

closed circuit
waste management

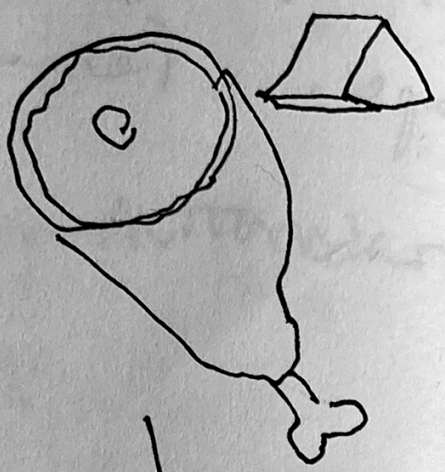
I have a
container

I no longer
need this
container

find new
life for it



HOUSEHOLD WASTE MANAGEMENT



MEAT + DAIRY

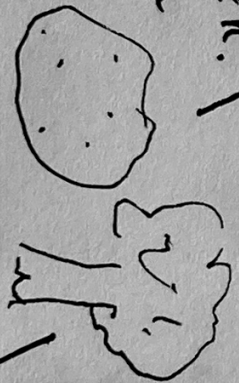
- PROPRIETARY PERISHABLE
- NOSE TO TAIL APPROACH
- PRESERVATION TECHNIQUES
- MINIMIZES WASTE
- BONES TO LUNA THE DOG

MOON CHEESE: SCRAPS
 KUKUN MOOND + HANUSI
 GOOD SPICES FOR
 CHEESE MAKING

FOOD

ASH
 • SOAK IN WATER.
 L WASH FOR

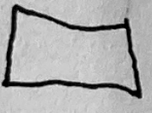
ASH
 L WASH FOR
 GRAZES



VEGETABLE

BEST
 SCRAPS:

• KINCHI +
 OTHER
 FERMENTS



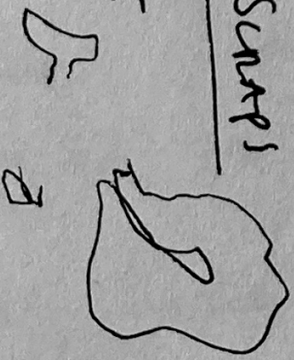
SHELL FISH
 SCRAPS

• CURRY FOR
 CEMENTICS



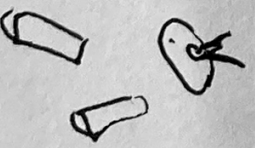
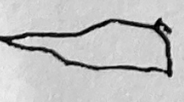
WAST SCRAPS

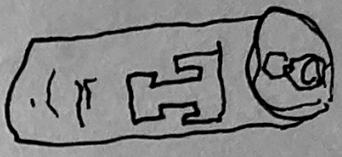
• COMPOST



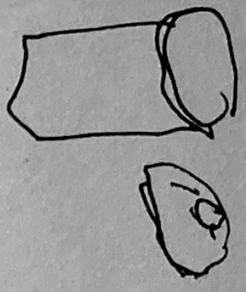
BETTER SCRAPS:

• BAK IN FRYING
 FOR STOCK





METALS

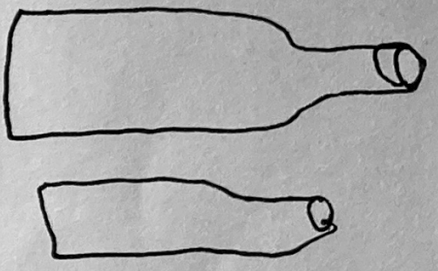


RECYCLE AS PLANT POTS

RECYCLE AS INVERN

PUSH METAL TO IRON

OXIDE FOR CERAMICS



GLASS:

KEEP CAPPED

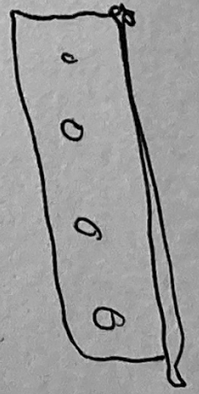
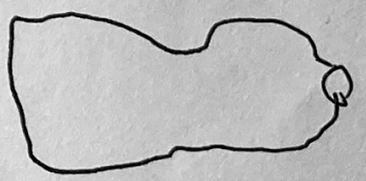
VARIETY FOR HOME

