



# The Self-Sufficiency Shoppe Newsletter

Issue 6

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## Hidden Treasures In the Garden

*My garden is an extremely important stabilizing agent for my sanity. I use it to find quietness, peace and safety. Its my own personal piece of earth – its not perfect – its in the middle of suburbia, worse still its in an industrial area, its overgrown in parts, it has (some) weeds (and lots of kikuyu!), it has some ‘junk’ yet to be sorted - but its mine, and its my very own creation. I do my best to keep it chemical free and utilizing everything that I grow to the fullest. I grow vegetables – my favourite past time – I have an array of specially selected herbs and scented plants that I have planted over the years and I just love sitting right in the middle of the garden to watch and listen to the little things in Nature – birds, moths, butterflies, ants, bugs, cats, possums – etc. I just couldn’t live without this connection to Earth.*

Gardens do not have to be perfect specimens of manured art and its not necessary to spends lots of money to get the perfect garden – in fact creating a garden with recycled plants and materials is what’s best for the earth – anything recycled or reused is one less ‘demand’ made on the earth’s resources to meet the ever demanding need of our culture.

Being a frugal and practical person I am particularly interested in making use of absolutely everything possible growing the garden. We seem to have lateral thinking about plants, fruit and vegetables – like rosemary is a great culinary herb – but did you know that it is also a excellent natural deodorant, or that it has specific properties for natural skin care and hair care? And thyme – being a natural antibacterial agent – is even better as a deodorant or anti-bacterial skin wash. All this – virtually free – from the garden.



So, along these lines I have put together a series of booklets called 'Ways With' that offer as many ideas as I could possibly find (and try) that use specific garden plants to their fullest. So far I have covered the more common: Lavender, roses, rosemary, thyme, mint, sage, parsley, nasturtiums, tomatoes and zucchini. But have plans for lots more!! It wasn't so long ago that gardens were planted with plants and herbs that were essential to every backyard – a trip into the country testifies to that. The old pioneering homes may have well disappeared, but what often remains are the 'feral' garden remnants – a lemon tree, an olive tree, lavender, apple or pear tree and various other herbs. What a pity we have now become so disconnected from what Nature can provide and from our ability to make and utilize this source.

Its important to rekindle this 'dis-connection' with our earth - not only for the earth's sake but for our own. Here's a couple of quick recipes using rosemary and sage straight from the garden:

### **Rosemary Infusion:**

Place 2 teaspoons fresh rosemary leaves (and stems) in an earthenware or glass cup. Add 250mls boiling water. Leave to steep until mixture has cooled. Strain to remove plant residue. To increase the potency of the herb gently bruise the leaves with a pestle and mortar before adding the boiling water.

**How to use:** Use as a simple (safe and chemical free) under-arm deodorant (dab on with cotton wool or pour into spray bottle) or splash over skin to tone and rejuvenate the face after cleansing.

**Keeping time:** use within one week. Best stored in fridge between uses - particularly in hot weather

*From 'Ways With' Rosemary e-booklet – see details next page*



### **Sage Toothpowder:**

Mix together 2 parts common salt with 3 parts bicarbonate soda in a clean recycled jar. Add (one tablespoon - chopped) fresh sage per 1/2 cup of powder. Leave the mix for one week before using. Salt and bicarb soda will naturally preserve the fresh sage and extract the natural oils.

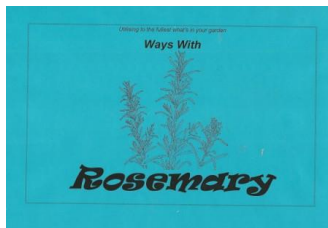
**How to use:** Apply the powder to the teeth using a wet toothbrush. Dip the damp brush in the tooth-powder and brush in the usual way. Rinse mouth with water after brushing. (Bicarb soda cleans and whitens teeth. Salt cleans and heals gums).

