

The Self-Sufficiency

Shoppe Newsletter



Issue No. 46

P.O. Box 390 Park Holme 5043 Sth Aust.

website: www.theshoppe.com.au

Editor/Author/Proprietor: Pam Marshall

email: pam@theshoppe.com.au

Consumerism is Killing the Planet



If every single man, woman and child on earth lived the full 'consumer lifestyle' (of what we have become accustomed to) it would be physically impossible for the earth to sustain humanity. We are, in reality, living far, far beyond our means. Our lifestyle - although materially pleasurable - is impractical and obsolete in terms of the future.

'Consumer products' are created using resources and energy from the Earth. Thousands and thousands - hundreds of thousands - maybe even millions - of different products - from packaged food, clothing, appliances, knick-knacks, white-goods, home-ware, etc. etc. ALL produced via resources precious to the earth - from the raw materials used, the energy to create, chemical run-off from production and containers and packaging. Not to mention the fact that many of these products do not sell for various reasons - out-of-date, consumer disinterest, faults, etc. so are removed from the shelf and dumped as land-fill. 'Time is money' for large manufacturers - the responsible task of painstakingly recycling the products - both ingredients and container - is just not a 'profitable' option - so all these products are 'dumped' - further clogging up and poisoning the environment leaving Mother Nature and the environment to deal with it. What a huge waste and absolute disregard for the planet - the basis for which we rely upon for survival.

What Can YOU Do?

The answer is simple - start the ball rolling by: **BUYING LESS CONSUMER PRODUCTS.** No longer partake in the mad rush to spend, spend, spend. Send the big companies the message that their behaviour is unacceptable. How?

There are many ways to step away from consumerism - re-use what you already have, recycling, buy secondhand, and, of course, use alternatives, that is, use one single product that has multiple uses - replacing a range of individually manufactured products. The two most resourceful products are: bicarb soda and vinegar (with soap, lemons and eucalyptus oil a close second). Lets start with bicarb soda - most people are already familiar with it and maybe even already using it in their home:



5 Top Uses for Bicarb Soda

What is Bicarb soda?

Sodium bicarbonate is a white alkaline powder. It occurs naturally - but is commercially produced from soda ash (calcium carbonate) - used extensively in glass making, cement, cleaning products, soap-making, detergents and more.

Where is it?

Supermarkets sell it in boxes or bags in the cooking section (near the salt, flour, etc.). A money saving tip is to purchase it in bulk from selected stores - health food shops and shops that supply food in bulk bins.



5 Top Uses:

- 1. Deodoriser** - An instant powder deodoriser readily absorbing all odours. Sprinkle on carpets and mats (in the house or car) before vacuuming, Great for deodorising the fridge (place a small container in the back of the fridge), removes offensive smells from the cat litter tray and will even deodorise and shine the dog or cat's coat (rub in and brush out). Also very good for deodorising smelly shoes!
- 2. Cleaner** - A safe-to-use powder cleanser - for all surfaces, walls, oven, door handles, chrome, stainless steel, etc. Simply apply as a paste with water - it's abrasiveness will allow for easy removal of dirt and grime whilst removing odours at the same time.
- 3. Whitener** - Great for whitening 'whites' - soak under-garmets, nappies, etc. in a water and bicarb soda mix before washing. Use to clean and whiten white plastic items (furniture, kitchen utensils and equipment). Apply as a paste then wipe off. Great also for whitening teeth (make a simple teeth-cleaning powder using a mix of 1/2 bicarb and salt - for that familiar minty tooth-paste flavour add a drop or two of peppermint food flavouring),
- 4. Stain Removal** - Apply bicarb soda to wet stains to soak up excess. Leave to dry - brush or vacuum off. Great for carpet stains (wonderful in the car!) or stains on clothing, furniture and similar fabrics.
- 5. Baking Agent** - Besides being one of the components in SR flour to make cakes rise when baking - bicarb soda may also be used as an alternative to egg as a binding agent (see recipe later).

Extra Top Tip: Flat battery? Get one last charge by coating the terminals in bicarb soda. Much cheaper than purchasing a very expensive road side service battery!