RECYCLING

RECYCLE NEXT AT

INVERN

HARD



RECYCLE AS INVERN

RECYCLE AS INVERN

RECYCLE AS INVERN

RECYCLE AS INVERN

PLASTICS

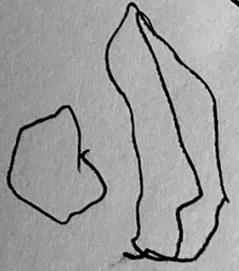
WRAPUPS

CLEAN: IRON

TOGETHER TO

MAKE POLYMER

FOR VEG PARTY

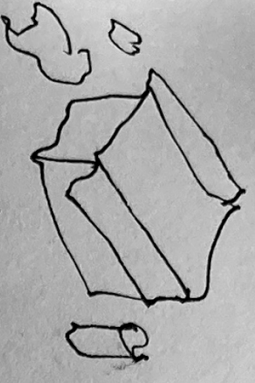


OPRAVE: WASHES BATHES

FOR STORAGE

MATERIALS

PAPER + CARDB



• LOO ROLLS FOR

SEEDLINGS / SOFT MOVIES

• BRAND • EGG BOXES TO KATE

I'm not here to say that self-sufficiency is an easy or even possible practice for most people, but the idea has interested me for some time. At the start of March I took a job at an incredible restaurant in the Scottish Highlands and moved into the staff accommodation ten minutes down the road at a local caravan site, on the shores of Loch Fyne. Three weeks into working saw the restaurant close and cut-off dates to the furlough scheme meant that we would be without. We were given the option to stay, with free rent and groceries generously provided by the landlord and the restaurant, or to go home to our families. I chose to stay.

And then suddenly I had the time to do all the projects that I never had the time to do, to pay attention to the weather and the landscape and the possibilities within that. I love fermentation, preservation, and any way you can make something last much longer than it would go mouldy in your fridge. I've started making (non-authentic) kimchi every fortnight; whatever veg is looking sad before the next veg box goes in the kimchi tub, along with wild garlic and leeks, leek tops and cauliflower stems, all of the unwanted scraps suddenly become something magical and I eat it with every meal. I've got a wee veg patch here, a place for learning and experimentation.



layer vinegar
25.

ED BY TENNENT
AT WELLPARK BREWERIES UK
GLASGOW G3 1 1JD
CONSUMER HELPLINE:
0845 399 3915
TENNENT'S LAGER CONTAINS
BARLEY & WHEAT
PLEASE DRINK RESPONSIBLY

