



The Self-Sufficiency Shoppe Newsletter

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www.theshoppe.com.au

Editor/Author//Proprietor: Pam Marshall

email: theshoppe@tpg.com.au



The Future Looks Great!

A New Purpose for Humanity

Times have changed. There is absolutely no place on the planet for 'progress and profit' mentality. It might have served us well in past decades to build a society of prosperity, freedom of choice, 'harmony' and express human desire for technological creativity – but now the focus has changed.

Growth, profit and wealth have no justification whatsoever on a planet that is struggling to maintain ecological balance while its resources are being depleted. The 'new' human purpose is to work with the planet, not against it. This is the lesson before us. The greatest human evolutionary lesson is to 'live in harmony with the planet'. The final step in human evolution (on any planet) is to integrate with the planet; to become 'one'; to 'feel and sense' it's needs and desires; to heal it's wounds of neglect and nurture it back to balance and good health. This is the purpose that is before us as members of planet Earth.

For most of us achieving such a goal involves an almighty sacrifice in 'living standards'. It's about putting aside senseless and selfish desires for a more modern and developed lifestyle in favour of simplicity and frugality to benefit the planet.: To stop divulging the planet's resources to the point of no return and take a 'step back' the level of the 1930's to 1950's when life was not so technological and dependant on the Earth's resources. When people were more connected to the earth and appreciated the simple things of life. Soon it may not be a 'choice' but more a 'necessity' enforced upon us due to inevitable changes in social attitudes and financial structure of society.

Stepping 'backwards' (as some will see it) is a very tall order indeed. Ours is a society dependant on and pre-occupied with 'more' – with aspiring to greater wealth, greater ownership and greed. Without it we view life as 'unfulfilled'. Everywhere we look it's about 'growth' – increased sales, higher real estate prices, higher prices, more profit, more jobs, more 'turnover' so that we can fill our never-ending desire for more development. It's almost an obsession. Changing our focus will have consequences to pay: job losses, loss or decrease in income, industries and businesses closing (or shifting focus), social restructuring, down-turn in sales, and perhaps more. Not a pleasant thought – but 'change' means risk, disruption of familiarity (the old) and a period of re-adjustment to the new. If we are truly connected to the planet then we will 'see' the purpose of these changes and accept them with open arms to move toward a more secure future for all.

Tips for Change for a New Planetary Purpose:

Here's a 10 simple things we can do to start simplifying our lifestyle so that it is more in harmony with the planet and the changes ahead:

1. Connect with what Earth provides for us by using what's in the garden (vegetables, flowers, herbs) whenever possible.
2. Forgo 'updating and upgrading' your household/office equipment in favour of using 'the old' for longer. Buy less gadgets and technological equipment – make do with what you have or do it manually!
3. Find the time to practise 'old fashioned skills' – cook, sew, make, create – do this openly without pre-occupation of 'time constraints'.
4. Recycle, buy second-hand or just 'use it again' – a great money saver!
5. Stay home – cook at home, eat at home, play at home, work from home, entertain at home, etc. and enjoy the simple pleasures of 'home'.
6. Buy and use food in its very basic 'unadulterated and unprocessed' form – i.e. locally grown fresh fruit and vegetables, non-packaged, natural and as chemical free as possible.
7. Practise 'good earth' techniques around the home and garden: planting, preserving nature, chemical free, regeneration, saving resources (i.e. water).
8. Shop locally, walk to the shops, walk to the park, 'walk' (or cycle) whenever possible.
9. Use less chemicals on your body.
10. Spend less money and listen to Grandma's wisdom and advice!

'The Shoppe' Publication Downloads

90 booklet titles available for download in readable e-book format
Green cleaning, Natural skin care, environmental and frugal living, chemical free, recycling, old time kitchen skills. Numbered 1 to 80 for easy reference.

Price: \$12.00/\$8.00

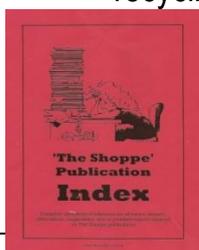
Download from: www.theshoppe.com.au (go to 'Shoppe Publications')

Free Download: '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!

Old Time Kitchen Skills:





Rekindling our Connection with Food

Food is the source of our survival - the source of food is the Earth.

In times past food was precious – our ancestors struggled with food shortages and lack of resources to grow food (such as water, land, climate, ‘man-power’, etc.). Everything was appreciated and used fully - nothing was wasted or taken for granted. Homes had big backyards with an array of vegetables, fruit trees, herbs, chooks, etc.....a sharp contrast to today’s ‘consumer’ way of life. There was a simple appreciation for what the Earth and Mother Nature provided and the resources, time and skills required to bring the food to the table. People were aware of the type of food they were consuming and what it contained – no additives, no preservatives, no chemicals, just real flavour and real food.

In contrast today’s society has disconnected from its ‘food roots’ and become dependant on commercial offerings and mass production. Vital food preparation skills that were once a part of every household and passed down through family generations are being lost. With it was an appreciation for the simple practical things in life, the joy of preparing food and being appreciated for what we have created. Of course, in the process sacrificed such things as taste, nutrition and the wholesome component of food.

Connecting with source of our food is an important part of connecting with the planet. Here are some publications that will help you do just that!