Bicarb Soda is 'commercially non-viable'

Years ago at one of my workshops someone questioned that if bicarb soda was so fantastic why, then, is it not advertised on the TV as so. My answer: Because is commercially nonviable. Bicarb soda does not make the manufacturers enough money. The whole concept of 'profit and progress' is to create as many products as possible for as many different tasks so that YOU, the consumer, spend more money. Bicarb soda is completely useless in that department because it is just one simple product that can be used for innumerable tasks

Bicarb Recipes:

◆ Bicarb Bath Soother

Mix together 1 cup bicarb soda with 1/2 cup sea-salt. Add 6 drops each of eucalyptus and lavender essential oils. Mix well. Pour 1/4 cup of the mix into the bath before bathing. Not

only will it impart a wonderful perfume, but the bicarb will soften the water (and your skin) and soothe tired muscles. (From e-booklet No. 37 - Beautiful Baths \$12.00)

◆ Lavender Deodorising Powder

Pour approx 1 cup bicarb soda into a clean recycled jar. Add 6 drops lavender essential oil. Apply the lid and shake well. Leave 24 hours for the perfume to permeate the bicarb soda. (Punch holes into the lid of the jar to form a sprinkle-top container).

To Use: Sprinkle the bicarb soda onto the carpet area, focusing specifically on areas that require deodorising. Leave 15-30 minutes. Brush or vacuum off. (From e-booklet No. 9 - Amazing Bicarb!)



◆ Date-Walnut Cake

Place the following in a bowl: 1 cup SR flour (sifted), ½ teaspoon bicarbonate of soda, 2 teaspoons cinnamon (or mixed spice), ½ cup raw or white sugar, ½ cup chopped dates and ½ cup chopped walnuts.

Place in saucepan: 2/3 cup water and 1 tablespoon butter or margarine. Heat to melt the butter. Stir the water-butter mix with the dry ingredients.

Pour into greased round cake tin. Bake moderate oven for 30 minutes.

(From e-booklet No. 12 - How to Make Do - The Kitchen Improviser \$12.00)

For more information about purchasing e-booklets see page 4



For more information about bicarb soda

E-booklet No. 9 - Amazing Bicarb - 70 Uses for Bicarb Soda. \$8.00.

For more info. about bicarb soda in specific areas:

- Cleaning: **e-booklet No. 23 - Green Cleaning \$12.00**
- Deodorising: **e-booklet No. 22 - Air-Fresheners and Deodoriser Substitutes \$8.00**
- Personal Deodorants: **e-booklet No. 2 - Homemade Deodorants \$12.00**
- Teeth and mouth care: **e-booklet No. 1 - Homemade Toothpastes and Mouthwashes**
- Foot Care: **e-booklet No. 27 - Fantastic Feet! \$8.00**
- Bath Products: **e-booklet No. 37 - Beautiful Baths \$12.00**

For more information about purchasing e-booklets see page 4



The Amazing Attributes of Vinegar!

The other very versatile alternative is, of course, vinegar. The uses for vinegar are innumerable - it cleans, disinfects, deodorises, anti-bacterial agent, preservative, insect repellent, hair conditioner, skin astringent, personal deodorant, weed killer, garden spray - plus has therapeutic uses. Amazing! More information about vinegar in:

E-booklet No. 33 - Versatile Vinegar \$8.00 For more information or to purchase see page 4.
OR The Shoppe Newsletter No. 31 contains a feature article on the many wonders of vinegar.
(Download back issues of The Shoppe Newsletters from www.theshoppe.com.au)

If the sight of the blue skies fills you with joy, if the simple things of nature have a message that you understand, rejoice for your soul is alive.

Eleanora Duse

e-Booklet No. 21:

Safe & Organic Sprays for Home and Garden



Contains an array suggestions for making sprays for:

1. Insect repellents
2. Plant diseases
3. Plant nourishment.

Over 40 suggestions all using simple, safe and easy-to-locate ingredients. A very popular title – being one of the best sellers! It's great to see people are looking for less chemically orientated ways to treat common plant problems.

Price: \$12.00. For more information about purchasing e-booklets see below

Recipe: Slug and snail deterrent:

Make up a strong coffee spray consisting of one part brewed coffee with 10 parts water. Spray onto plants and surrounding soil frequented by slugs and snails to discourage them.

(From e-Booklet No. 21 - Safe & Organic Sprays for Home and Garden)

Recipe: Homemade Pear Jam:

I recently ran a very successful workshop on 'Making Jams, Chutneys and Pickles'. As pears were the 'in-season' fruit at the time we made pear jam. It was very tasty and enjoyable. Many people have asked for the recipe - here it is



Pear Jam: Core, peel and slice 2 kilograms pears and 500 kilograms green apples. 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. \$12.00. For ordering information see below

How to Purchase The Shoppe publications

There are 3 ways to purchase publications:

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. 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 than 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. Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per book 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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www.theshoppe.com.au

Useful Recipes

Over the past month I've been emailing relevant recipes to people on my emailing list when sending upcoming workshop notifications. So that you do not miss the same useful information here's all the recipes for your recipe files!