NUTRITION TYPICAL VALUES

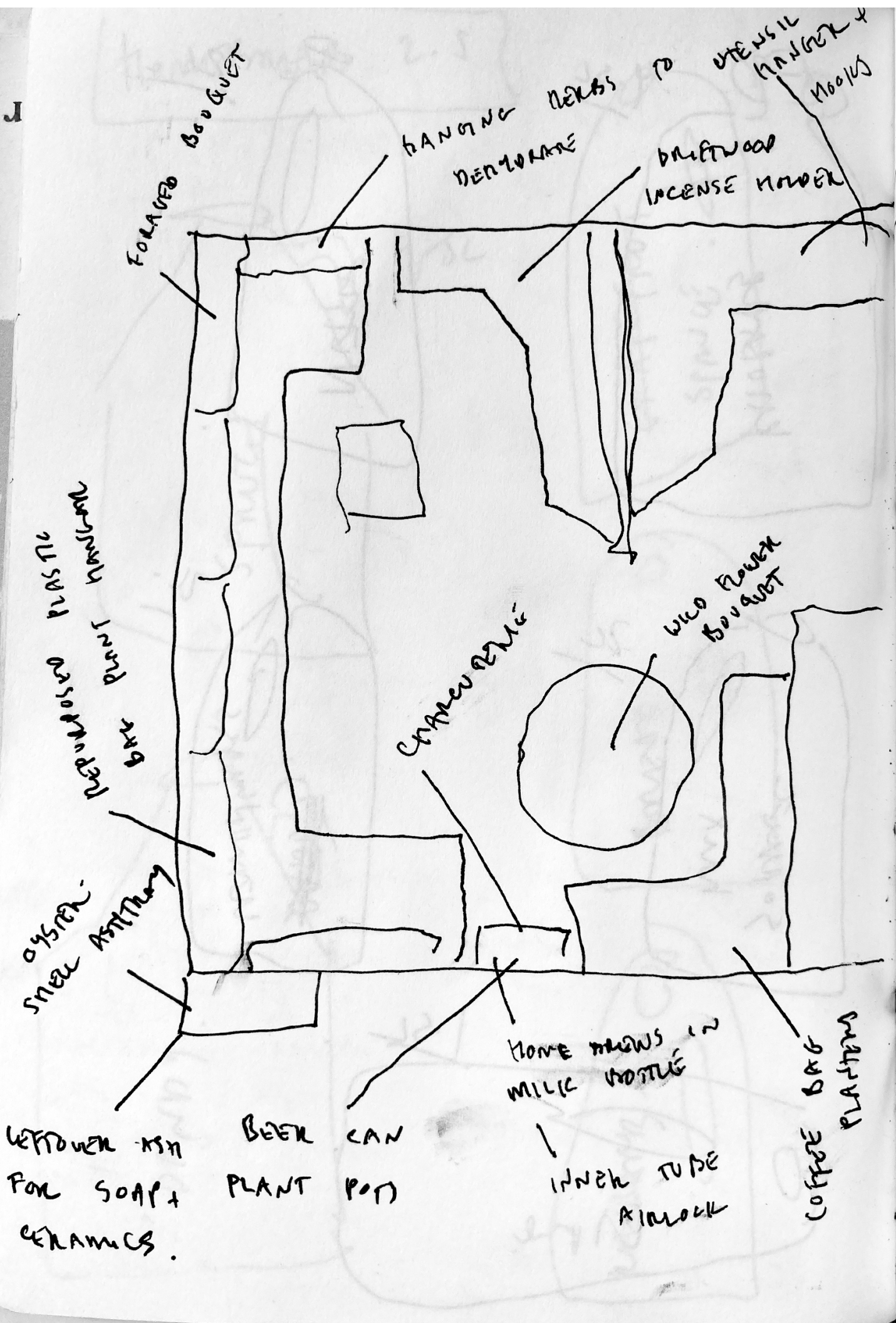
100ML CONTAINS:
ENERGY 329KJ/30KCAL
EACH CAN (500ML) CONTAINS:
ENERGY 643KJ/152KCAL
6% OF YOUR GUIDELINE
DAILY AMOUNT

BEST BEFORE: SEE CAN BASE

UK Chief Medical
Officers recommend
adults do not
regularly drink more
than 14 units per week.
DRINKWARE.CO.UK

