



# rethink

What's the cost to others, of us filling up our cupboards?

🕒	the issue/s	the plan	where I'm at	
Dec	<p><b>Animals abused</b> for product testing and often farmed inhumanely.</p> <p>Check out your favourite products and brands at <a href="http://www.ethical.org.au">www.ethical.org.au</a></p>	<p><b>Cosmetics and cleaning products:</b> Check your brands against: <a href="http://www.choosecrueltyfree.org.au">www.choosecrueltyfree.org.au</a></p> <p><b>Meat and eggs:</b> Have a look at the RSPCA site and do what feels right for you. Follow the 'Shop Humane' links at <a href="http://www.rspca.org.au">www.rspca.org.au</a></p>	<p>Skin care – swapped to MiEssence</p> <p>Shampoo &amp; cond – swapped to Mukti</p> <p>Cleaning &amp; deterg – either nat (lemon, baking soda + oils, beeswax), or Ecostore for d/washing &amp; laund detergents (rethink this)</p> <p>Stage 1: 1-2 red meat meals / fortnight</p> <p>Swapped to Moya Valley chicken (SS Coast)</p> <p>Only free range, organic eggs</p> <p>Stage 2: build chook-house for 3 girls (for eggs) If I can't breed/kill my own chooks, I'll eventually need to buy or trade meat for other produce or go completely vegetarian.....(eek!) ☺</p>	<p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p>
Jan & Feb	<p><b>Resources wasted</b> in long transport trails and excess packaging.</p> <p>Watch: <a href="http://www.storyofstuff.org">www.storyofstuff.org</a> &amp; see the 100 Mile Trial at <a href="http://www.ethical.org.au/100miletrial/">http://www.ethical.org.au/100miletrial/</a></p>	<p><b>Pantry:</b> (start with 10 items you use a lot, if you're not feeling brave enough to do a makeover on the whole cupboard) and make January's job to find alternatives for anything that wastes resources in getting to your kitchen. To get started, read the eye-opening Kettle Chips story at: <a href="http://www.powerhousemuseum.com/education/ecologic/cycles.htm">http://www.powerhousemuseum.com/education/ecologic/cycles.htm</a></p>	<p><i>If you REALLY don't know where to start, then have a go at some of these: soft drink, tuna, biscuits, toothpaste, tea/coffee, herbs (dried and pastes), cooking oils, toilet paper, soap, flour, snacks etc</i></p> <p>I started with disposing of disposable items (glad wrap etc), years ago, then moved on to biscuits, oils, herbs etc (see below)</p>	
	<p>(Jan)</p> <p>(Feb)</p>	<ul style="list-style-type: none"> <li>• Use the Ausbuy Guide to find closer-to-home alternatives for pantry items <a href="http://www.ausbuy.com.au">www.ausbuy.com.au</a> (\$3)</li> <li>• Substitute highly packaged items (like cheese singles!!)</li> <li>• Talk to your local bulk buy group for things like flour, grains, pulses etc and save \$\$ by ordering in bulk (go organic for these things at the same time – the bulk savings should offset the additional cost of buying healthier produce)</li> </ul>	<p>Biscuits etc – make my own &amp; freeze</p> <p>Soft drink – rarely buy</p> <p>Tomato pasta sauce – make 12 mths supply in beer bottles (Italian style) Store under house</p> <p>Stocks, pestos and dips – make own and freeze</p> <p>Olive Oil – Kenilworth or Sth Burnett Oil (bulk from butcher) Don't buy cooking sprays.</p> <p>2010 - wine &amp; beer – learn how to make my own and store in larder</p> <p>Toilet paper – SAFE brand (Stage 2 – grow my own emergency supplies ☺)</p>	<p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p>



# replacE

Exchange your regular fresh foods for better options.