*If the powder is too abrasive make up a solution of approx. one teaspoon tooth-powder with 1/2 cup warm water and use to brush the teeth. Then rinse the mouth well with the same solution.*

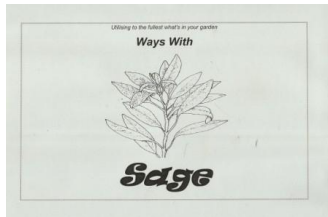
**Keeping Time:** Use within one month.

*From 'Ways With' Sage e-booklet – see details next page*

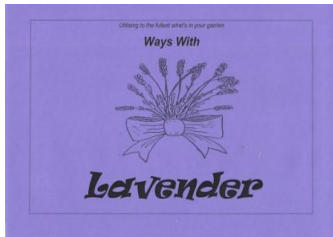




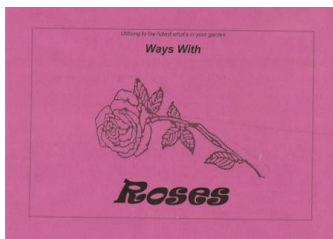
**Ways With – Rosemary** - The most versatile of herbs with beliefs and traditions linked to many past cultures. Common, very hardy ornamental that has many uses: health (fatigue, insomnia), antiseptic, dark hair rinse, skin toner, mouth-wash, aromatic and perfuming, insect repellent and culinary (including dairy and drinks). **Price: \$12.00**



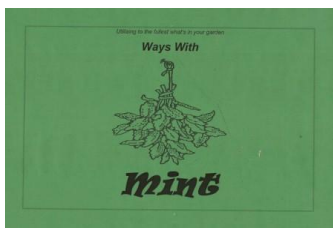
**Ways With – Sage** - An ancient symbol of wisdom considered to be an 'anti-aging' herb. Many uses (folk-lore suggests it will heal 'just about everything!'): mild antiseptic, hair rinse, deodorant, aromatic (common base for soaps and perfumes), insect repellent, strengthens gums and teeth, culinary - added to many foods. Try the pineapple & sage cake recipe! **Price: \$12.00**



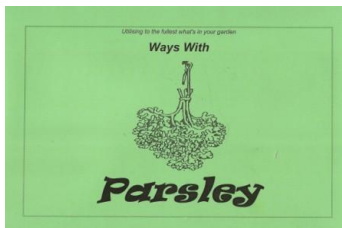
**Ways With – Lavender** - Highly valued since ancient Greek times and used in both World Wars as an antiseptic. Lavender relaxes, heals (migraines, toothache, colds, insect stings & bites), perfumes (lavender bags) and repels insects. Culinary - popular in Tudor times as a flavouring similar to herbs. (Try the lavender lemonade!). **Price: \$12.00**



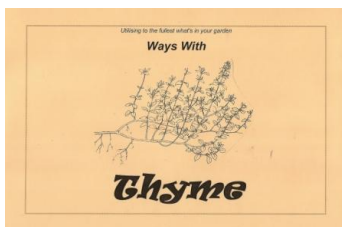
**Ways With – Roses** - Origins from ancient Persia used in food, drink, perfuming and therapeutic (believed to heal the heart). Recipes include: rose tea, jam, rosewater, pot pourri, air-freshener, drying, glacé, ice-cream and more. Also section on rose hips - 1 cup rose hips contains 150 times Vitamin C of oranges! **Price: \$12.00**



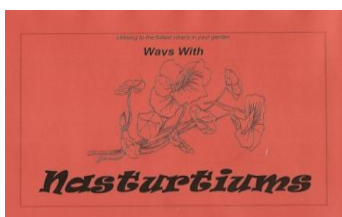
**Ways With – Mint** - Grows rampantly in most gardens . Innumerable hidden uses: hair rinse, breath freshener, skin-care, relaxant, flavour-some additive to food, repels insects (place in pet's bedding to deter fleas), deodorising - over 60 recipes. You'll be surprised at its many uses. **Price: \$12.00**



