

# **'The Shoppe' Publication Index**

*Complete alphabetical reference for all topics, recipes, alternatives,  
suggestions, tips or problem-solvers covered  
in The Shoppe publications.*



*Hi there - many thanks for your interest in these publications.*

*It was in 1985 that I began researching and writing information on practical self-sufficient skills. Since then I have accumulated a mass of recipes, information and resources. Some published (into booklets) and some not yet published (or never will be because there is just too much collected information!). Some of it is recycling, some lost skills of past times, some money saving, some environmentally friendly living, most of it chemical-free or low chemical - but most definitely all of it will benefit both people and planet.*

*A lot of the collected information is no longer available and definitely some of it is not the type of stuff that is available on the internet. I am particular about having practiced and tried most of what I have written - because 'speaking from experience' is the best way to get the point across. Although a difficult task - and some of what I have practiced I may have forgotten over the years - at least it is documented in the publications.*

*When I first began writing I submitted my material to a couple of publishers (back in the early 1990's). It was rejected on the basis that in our 'modern' world such information was no longer popular or viable for publication. But I adamantly believed that on the basis of the state of the planet and the affect of consumerism my publications will make sense in time to come. So I set about self-publishing what I had written into little booklets. Now that concept in conjunction with my workshops has worked particularly well - with people being able to purchase the relevant information in booklet form instead of investing in expensive publications which may only contain a small amount of useful information. More recently I have re-written and updated all the booklets into a format suitable for eBooks downloadable from the internet.*

*The simple message within the booklets is 'improvisation' - what can be used 'instead of' that is safer, cheaper and better for the environment. Many years ago - in Grandma's time - making do with what she had was crucial to day-to-day survival - 'ducking' down to the local supermarket was just not an option. These booklets offer alternatives and ideas that are safe, practical (no hard-to-find ingredients), cheap and easy to do - and most definitely environmentally friendly. Everything is made from the very basics: no special machinery or equipment to rely on - just practical skills that anyone can do!  
I hope you find lots of enjoyable and very useful information.*

*Pam Marshall - The Self-Sufficiency Shoppe*



**Apples** - drying  
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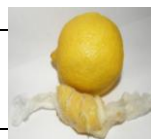
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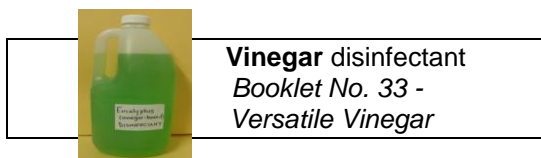
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