🕒	the issues	the plan	where I'm at	
Mar	<p><b>Local producers and communities disadvantaged</b> by large-scale agri-business and supermarket chains.</p>	<p><b>Fruit and veggies, bread, dairy, meat, preserves and gourmet items:</b> Give the fridge and freezer the once-over and start a list of your favourite foods you'd like to grow or make, (even if it's only salad veg and herbs to start with) and another list of what you can purchase from local markets, organic stores or co-ops that support local producers.</p>	<p><u>Meat</u> – as above <u>Milk</u> – Cleopatra Bath Milk (Gympie) 2010 – Check out Cooran herd share group and buy milk to make own butter / yoghurt &amp; cheeses (stop buying commercial <u>dairy</u> products) <u>Dried herbs</u> – nearly all replaced with fresh herbs grown in garden (still a few to go) Plan <u>food garden</u> and start website to share surplus with neighbours <b><u>www.coorangardens.ning.com</u></b> 2010 – build raised beds and watering system</p>	<p>ü ü ü ü</p>
Apr	<p><b>Health issues and lack of nutrition</b>, related to mass-production methods (farming chemicals, preservatives for shelf life and transport, appearance-enhancing additives for display, growth hormones in meat, unknown effects of cross-species genetic engineering etc)</p>	<p><b>Organic &amp; biodynamic:</b> buy where possible (good idea to do at the same time as sourcing local products and bulk buy options).</p> <p>Do some research: <b><u>www.cleanlife.com.au</u></b> ('clean tips') <b><u>www.truefood.org.au</u></b> (download free brochure to help with shopping for non-GE food and drinks – good section on oils)</p> <p><b>Plan to grow as much of your own food as possible so you are in charge of the quality of your food and your own health.</b></p>	<p>Make all meals from scratch – no packets/jars 2010 – Join Cooran Organic Bulk Buy Group <u>Pulses/grains</u> for sprouting &amp; making own dips (hommus etc) <u>Flour</u> to make my own bread, pasta etc <u>Grains</u> to make my own <u>cereal</u> mixes <u>Seeds/grains</u> for planting (grow own chook food) 2011 – Set up a <u>bee</u> apiary in the garden (to replace buying local honey) <u>Fruit</u> – grow all my own (have all planted by end 2010 – planning done &amp; some planted) <u>Veg</u> – grow as much as possible and swap with neighbours (all planning done – construct 2010)</p>	<p>ü ü</p>
May	<p><b>[Un] Fair Trade</b> Check out: <b><u>www.fairtrade.com.au</u></b> to see how farmers of coffee beans, tea, cocoa and rice are suffering in the global trade system.</p>	<p><b>Make/grow your own or buy local:</b> where possible and switch to Fair Trade brands for anything that still comes from overseas. (available at Health Food stores, and increasingly at supermarkets - look for the symbol on the website). Ask your local shop to stock the basic Fair Trade items and give them the website (left) to find wholesalers/suppliers.</p>	<p><u>Coffee</u> – Oxfam or Dakibomon (SSCoast) <u>Tea</u> – Kin Kin teas (herbal) and Daintree (black) Stage 2 grow my own coffee (trees planted) Plant gardenia tea tree in yard &amp; grow all herbs for teas (lemongrass/chamomile/applemint etc) <u>Chocolate</u> - buy organic choc chunks from Forest Glen store Change <u>rice</u> brand to FT (Demeter mill now)</p>	<p>ü ü ü ü ü</p>



# renew

Keep building the capacity and vitality of your soil and food sources.

🕒	the issues	the plan	where I'm at	
Jun	<p>Even chemical-free food gardening, will <b>deplete soils of nutrients and life-force (and by default, the food that comes from them)</b> unless we continually build and energise them. Food production, done properly, should build soil health – not deplete it.</p>	<p><b>Grow your soil!</b> Join your local Permaculture Group, go on garden tours and do workshops on soil-building to learn what to do, and plant green manure crops and other plants that will reduce your need to buy mulches (and other 'inputs') etc.</p> <p>Find: Sunshine Coast groups in the groups tab at <a href="http://www.permaculturesunshinecoast.ning.com">www.permaculturesunshinecoast.ning.com</a></p> <p>Brisbane groups via <a href="http://www.northeastcityfarm.org.au">www.northeastcityfarm.org.au</a> and <a href="http://www.bogi.org.au">www.bogi.org.au</a></p>	<p><u>Courses/workshops</u></p> <p>Do <u>soil tests</u> to find out what I'm starting with – pH and also mineral deficiencies (2003)</p> <p>Add Nutritech Gold to <u>balance minerals</u> etc and create garden plan that allows <u>rotation</u> of crops</p> <p>Find local sources of chem.-free <u>manures/mush</u> compost etc – continually add to garden (2003)</p> <p>Grow arrowroot, comfrey, lemongrass and nitrogen fixers as <u>mulch crops</u> (2005-6)</p> <p>Build <u>compost bays/bins</u>, worm farms etc to reuse all green waste from house and garden.</p> <p>2009 - 2 week <u>Permaculture Design Certificate</u></p> <p>2010 – build <u>rotational bed system</u> (2hnd tanks) that rests and revitalizes soil between crops</p>	<p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p>
Jul	<p><b>Wasted resources:</b> valuable resources are often sent 'away' while the same stuff is being bought to add to the garden – that makes no sense!</p>	<p><b>Close the loop:</b> See every byproduct of your house and garden as a potential resource for another part.</p> <p><b>Challenge:</b> Imagine life without council bins – could you manage without them (ie: find a good use for everything you'd normally throw away) ?</p>	<p>Most <u>food scraps</u> from kitchen and other organic matter to compost (also chooks in 2010)</p> <p><u>Green waste</u> from garden, mulched with manures, liquid kelp/molasses etc to make soil 2010:</p> <ul style="list-style-type: none"> <li>-chooks provide <u>manure</u> (no need to buy)</li> <li>-find alternative to avoid buying molasses, liquid kelp, and mineral powders as additives?</li> <li>-set up hot compost for weeds (reuse)</li> </ul> <p><u>Toilet rolls and egg cartons</u> used for seed trays</p> <p><u>Grey water</u> used on garden</p>	<p>ü</p> <p>ü</p> <p>ü</p> <p>ü</p>
Aug	<p><b>We need to preserve the genetic integrity of our foods</b> – globally, seeds are becoming hybridized, modified and less able to reproduce. If we grow something one year, we <i>need</i> to be able to replant the seeds from it and grow it again the next year!</p>	<p><b>Save seeds!</b> Buy good organic, heirloom seeds to start with (check local suppliers)</p> <p>Then start your own itemized Seed Bank at home, so you can harvest and replant your favourite foods year after year. Connect in with your local seed savers network.</p> <p>Find your local seedy people ☺ at <a href="http://www.seedsavers.net">www.seedsavers.net</a></p>	<p>Green Harvest seeds to start garden (2003 on)</p> <p>Allow some lettuces, herbs, asian greens etc go to seed and harvest (also harvest seed from any good tomatoes, melons etc and replant)</p> <p>Share 'good' seeds with friends</p> <p>2010 – GET SERIOUS ABOUT SEED SAVING! build cool area storage, make sure I have seeds of all foods that are on my list (future needs)</p>	<p>ü</p> <p>ü</p> <p>ü</p>



