

# The Self-Sufficiency



# Shoppe Newsletter

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

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## The Earth is Precious

**We live in such a commercialised world that we tend to forget everything comes from an important source: the Earth. A precious resource that has limitations. When we use words like 'renewable' and 'sustainability' in reference to the planet and human survival it reflects an important deeper understanding about humanity's survival into the future. Part of our awakening into new levels of understanding and evolution is to realise that the most precious thing we have is the Earth. And our primary goal is to learn how to work with and respect the Earth so that our 'foot-print' is as non-destructive to Earth's ecological balance as possible.**

Everything we come in contact with and use is precious - from the slither of wood it takes to make a match to the huge amount of resources expended to manufacture a new car - it all comes from the Earth in one way or another. And it must all be replaced so that we can continue to live upon Earth for many generations to come. Every little thing we do that reuse those resources is a powerful step toward understanding and integrating with the planet. It may seem frivolous and unimportant - but it is the most important thing we can do - not only for ourselves but for the planet. Using less chemicals, less energy, less resources and replacing what we do take is a vital Law of the Universe. Respecting the uniqueness and

beauty of our planet connects us with the essence of the Earth and it's place and purpose in our lives. We are all guardians and bastions of the Earth - whether we realise it or not. Encouraging others to take on the same environmentally responsible approach to living is the only way to change the world.



### Gift Giving with a Difference

*Unique hand-made gifts that relay a special environmental message from the giver to receiver using environmentally responsible resources.*

Such as vinegar, rice flour, bicarb soda, soap, etc. Recipes for: 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.



27 pages - \$12.00 **Download from**  
**[www.theshoppe.com.au](http://www.theshoppe.com.au)**



### Recipe: **Rose Body Powder**

1. Obtain a clean recycled jar (approx. 150ml in size).
2. Pour into a clean bowl: 1/2 cup each of **rice flour** and **cornflower**. Add one teaspoon **dried rose petals** or **rose pot pourri** (you may need to finely crush before adding to the powder mix). Mix the ingredients well.
3. Pour into jar. Apply the lid.

*NB: Add 3-4 drops rose essential oil for enhanced aroma if preferred.*

**How to use:** After bathing or showering apply to the body with a powder puff or cotton wool balls. May also be used as a mild underarm deodorant powder.

*(From 'Gift Giving with a Difference')*

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**Why use rice flour as a talc alternative?** Talc is a mined substance that exploits the earth's resources. It also has links to health problems such as cancer and asthma. Rice flour is safe non-allergenic alternative



### All Shoppe Publications now available for ebook download.

*I've spend many hours over the past 6 months or so working well into the night re-writing, reviewing and photographing new information for all 80 of my Information Booklets. All contain new and additional information, coloured pictures and illustrations. Some titles have been completely changed to fit more modern times. Each contains a personal perspective (from me) on my experiences with the topic, recipes I've made, things I've done and why.*

*Pam Marshall*

**All publications now available for instant download in PDF (Acrobat) from**  
**[www.theshoppe.com.au](http://www.theshoppe.com.au)** (go to 'Shoppe Publications')

Internet payment via: debit or credit card, Mastercard, Visa, American Express or Paypal.

**For mail orders:** Please add \$3 per book for printing and postage and send payment (cheque or money order) to: The Self-Sufficiency Shoppe, Box 390, Park Holme, 5043 SA

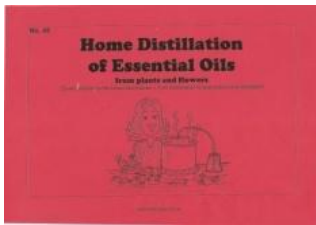
I've also put together a comprehensive **Shoppe Publication Index** of alphabetical listings for all recipes and information in the booklets. It has lots of coloured photos relevant to the listed information. **FREE DOWNLOAD from [www.theshoppe.com.au](http://www.theshoppe.com.au)**



# Natural Perfume Making

I recently included in one of my workshops a section on natural perfumes. It proved very popular - many people were well aware that commercial perfumes are totally chemical substances with little (if any) natural component. Here's a way to capture the natural scents of flowers using simply a jar, oil and cotton wool balls - from Booklet No. 45 - Home Distillation of Essential Oils:

1. Place a layer of cotton wool balls along the base of a large jar that has an airtight lid. Cover with a layer of almond oil (almond oil is the best - but you can use another 'light' oil - such as grape-seed).
2. Fill the jar with slightly crushed (but not bruised) scented petals. Seal the jar (so that it is airtight) and leave in a warm, sunny place for 2-3 days.
3. Remove petals and replace with a fresh batch (using the same oil). Continue this procedure for at least 21 days - i.e. at least 7 changes of petals.
4. Squeeze the cotton wool/petal mass (using cheesecloth or muslin) to extract the perfumed oil. Store in air-tight bottle.

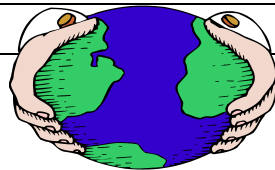


## Booklet No. 45 - Home Distillation of Essential Oils.

Homemade alternatives to commercial essential oils. Covers simple home-based techniques for extracting essential oils from your own garden using herbs and flowers. Covers: basic techniques, suitable flowers & plants, special blends, recipes for homemade eau-de-cologne, colognes, perfume waters & oils, skin washes, perfume creams and more. 27 pages - \$12.00 **Download from [www.theshoppe.com.au](http://www.theshoppe.com.au)**



**Booklet No. 8 - Uses for Essential Oils** (Includes a section on *blending your own perfumes with essential oils*). Covers the many uses for essential oils – perfuming, therapeutic, deodorising, cleaning, household uses, insect repelling. Includes section on 'make-your-own' perfume blends, difference between fragrant and essential oils. 26 pages - \$12.00 **Download from [www.theshoppe.com.au](http://www.theshoppe.com.au)**



## Living in Harmony with the Planet Workshops

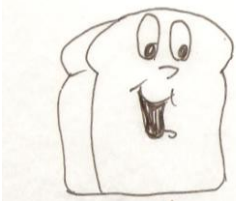
Green Cleaning - Natural Skin Care - Natural Hair & Body Care  
Old Time Kitchen Skills - Environmentally Friendly Basics - Soap-Making  
Backyard Self-Sufficiency - Ways With Herbs - Environmentally Friendly Gift Giving

*Workshops are run on a regular basis in metropolitan South Australia or some workshops available for download to do at home (see page 5)*

*Contact [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) for details*

### **-Become a Workshop Presenter in your area-**

Workshop Presenter Packages will be available for download soon go to: [www.theshoppe.com.au](http://www.theshoppe.com.au) - see 'Become a Workshop Presenter' for more info. Includes **FREE DOWNLOAD**: 'Workshop Presenter Introductory Manual' containing all you need to know about the Workshop Packages and becoming a Presenter



# Uses for Stale Bread

*I've finally put together No. 80 - Uses for Stale Bread! It's quite fascinating the many clever uses for stale bread. During the second World War the only thing not rationed in Britain was bread - so the British created some very clever ideas for using bread as the base for many dishes. And in the poorer areas of many countries bread was often the only staple food for feeding large families. This book contains an array of recipes and suggestions - some commonsense - some not! Here's a couple of the ideas from the book:*



## Italian Peasant Bread Soup

Crumble stale bread into soup bowls or line the bowls with pieces of bread. Pour over hot broth, stock or light soup. Sprinkle with grated parmesan or Romano cheese. Variations: Sprinkle with freshly chopped herbs, ground black pepper or rub the bread with a fresh garlic clove before crumbling into bowl.



Use stale bread to **line pie dishes, muffins tins**, etc. in place of pastry - remove crusts from bread first and cut to required shape. For a thinner, crispy pastry roll the bread with a rolling pin (works best with stale soft bread - not dry). Stale mountain or pitta bread can also be used in place of pastry as a pie base or lid - it's healthier & cheaper!