391516930086

4



SELF SUFFICIENT URBAN
GARDEN

HOME MADE
SOAP

TOILET ROLL TUBES KEPT
FOR SEEDLINGS

FERMENTING
JUICE PAINTS

SHEEP FAT
MOISTURISER

FORAGED
CLAY

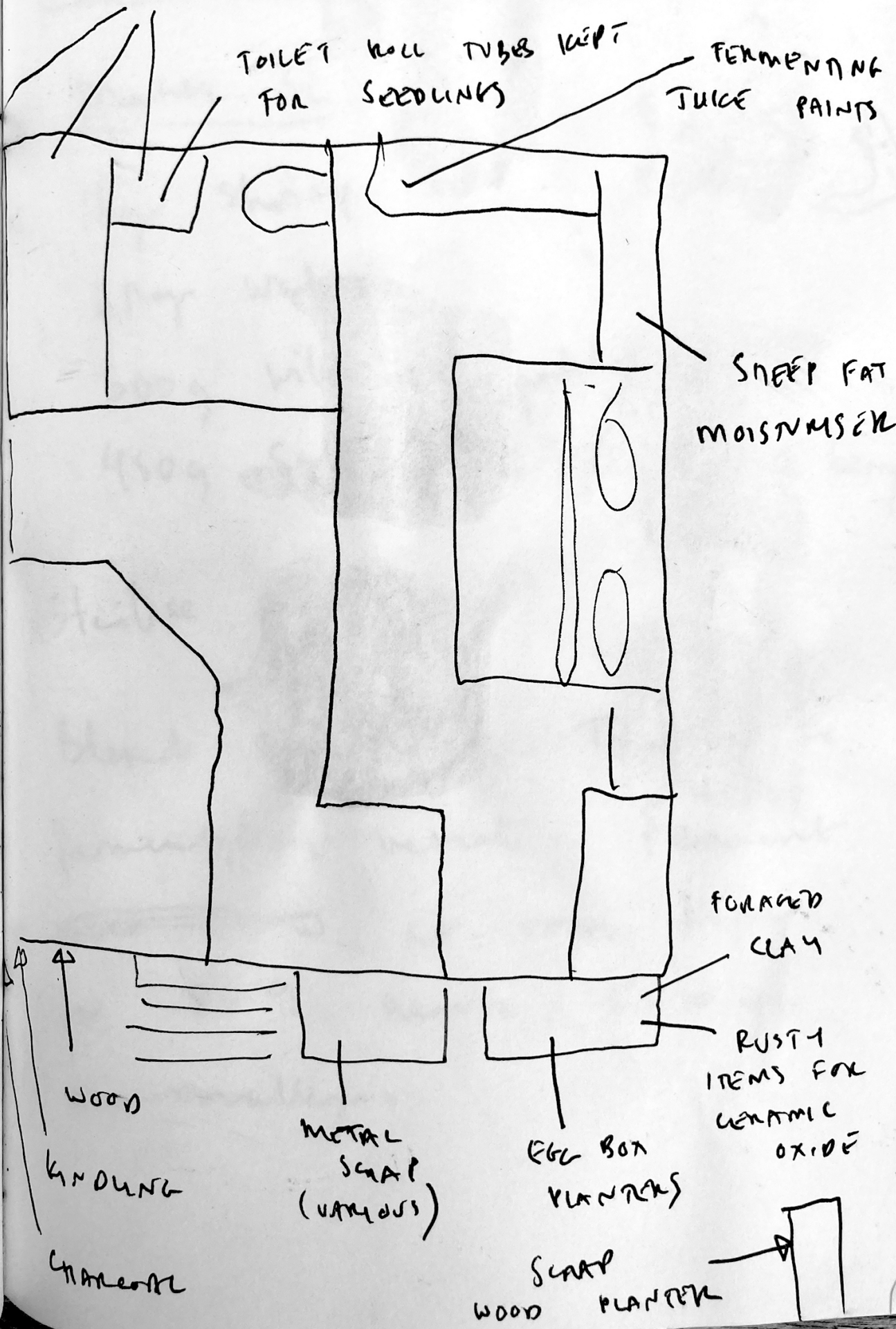
RUSTY
ITEMS FOR
CERAMIC
OXIDE

WOOD
KINDLING
CHARCOAL

METAL
SCRAP
(VARIOUS)

EGG BOX
PLANTERS

SCRAP
WOOD
PLANTER



All of this got me to thinking about my waste. There isn't a recycling system at the caravan site so I take my recycling over to the restaurant bins, but before so I think: can this be used as a food container? If not, can it be used as a plant pot (tenants beer cans work excellently). I know a lot of you are thinking, this is all well and good but what am I supposed to do with this in my flat or wherever; but you CAN. You can still do something, if you have the time of course. Even if it is thinking of ways to use your waste, growing herbs on your windowsill, so much of this can be done in an urban environment. I don't have a greenhouse, and so my caravan is full of my tomatoes and cucumbers hanging in sunny windows. You don't need loads of space or fancy equipment - if you want to do it, just do it! Just try! If it doesn't work, at least you will know. And then move onto something that does. Whatever your environment, something will grow.



Basic Kimchi Recipe:

Mixed veg - try and cut them to equal thickness and have a nice mix of cabbage family (brassicas) and onion family (alliums)

Make a 5% brine and pour over prepped veg. Leave for 12 hours (overnight is best unless you're an early bird)

Strain, and make a paste. This usually contains ginger, garlic and Korean red chilli paste, as well as a dash of fish sauce, but there are loads of variations on this, even in Korean cooking. I've made some with loads of chilli, with no pepper and extra ginger (like a light summer kimchi), with shrimp paste or anchovies; theres some Korean recipes with oysters so theres loads of scope for experimentation.

I usually backstop with my previous batch. The extra liquid helps ensure the fermentation is anaerobic. You can use a little of the veg brine if its your first batch.



Sofrik's Capuan

PANACHE STE