**Ways With – Parsley** - Past cultures believed that 'chewing parsley kept the devil at bay!' Parsley has many uses: therapeutic (urinary, iron deficiency), breath freshener, hair rinse, skin-care, general tonic as well as culinary - over 40 recipes. Includes parsley seed tea. **Price: \$12.00**



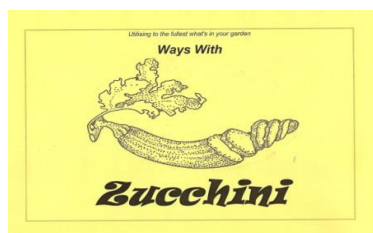
**Ways With – Thyme** - Pungent herb - the oldest known herb - used by ancient Greeks and Romans. Powerful odour (20 times stronger than standard antiseptic) used for deodorising, insect repelling, anti-fungal, disinfecting, clearing nose and throat, hair treatment, culinary(including recipes for jam, soups, vegetable dishes, biscuits, drinks). **Price: \$12.00**



**Ways With – Nasturtiums** - Origins from jungles of Peru and Mexico used as a mild antiseptic, coughs & colds, tooth infections, poultice, insect repellent, companion planting. Culinary - dried seeds used as a pepper substitute during World War 2 when pepper was in short supply. Add leaves to salads, vegetable dishes, soups. Try the pickled nasturtium seeds. **Price: \$12.00**



**Ways With – Tomatoes** - Surprisingly tomatoes have many 'unusual' uses: skin toner and cleanser, sun-burn, poultice, insect repellent (boiled leaves used as garden spray). Culinary - recipes for jam, sauce, chutney, soups, pasta sauce, pickles, salads. Covers seed saving and how to preserve tomatoes: drying, freezing, juicing. **Price: \$12.00**



**Ways With – Zucchini** - Grows abundantly in the right conditions and often in abundance. Many recipes - roasted, grated, baked, stir-fries, soup, grilled, fritters, cakes, bread, rissoles, pasta, salads, jam, stuffed zucchini flowers, pickled. Ideal substitute for cucumber intolerant people. Try the zucchini chocolate cake! Other uses: cosmetic, sun-burn, skin lotion. **Price: \$12.00**



## **‘Ways With’ Booklet Set**

*Utilizing what's in your garden to the absolute fullest! You'll be surprised at the many hidden uses for garden plants, flowers & produce growing right near your back door!. All titles cover aspects of personal care, cosmetic, health and healing, culinary, cultivation, in the garden, and other uses*

**10 e-Booklets:** Ways With MINT, Ways With PARSLEY, Ways With TOMATOES, Ways with LAVENDER, Ways with ROSES, Ways with ZUCCHINI, Ways With ROSEMARY, Ways With THYME, Ways With NASTURTIUMS, Ways With SAGE:

**ALL \$12.00 each or FULL SET (all 10 titles): \$95.00**

(see later for ordering information)

## **How to Purchase Booklets and Workshop@Home**

*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. Go to [www.theshoppe.com.au](http://www.theshoppe.com.au). Click on 'Shoppe Publications'. Scroll down to find your chosen title. Click 'ADD TO CART'. Click 'Continue shopping with The Shoppe' to order more booklets or 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). When payment has been processed your booklet will appear immediately for download in PDF (Acrobat) format.

**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 \$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 (add \$2 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per booklet for postage and printing costs.

