



The Self-Sufficiency Shoppe Newsletter

Issue No. 7

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Sacrificing Flavour for Profit?

It never ceases to amaze me how simple home-cooked food abounds so much in 'flavour'. When I cater at either the Café (at the Clarence Park Community Centre) or at the Gumeracha Market people are quite taken with the wholesome flavour of the food offered. Quite simply there is nothing particularly special about what I cook or make – its just homemade using good (and if possible) home grown ingredients, definitely no preservatives and very little 'additives' like sugar and salt to enhance the flavour. So what has happened to commercial food that 'flavour' no longer exists? Where has all the flavour gone? I thought that was what commercial food was all about – having flavour so that 'the consumer' comes back for more ... which increases those all important profits? Maybe its

more about appearance & preservatives for the sake of flavour.

I was brought up in the country with only limited contact with the supermarket shopping experience. I helped cook for large groups of shearers and visitors to the farm – we used only what was available at the time. Unbeknown to me obviously some of that simple cooking I learnt from my mother 'rubbed off'!! Who knows?

One of the items I sell at my Cafés' is homemade lemonade. Made entirely from fresh lemons (both the juice and rind), sugar and water - people comment how refreshing and fulfilling it is on a hot day. I guess that's not so surprising as 'commercial cordials' would have to be the most adulterated of products – rarely made with fresh fruit, but with artificial flavours, colours and whatever else!! After drinking it you feel 'unquenched and unfulfilled' and so have another, then another – and so the cycle begins of 'addiction' to chemicals and false flavours!! Anyway there is no secret to the recipe – so thought I would make it available to you

Homemade Lemonade

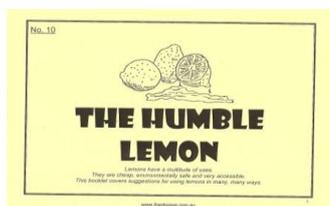
3 cups sugar
3 cups water
Juice of 12-15 lemons
Rind of 3 lemons



Method: Dissolve sugar in water in saucepan on stovetop. Add juice & rind. Simmer 5-10 minutes. Leave to cool slightly – pour into clean storage bottles. Use as a cordial base by diluting to taste (about 1 part cordial to 10 parts icy water). Store undiluted cordial in fridge.

(I've found it will keep for up to a month – even longer!)

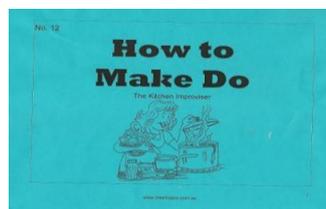
But its not just all about cordial – there is a whole range of foods – in fact ALL foods – that lend well to being homemade, untainted by additives and made from ‘the basics’. There are quite a few of my publications (available as downloadable e-books) on just this topic!.....



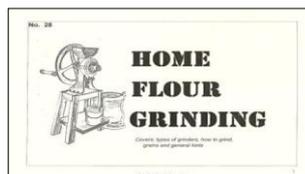
No. 10 – The Humble Lemon: Besides covering the huge array of ways to use lemons (skin care, cleaning, stain removal, etc.) it also has recipes for: lemonade and candied lemon peel & more. Price: \$8.00



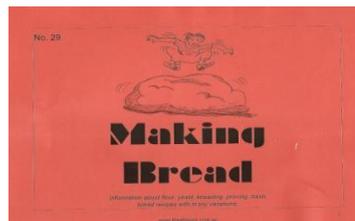
No. 11 – Making Butter: When we make butter in my workshops people are quite impressed at its true natural flavour – and how simple it is to make. Price: \$8.00



No. 12 – How to Make Do: Contains an array of alternatives to commercial products we have become ‘dependant’ upon – such SR flour, egg substitutes (when short on eggs), gravy without gravy powder, how to sour cream, custard without custard powder, etc. A very useful little resource! Price: \$12.00



No. 28 – Home Flour Grinding: When I first began eating bread made with home-ground flour my digestive system took some time to adjust! It was real awakening to commercial bread!!! This pamphlet covers types of grinders, how to use, recipes, etc. Price: \$8.00



No. 29 – Making Bread: Contains an array of recipes: basic white, rye, malt, fruit, cheese, herb, pitta, chapatti and yeast alternatives & more. Price: \$8.00



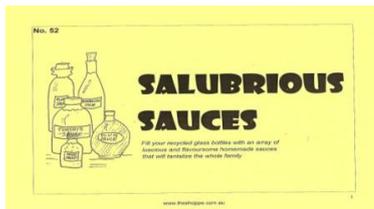
No. 46 - Preserving without a Preserving Outfit: Not wanting to purchase expensive preserving outfit I worked out a way to preserve fruit and tomatoes using recycled ‘clip-top’ jars. Price: \$8.00

The Self-Sufficiency Shoppe downloads – all publications can be downloaded from www.theshoppe.com.au or send payment plus \$2 for printing and postage costs to The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043. See page 5 for more information.