Pam

I've had two people ask me in the past week for this recipe for the spray cleaner - as published in a recent Shoppe Newsletter. So here it is - again. It's absolutely fantastic and will save you heaps in expensive commercial cleaners:

All-purpose Surface Spray Grime/Stain Remover: Mix together 1/3 cup each of water, cloudy ammonia and liquid soap-jelly OR bio-degradable dishwashing detergent. Add few drops eucalyptus oil. Mix and store in recycled spray container. Label the container.



(Very handy and excellent for removing stains on clothing (before washing) or spray onto surfaces to clean grime, grease and dirt from walls, vinyl, stove top, tiles, around light switches, etc.).

I'm also often asked about a chemical free, safe oven cleaner:

Oven Cleaner: Mix together 1/3 cup bicarb soda with 1/4 cup vinegar. Add 2 teaspoons soap jelly or biodegradable detergent. The mixture will froth a little due to the combination of alkali (bicarb soda) and acid (vinegar) so make sure it is in a suitably large container. Once the frothing has settled apply the paste to the inside of a warm oven. Scrub difficult spots if necessary. Wipe off paste (and oven residue) by first spraying with warm water.

Both recipes are from **e-Booklet No. 23 - Green Cleaning** (\$12.00) which contains many other recipes and tips for safe chemical free cleaning - see page 4 to order

Recipes/Clever Ideas:

Buying just one less consumer product is better for both you and the planet. Here's a couple of ideas that will save a few dollars:



Grandma's Fragrant Salts:

Essential oils are expensive and impractical as only a little is usually required at a time. In Grandma's day she used the natural scents of plants and flowers for perfuming. Simply place fresh fragrant flower petals in a jar of rock salt (or Epsom salts). The salt will extract the natural perfume of the flower (or herb). Leave the petals loose amongst the salt or tie into a fabric bag and remove when expended. Use the salts not only in the bath - but as a foot bath or as a fragrant sachet in drawers and other clothing areas.

This natural scent contains less chemicals than commercial preparations - some of which have links to household toxicity and health issues.

More information: **e-Booklet No. 37 - Beautiful Baths \$12.00**

For more ways to extract the natural perfumes from plants and flowers see **e-Booklet No. 45 - Home Distillation of Essential Oils. \$12.00** See page 4 for ordering information

'Cheats' Expensive Hand-cream:

Make a hand and skin cream similar to commercial preparations (at a much cheaper cost!) by using cheap sorbolene cream. Purchase from the chemist a jar of plain sorbolene (one that has the least amount of added chemicals and water - check the label). Add almond oil (or grape-seed oil) for added moisture for the skin and a few drops of essential oil (such as lavender) - add a little at a time - test on your skin to see if it is of the correct oiliness and perfume for you. Nearly all commercial skin creams are

sorbolene-based - this simple homemade cream is much better because it contains less chemicals and uses quality ingredients too expensive (and 'unprofitable') for commercial manufacturers.

When I make my version at home I add a tablespoon or two of infusion made from fresh herbs from the garden to enhance the healing affect of the cream - rosemary and calendula flowers are very good for the skin.

This cream is easy to make - can be done in a few minutes and makes an impressive gift.

I recently ran a very successful 'Making Jams, Chutneys & Pickles' Workshop - besides pear jam and pickled veg. we also made tomato chutney - it was yummy - here's the recipe!:

Tomato Chutney

You'll need: 2 kilograms ripe 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 (test as mentioned page 8). 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.



From e-book No. 74 - Ways With Fruit. \$12.00

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. (See page 4 for ordering information).



Environmentally-friendly Gift Idea!

Citrus or Rose Soap-Bag

(Soap is a safe, environmentally friendly alternative to detergents and body washes. Use left-over scraps for extra savings!).

Mix together: 2 teaspoons grated soap, 1 teaspoon oatmeal and 1/2 teaspoon grated citrus peel or chopped fresh rose petals. Mix well Spoon into the centre of a pretty piece of

fabric or handkerchief. Tie with matching ribbon. (Or, if handy with the sewing machine make up a small pillow or sachet).

Use in place of soap when showering, bathing or hand-washing.

From **e-Booklet No. 67 - Gift Giving with a Difference** Price: \$12.00 See page 4 for ordering information.

I hope you enjoyed the newsletter. Keep well - and I'll catch you next time.

Pam Marshall - The Self-Sufficiency Shoppe www.theshoppe.com.au

Please educate others about the benefits of 'anti-consumerism' and alternatives - please pass this newsletter on to a friend!

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