Refine  
 Review what you've managed so far, make changes and plan the next stage

🕒	my plan for 2010	notes
Jan	<ul style="list-style-type: none"> <li>finish kitchen reno / reconnect stove to cook up and freeze/store dry goods (below)</li> </ul>	
Feb	<ul style="list-style-type: none"> <li>start finishing up dried organic supplies – bulk orders from March onwards (from Apr)</li> <li>find 2hd tank to make raised mandala garden beds and watering system for back (design already done) (from Dec) Fill when materials avail - ready to plant in Winter</li> </ul>	need more large jars/containers?
	<ul style="list-style-type: none"> <li>plant Dombeya Burgessiae (toilet paper ☺) and luffhas in area where I have palms for wrapping paper (under tree at back) (from Jan/Feb)</li> </ul>	
Mar	<ul style="list-style-type: none"> <li>finish kitchen reno &amp; build trolley for cold store foods</li> </ul>	
	<ul style="list-style-type: none"> <li>find a locally-made alternative to Ecostore detergents that I like as much (from Dec)</li> </ul>	
	<ul style="list-style-type: none"> <li>repl Cleopatra - start buying milk from Cooran herdshare, and learn how to make cheese/butter/yoghurt etc (from Mar)</li> </ul>	WORKSHOP AT MY HOUSE?
Apr	<ul style="list-style-type: none"> <li>pv's being installed / build Nth verandah/shade on house, ready for summer</li> </ul>	
May	<ul style="list-style-type: none"> <li>build chook house and plant beds of chook food nearby (amaranth etc) – get the girls when the weather warms up – Sept? ☺ (from Jan/Feb)</li> <li>plant first crop in raised beds (winter foods)</li> </ul>	
June	<ul style="list-style-type: none"> <li>install rainwater tanks once other things in place (from Dec)</li> </ul>	
	<ul style="list-style-type: none"> <li>buy solar oven and experiment with winter foods (bread etc)</li> </ul>	WORKSHOP AT MY HOUSE?
	<ul style="list-style-type: none"> <li>look into solar drying equipment for tomatoes, fruit, herbs etc</li> <li>buy and plant remaining citrus trees on list so they can settle in over winter (check with neighbours first, so we don't double up)</li> </ul>	
July	<p>MY BIRTHDAY MONTH – HAVE A REST!</p>	
Aug	<ul style="list-style-type: none"> <li>get any necessary equipment and ask S for wine recipes (make storage room)</li> <li>do a course on fermenting foods</li> </ul>	
Sept	<ul style="list-style-type: none"> <li>once there's a glut of tomatoes, get Esposito recipe for bottled pasta sauce, create empty beer bottles (☺) and make 4 doz bottles for 2011 – make storage trolley under the house (from Jan/Feb)</li> <li>plant spring/summer veg – rotate beds &amp; prepare spots to plant tropical fruit trees over summer (to receive heavy rain)</li> </ul>	find who has capping equipment HAVE A BOTTLING PARTY
Oct	<ul style="list-style-type: none"> <li>get bee hive? (do a course on bee-keeping) (from Apr)</li> </ul>	
Other	<ul style="list-style-type: none"> <li><b>learn how to distil oils, make insect repellent from garden herbs and make soap</b></li> </ul>	
		Jo Turner, 2010 www.joturner.net