No. 49 Bringing Back the Beverage

How dependant we have become on the usual array of drinks – coke, cordial, tea and coffee!! This pamphlet covers some different recipes for drinks – Ginger Beer, Beef tea, Egnog, Punch, Barley water, Cider, Almond milk & more. Price: \$8.00



No. 52 Salubrious Sauces. Fueled by the wonderful flavour of my mother's homemade tomato sauce I have collected recipes for other common sauces: including: Worcestershire, sweet chilli, barbecue, mint, plum, black bean, etc. Taste the difference in flavour! \$8.00



No. 53 Home Made Spice Mixes. Surprisingly one of my best selling pamphlets – obviously people feel as duped as me paying exorbitant prices for those tiny bottles of spice mix! Contains numerous recipes for curry powders and pastes, spice blends, seasonings, etc. from various cultures. Price: \$12.00



Other interesting titles:

No. 60 Homemade Yoghurt -

Making yoghurt from the very basics - no need for special equipment. \$8.00

No. 62 Making Cheese – another best selling title \$8.00

No. 64 Coffee Substitutes - \$8.00

No. 65 Natural Alternatives to Sugar – includes sugar free jams \$12.00

No. 71 Homemade Breakfast Cereal
Great economical flavoursome alternatives to commercial cereals \$8.00



Improvising in the Kitchen Booklet Set

Back to the days when food was unprocessed & uncomplicated!

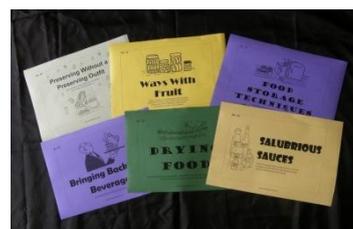
8 Booklets: No. 12 Improvising in the Kitchen, No. 42 – Eggstatic!, No. 53 Homemade Spice Mixes, No. 54 – International Meals on a Budget, No. 70 Homemade Breakfast Cereals, No. 64 – Coffee Alternatives, No. 65 – Natural Sweeteners, No. 80 – Uses for Stale Bread **Price: \$69.00**



Practical Kitchen Skills

Kitchen skills of times past – for making butter, bread, yoghurt and cheese.

4 booklets: No. 11 - Making Butter, No. 29 – Making Bread, No. 60 - Making Yoghurt, No. 62 - Making Cheese. **Price: \$24.00**



Old Time Kitchen Skills – Preserving

Back to the days when food was flavoursome, unprocessed and uncomplicated!

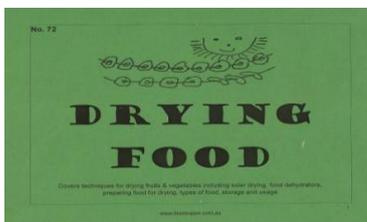
6 Booklets: No. 46 – Preserving Without a Preserving Outfit, No. 52 - Salubrious Sauces, No. 49 - Bringing Back the Beverage, No. 72 - Drying Food, No. 73 – Food Storage Techniques, No. 74 – Ways with Fruit.

Price: \$42.00

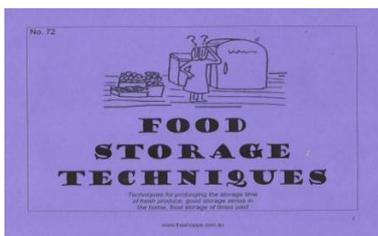
See page 5 for information on downloading or ordering e-booklets.

New Titles

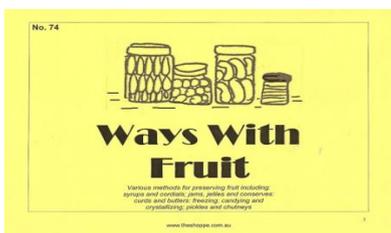
It's that time of the year again when fruit trees and vegetable gardens are producing to their fullest. I've had, in the melting pot for some time, information on what to do with excess produce and now have finally completed 3 relevant e-booklets.



No. 72 Drying Food - Various methods for drying food, types of food suited to drying, preparation & technique (including for specific produce types) – includes making fruit leathers, storage and a quick & easy method for making 'sun dried tomatoes'. Also has a section of creating drying equipment from recycled materials. \$12.00



No. 73 Food Storage Techniques Ways to store fresh produce (without the use of chemicals) so that it lasts longer – in most cases up to 6 months. Covers non-perishables as well as perishable produce. \$8.00

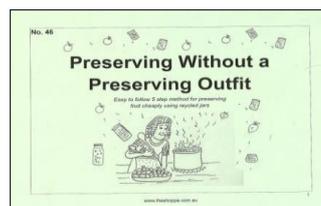


No. 74 Ways with Fruit – A collection of techniques and recipes for preserving fruit (and vegetables). Covers: Cordials, syrups, jams, conserves, jellies, marmalades, butters & curds, candying, crystallizing and glacing, freezing, pickling and chutneys – has numerous recipes and full instructions. \$12.00