**If you have any problems or queries contact: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)**

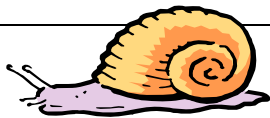


**e-Booklet No. 21:  
Safe & Organic Sprays for  
Home and Garden**

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. It's a very popular pamphlet – being one of the best selling titles. Its great to see that people are looking for less chemically orientated ways to treat common plant problems. **Price: \$12.00**



**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 will discourage them.



**Backyard Self-Sufficiency  
Booklet Set**

*For Safe Organic Economical  
Gardening*

**6 Booklets:** Recycling and Improvising in the Garden (No. 36), Composting for Beginners (No. 19) and Safe & Organic Sprays (No. 21), 'Growing Vegetables in Containers' (No. 76), Keeping Hens (No. 41), Companion Planting Guide (No. 78)

**Price: \$42.00**

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

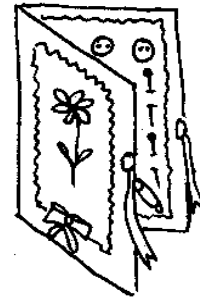


**Homemade  
Christmas Gift Ideas  
for Christmas.**

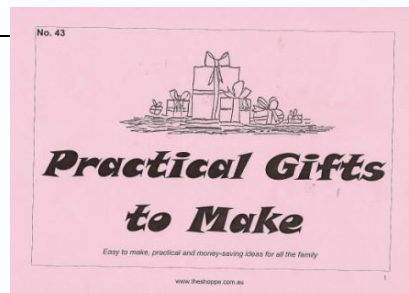
*Hand-created gifts represent a very special message from the giver to recipient. Here are some special gift suggestions:*

**Sewing Kit**

Turn used greeting and gift cards into a simple sewing kit by covering the card with clear book-covering plastic and gluing a piece of fabric to the inside of the card. Insert pins, a needle, a range of threads (wound around a small piece of cardboard and stapled to the card), one or 2 small buttons, safety pin/s etc. Two small lengths of ribbon attached to each side of the card will enable the sewing kit to be securely tied.



**from e-Booklet No. 43 'Practical Gifts to Make':**



**No. 43 - Practical Gifts  
to Make**

Simple gift ideas using recycled materials suited to adults as well as children - clothes peg memo holder, rock paper weights, fridge hooks (using can pull rings), book mark from hair clips, kitchen message pad, perfumed beads, sewing kit, bread jewellery, pomanders, Australian Bush Pot Pourri, pot plant from avocado seed and much more. **Price \$12.00**

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



**English Wash Balls:**

These wash-balls make lovely gifts – they were considered in the 17<sup>th</sup> century by English nobles to be soap only for the wealthy! Grate 100g soap scraps into a bowl. Add 2 teaspoons oatmeal plus a tablespoon dried petals or herbs (ground finely with a pestle and mortar) or dried ground spices. Add 8 tablespoons water (rosewater or orange flower water would be even better if you have some). Mix ingredients together with fingers, roll into balls, place on tray and leave one week in an airy cupboard to dry. NB: If mixture is too wet add more grated soap or oatmeal – if too dry add a little more water.

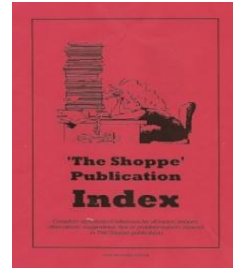
From e-Booklet No. 67 – Gift Giving with a Difference:



**No. 67 - Gift-Giving with a Difference**

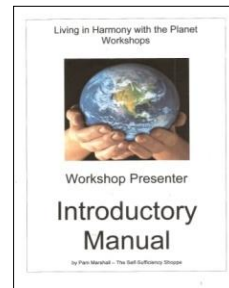
Unique hand-made gifts that relay a special environmental message from the giver to receiver using such sources as: vinegar, rice flour, bicarb soda, soap, etc. Includes: English wash balls, citrus & rose cologne, bath vinegar, rose hand wash, body powder, foot powder, Grandpa's shoe polish, Honey lip balm and much more **Price \$12.00** (download at [www.theshoppe.com.au](http://www.theshoppe.com.au))

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**'The Shoppe Publication Index'**

A to Z resource listings of all The Shoppe publication information - recipes, ideas, tips, advice. 20 pages  
*Find what you want quickly and easily!*



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*(You'll find even more free downloads on the page including Natural Skin Care recipes, Green Cleaning recipes and more.)*