To make brown or dark hair richer in colour: Brew up some good quality Turkish coffee. Mix it with commercial conditioner to form a paste. Apply to wet hair, leave for 20 minutes then wash out. For blondes or highlighted hair use chamomile tea instead of coffee.

Hi Pam,

I have lots of grapes in my garden. Using them up is often a problem. Here's a dessert idea containing grapes.

Julie (via email)

Caramelised Grapes

Wash and stalk sultana grapes (other types of grapes can be used – but are not as tasty). Place in a shallow baking tray. Sprinkle with raw sugar – add a little spice (such as cinnamon). Bake in moderately-hot oven until the sugar has dissolved (about 15-20 minutes – depending on the size of the grapes). Decorate with toasted

almonds or nuts. Serve immediately. Wonderful with custard, cream or ice-cream.

Dear Pam,

Both these recipes appear in a 1934 Recipe Book. I have made both repeatedly and are my favourites. To me they are as relevant today as the day they were printed! June (Vic).

Mint Sauce All Year

Take a large jar and washed bundles of mint leaves. Chop leaves roughly. Place a layer of sugar in the jar. Then a layer of mint leaves on top. Continue layering until the jar is full (or you have used up your mint supply). Then fill the jar with vinegar (of your choice). Screw on the lid. Store in the pantry for a couple of weeks so that it 'matures' Add more mint, sugar or vinegar to the jar as required or start another jar when your mint supply allows.



Bottled Tomatoes

Place a little butter in a heavy saucepan. Add firm tomatoes cut in half. Sprinkle with salt and pepper to taste. Simmer well. Have some large jars ready. Place their lids in a basin. Fill both the jars and basin with boiling water. When the tomatoes are cooked to your liking, empty the hot jars of the water and ladle in the tomatoes to overflowing. Screw on the hot lid and set bottles aside. When cold (and all the lids have popped down) store in the pantry. Good for soup, stews, grills, etc.

Homemade Chocolate

After a discussion with a friend recently we exchanged homemade chocolate recipes. So here's mine! Pam

Ingredients: 1 cup powdered milk, 2 tablespoons cocoa, 1 cup icing sugar, 250g cophia.

Method: Melt the cophia over slow heat. Sift dry ingredients into a bowl. Add cophia – mix well – pour into square cake tin. Place in fridge to set. Use a heated knife for easy cutting. (Add nuts, sultanas, cherries and/or coconut if desired)

Note: Good quality cocoa will make a richer flavoursome chocolate.

Pet Food Recipes

I'm often asked about healthy home-made pet food recipes. I refer people to either booklet No. 35 'Natural Pet Care' or Issue No. 11 of The Shoppe Newsletter. Here is a reprint of the recipes from the newsletter:

Home-made Cat Food



Place the following in a large saucepan: 500g lamb mince, 1 cup mixed diced (raw) vegetables, 1 cup each of unprocessed bran and brown rice. Add one dessertspoon vegemite (pets love the taste of vegemite!), 1 crushed clove of garlic (to keep fleas at bay) and one cup of water.

Bring to boil, simmer until rice is cooked and all juices absorbed.

(Add more water if necessary – but not too sloppy). Leave to cool. Divide into meal size portions and freeze.

Homemade Dog Biscuits

Mix together 1 ½ kilograms whole-meal flour, 1 kilogram oatmeal, 200g meat meal (mince), 2 tablespoons skim milk powder, 1 tablespoon baking powder and a little salt (optional). Mix sufficient water to make a stiff dough. Roll to 1cm thickness. Cut into strips. Bake in moderate oven approx. 20 minutes. The addition of milk to this recipe makes it ideal for puppies.

From e-Booklet No. 35 'Natural Pet Care' 23 pages \$12.00 (see page 4)

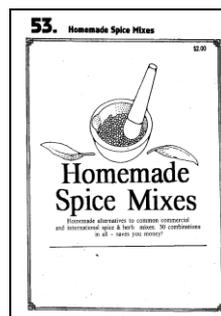
Curry to Taste

I was at the Supermarket recently and came across another shopper fervently checking the ingredients of the various commercial curry blends on offer. She didn't know which to buy and asked me what I usually bought. I told her that I 'make my own' to a blend of my personal taste. She was most surprised that this could be done. So we exchanged emails and I have since sent her this basic recipe. I thought you might like a copy. It's from the booklet No. 53 'Homemade Spice Blends' – which has numerous recipes for curry and spice blends (much cheaper than purchasing them commercially made!). This is a basic curry mix – however it can be adapted to increase, exclude or decrease the components to taste. For example, I remove the cardamom and increase the amount of fenugreek (which I feel really 'makes' a good curry!). No. 53 has more specific blends – such as Madras Curry Powder, Vindaloo, Chinese/Malay and Bombay.

All-purpose Curry Powder

Mix together the following: One tablespoon ground coriander, one teaspoon each of: black pepper, turmeric and cumin. Then add ½ teaspoon each of mustard powder, ground ginger, cardamom, fenugreek, cayenne and cinnamon. Optional: add chilli powder to the required 'hotness' and/or garlic powder for extra flavour. A little sugar can be added for a 'sweeter' curry (about 1 teaspoon). Leave the mix as it is or to enhance its flavour dry roast it in a fry pan for 1-2 minutes. Store in an air-tight jar.

To use: Sauté onion and garlic in oil. Add 2 tablespoons of the curry mix (for 4 people) and cook a minute or two. Add stock or water and meat or lentils (or similar) and cook as required.



From e-Booklet No. 53 'Homemade Spice Mixes' 25 pages \$12.00 (see page 4 for download information)