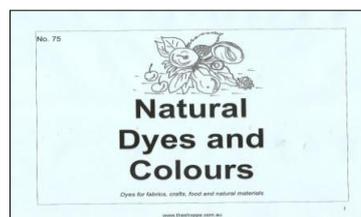
Other Useful Information:



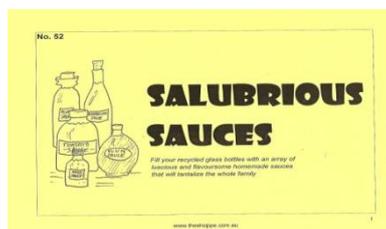
e-Booklet No. 65 - Natural Alternatives to Sugar has a section of jam-making without sugar \$12.00



e-Booklet No. 46- Preserving Without a Preserving Outfit outlines an easy & successful technique for preserving fruit in recycled jars. \$8.00



e-Booklet No 75- Natural Dyes and Colours - All Chemical free sourced from various plants and foods. \$12.00



e-Booklet No. 52 - Salubrious Sauces contains sauce recipes using fruit (i.e. plum sauce, Worcestershire sauce, sweet chilli, black bean, tomato and more). \$8.00

See page 5 for information on downloading or ordering e-booklets.



Zucchini Recipes

As any home gardener will tell you zucchinis are prolific growers – the problem being more ‘too many’ rather than ‘not enough’ – here are a few recipe suggestions:

Curried Zucchini Casserole:

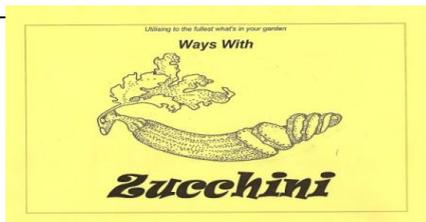
Heat a little oil in pan and sauté 2 cloves garlic (minced), 1 tspn grated fresh ginger & 1 onion (diced). Add one tspn each of turmeric, cumin, coriander powder & black pepper. Mix well - cook a minute or two to blend spices. Then add 1 dessertspoon tomato paste or 2 chopped tomatoes and salt to taste. Add chilli powder or fresh chilli if desired. Pour in 1½ cups water or stock. Add one dessertspoon sugar. Cook for further 8-10 minutes. Just before serving stir in ½ cup plain yoghurt. Serve with Indian bread & rice

Zucchini & Milk Skin Lotion:

Mix together equal amounts of zucchini juice (fresh zucchini vitamised or processed to a fine pulp) and milk. Use as an after cleansing astringent for the skin. Good for all skin types, but lends well to oily skin. (Store in fridge – use within 2 days)

Honey-Zucchini Jam:

Place 1 kilogram diced and peeled zucchini in a large pan. Add just enough water to steam and soften the zucchini without making the mixture too watery. Simmer for 5 minutes. Add juice of 2-3 lemons and 700g honey. Continue simmering until the jam is correct consistency (test jam by cooling small amount in saucer). Stir jam frequently to avoid burning.



For more information:
‘Ways With: Zucchini’
e-booklet. Price \$12.00



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.

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 than 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 (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 - ph: (08) 8374 2531



Practical Skills to Save Money and Survive!

Over the years I've found it necessary to learn a few basic practical skills for financial survival (and in some cases just for personal interest). At one point - due to lack of finances I ventured into a bit of home hair-dressing - which, I must say - saved heaps of money on hair-cuts for friends and family - but didn't do much for me!

I've document what I have discovered and experienced in a series of booklets in the sets 'Self-Sufficiency Skills' and 'Practical Gifts and Crafts'.

Each set contains 6 e-booklets related to skills or crafts not so commonly documented. You may find they offer you some useful reading and information.



Self-Sufficiency Skills

Basic survival skills & back-to-the-basics

6 Booklets: No. 3 – Simple Soap-Making, No. 25 – More Soap-Making Recipes, No. 28 Home Flour Grinding, No. 40 – Surviving the Hard Times, No. 44 – Home Hair-dressing, No. 56 – Lamp Lore

Price: \$49.00 (Available for instant download - see page 5)



Practical Gifts & Crafts

6 Booklets: No. 43 – Practical Gifts to Make, No. 39 – Flower Pressing, No. 66 – Back-to-Basics Pottery, No. 67 – Gift Giving with a Difference, No. 68 – Ways with Wool, No. 69 – Simple Basketry

Price: \$42.00

(Available for instant download - see page 5)

Here's one of the ideas from No. 43 - Practical Gifts to Make:

-Bottled Treats-

1. Obtain 3 or 4 matching recycled bottles with lids. (Make sure they are clean and dry).
2. Decorate the bottles with stickers, ribbon, beads, lace, sequins, etc. (You may need to use craft glue to attach some of these).



3. Fill with just about anything that looks and tastes good – sweets (homemade are best!), homemade pot pourri, mini soaps, nuts, spices, etc.
4. Decorate the top of the jar with a piece of pretty fabric lace and ribbon.
5. Add a decorative label, and if preferred wrap the jar in cellophane and tie with ribbon before gift-giving.