## Booklet No. 80 - Uses for Stale Bread

Over 80 recipes and suggestions for using stale bread - from bread crumbs to many practical uses to save money and time, as a filler and binder, recipes for soups, sauces, entrees, main dishes, desserts, cakes and biscuits, includes bread in craft work, healing wounds, coffee substitute, cleaning teeth and more. 26 pages - \$12.00 **Download from [www.theshoppe.com.au](http://www.theshoppe.com.au)**



## Real Mango Chutney

*I had a recent discussion with a group of ladies about how to make real mango chutney similar to what is often available at Indian Restaurants. Here's the recipe:*

Peel and stone 1 kilogram fresh mangoes. Cut into cubes. Soak overnight with 4 tablespoons salt and 500ml water. Drain. Place 500g sugar and 450ml vinegar in a large pot. Bring to boil - add drained mangos and 2 teaspoons each fresh ginger, garlic and chilli (all crushed), plus 2 cinnamon sticks, 75g each raisins and chopped dates. Simmer one hour until thick. Remove from heat and leave to cool. Spoon into sterile jars and seal with lid. Leave 2-3 weeks for flavours to infuse before using. If sterilised and stored correctly the chutney will last 6 months. Once opened store in fridge between uses.

## 'The Shoppe' Mailing List

Receive Newsletters, updates and other information by email by adding your name to The Shoppe Mailing List. Simply send your email address to [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au). If you would like information about workshop dates for Adelaide or interstate please indicate so in your email. Back issues of newsletters are available at [www.theshoppe.com.au](http://www.theshoppe.com.au).

**Receiving The Shoppe Newsletter by mail:** Newsletters are free but postage is not. If you would like to have the newsletter mailed to you on a regular basis send 6 postage stamps to The Shoppe for postage of next 6 issues.

**Back Issues of The Shoppe Newsletter:** Available for free download at 'The Shoppe Newsletter' - [www.theshoppe.com.au](http://www.theshoppe.com.au)

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# Workshop@Home

Making alternatives to commercial products at home using ingredients from home and garden. Safer, cheaper and better for the environment and you! Easy to follow recipes and procedures.

Topics include:

## Natural Skin Care **Workshop@Home**

*Make your own facial skin care products using ingredients from the home and garden! Complete natural facial skin care regime (cleanser, astringent, moisturiser) using affordable, safe and environmentally friendly ingredients*

**Recipes and procedures for making:** Facial cleansers, Facial scrub, Oatmeal bag, Herbal astringent, Antibacterial astringent, Herbal moisturiser, Lip salve, Lipstick, Lavender Hand cream, Bath-salts

## Green Cleaning **Workshop@Home**

*Do all your cleaning with just four basic household items. Never walk down the supermarket cleaning lane again! Safe, cheap and environmentally friendly.*

**Recipes and procedures for making:** Deodorising powder, Disinfectant, Air-freshener, Furniture polish, Heavy duty cleaning powder, Soap jelly, Lemon dish washing soap, All-purpose surface cleaning/stain removal spray. *Plus many other recipes & cost saving ideas!*

## Soap Making **Workshop@Home**

*Making plain soap simply and quickly. Easy to follow basic recipe with numerous variations. Transforming a bar of soap into a range of alternative soap-based products (detergent alternatives). Safe & environmentally friendly.*

**Recipes and procedures for making:** Basic soap (like Grandma used to make) with 10 variations, Soap bag, English wash balls, Soap Crayons (for the children), Pressed Soap Shapes, Herbal wash-balls, Rose Liquid Hand Soap

## Natural Body & Hair Products **Workshop@Home**

*Natural, safe alternatives for deodorants, body powders, shampoos, hair dyes, toothpaste and foot care. All chemical free using natural ingredients (from kitchen and garden)*

**Recipes and procedures for making:** Lavender spray deodorant, herbal deodorant spray, rose deodorant/body powder, chamomile body powder, herbal hair shampoo, deodorising foot powder, teeth-cleaning powder, lemon hair bleach, dry hair shampoo

**Price: \$25.00 each or all four workshops for \$85.00**

**To order:** download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) OR send \$25.00 (plus \$3 postage) to:

The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043

For more information go to 'Workshop@Home' at [www.theshoppe.com.au](http://www.theshoppe.com.au)