No. 11: Making Butter - No. 12: How to Make Do: Alternatives to commercial products - .
No. 28: Home Flour Grinding - No. 29: Making Bread - No. 46: Preserving without a Preserving Outfit (using recycled jars) - No. 49: Bringing Back the Beverage - No. 52: Salubrious Sauces - No. 53: Home Made Spice Mixes - No. 60: Homemade Yoghurt - No. 62: Making Cheese -. No. 64: Coffee Substitutes - No. 65: Natural Alternatives to Sugar – includes sugar free jams - No. 71: Homemade Breakfast Cereal Great – offering wholesome alternatives - No. 10 – The Humble Lemon: \$1.50.



Practical Kitchen Skills Booklet Set

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

Contains 4 booklets: No. 11 - Making Butter, No. 29 – Making Bread, No. 60 - Making Yoghurt, No. 62 - Making Cheese.

Price: \$24.00 (Download from www.theshoppe.com.au) (See page 4)

Growing Sprouts in Recycled Jars

Recycled jars make a great children's activity growing sprouts:

You'll need: A medium-large recycled glass jar, seeds (for sprouting), a small piece of loose weave fabric (for the top) and a rubber band. Place approximately 1 tablespoon seeds into the jar. Attach the fabric to the top of jar with a rubber band. Pour water into the jar (through the cloth). Leave approx. 15 seconds to dampen the seeds - drain out the water. Rinse the seeds this way in water daily. Leave the jar in a warm place (such as a window-sill) to germinate. The seeds will sprout and be ready to eat within 4-6 days.

Examples of seeds suitable for sprouting: alfalfa, wheat, barley, mung beans, fenugreek, lentils, chickpeas, peas, buckwheat, soya beans (all from health food stores). Eat them as they are in sandwiches or add to salads. Yummy!

(reprinted from **e-booklet No. 63 - Making Playtoys from Recycled Materials** - \$12.00 - download from www.theshoppe.com.au)



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

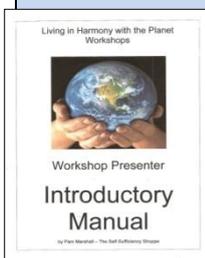
Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043 **OR** pay in person in cash (at a workshop). Your booklets will be downloaded and printed for you and sent to your address. Please add \$2 per booklet for postage and printing costs.

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'**



BECOME A WORKSHOP PRESENTER



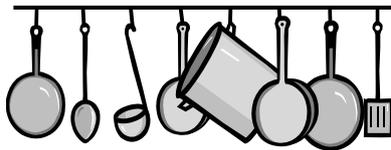
Natural Skin Care - Green Cleaning - Make Your Own Body Products - Environmentally Friendly Living - Old Time Kitchen Skills - Soap Making *Full Packages available for download*

FREE DOWNLOAD: Workshop Presenter Introductory Manual
Go to: 'Becoming a Workshop Presenter' - www.theshoppe.com.au

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Your Favourite Recipes

(Tips and Ideas!)

A couple of people have asked for an eggless cake recipe. Here's one that I use frequently. Sometimes I will vary the fruit, nut and spices to make a different type of cake – such as nut and mixed fruit with all-spice or apricot and coconut. I've made this recipe so many times over the years that I now do it from memory. Bit of a worry!

Quick Mix Date-Walnut Cake

Place in bowl the following: 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.

Dumplings

Very old-fashioned, but wonderfully cheap and easy to do – plus it enhances soups, stews, casseroles to include a little extra! This recipe comes from Kathy of Two Wells (SA) who handed it to me at one of my workshops on Old Time Kitchen Skills. Thanks Kathy!

Old-Fashioned Dumpling Mix

Sift 1 cup SR flour into a bowl (use half white and half wholemeal for a healthier blend). Rub in (using fingertips) 20 grams (about 1 tablespoon) butter or margarine. Add 1 tablespoon chopped parsley (optional) and 2 tablespoons milk. Mix to form a 'dough'. Roll teaspoons of the mix into balls and drop into the soup, stew or similar. Cover and simmer a further 10

minutes to cook the dumplings.

Alternatively – if baking a casserole in the oven - place dumplings in casserole – cover – and bake and further 20 minutes in the oven.

Preserving Fresh Garlic

Planting garlic in the garden amongst rows of vegetables (such as tomatoes) is a simple 'companion planting' method that will help deter small insects (aphids, whitefly). However, the down side – is that when harvested sometimes you have an over-supply of garlic – here's an idea from Petra – (also presented to me at a workshop) on a quick way to keep ready-minced garlic for immediate use when cooking:

Freezing garlic: Peel fresh cloves of 4 garlic bulbs. Discard the skin. Place cloves in a food processor with approximately ¼ cup olive oil. Blend to mince finely. Spoon into a jar – seal – refrigerate ready for use when cooking. Minced garlic can also be frozen. It will brown slightly in colour – but still be as intense and flavoursome as the day it was grown – unlike commercial garlic paste that has been diluted with water and lost some of its pungency.



Your letters, recipes, comments are always welcome. So please keep them coming in – send to:

*The Self-Sufficiency Shoppe: P.O.
Box 390 Park Holme 5043 or email:
theshoppe@chariot.net.au*