

Recipes

Making things at home can cut down on packaging waste and save you money. The following recipes are included to help you get started.

Food

- Pizza dough
- Stovetop popcorn
- Yogurt
- Mustard
- Infused water and herbal teas

Personal care products

- Beeswax lotion
- Laundry detergent
- Shaving cream
- Hair care alternatives

Pizza dough



Turn pizza into more of a special occasion while eliminating plastic-coated frozen or cardboard pizza boxes. Making pizzas from scratch is also a fun way to get kids involved in the kitchen. They'll have fun squishing and kneading the soft dough, and they get to put on exactly the toppings that suit their tastes (potentially meaning less whining or wasted food!). You can even split the dough and let everyone in the family make their own personal pizza.

Ingredients

2 tsp dry yeast
1 c warm water
1 tsp honey or sugar
2 Tbsp olive or other oil
2 ½ c unbleached white flour (replace 1 cup of white with whole wheat flour for a heartier crust)
½ tsp garlic or onion powder
Optional: 1 tsp each or mixture of dried herbs such as basil, rosemary or oregano
Pizza toppings (sauce, cheese, etc.)

Directions

Activate yeast by stirring it with the warm water and honey in a small bowl. The water should be warmer than lukewarm but not too hot or you may kill the yeast. If you have a thermometer, aim for a temperature of 100-115 degrees Fahrenheit. Cover the bowl with a lid or towel and let it sit for 5-10 minutes. You should see it begin to froth or foam.

Meanwhile, mix flour with garlic or onion powder and any other spices in a large ceramic or glass bowl. Add oil and the yeast mixture, stirring until it begins to form a dough. Sprinkle some flour on the counter and put the dough down, kneading it until thoroughly mixed. If it is too sticky, keep sprinkling on more flour and knead until it doesn't stick to your hands. Oil the outside of the dough ball, place it back into the bowl, cover with a cloth and set it in a warm place for 15-30 minutes to rise. You can turn the oven to a low setting then turn it off and put the bowl inside or place the bowl near the oven vent on top of the range.

Preheat the oven to 425 degrees and oil a cookie sheet or pizza pan. Take the dough ball from the bowl and flatten it

onto your pan, using the palm of your hand to spread it out from the middle. You can poke the surface of the dough to prevent bubbling. Once the oven has heated, pre-cook only the pizza dough for 8 minutes, then take out and assemble your toppings. Be careful, the pan and dough will be hot! Place the almost-finished pizza back into the oven and bake for an additional 10-15 minutes or until the cheese melts and the crust starts to turn golden brown.

Enjoy!

You can also make more dough than you will use and freeze the unused portion in a plastic zip bag. Just follow the directions up until you oil the ball and place back in the bowl- instead, oil and place it in a zippered bag, squeeze the air out, and freeze it. To use your frozen dough, remove from freezer and let it thaw in the fridge. Take it out, spread on a pan, and cook as normal.

Cooked pizza also saves well in the freezer. Reheat in a toaster oven for crispier results- microwaving will heat faster but leave the dough soft.

Stovetop popcorn



Adapted from [simplyrecipes.com/recipes/perfect_popcorn/](https://www.simplyrecipes.com/recipes/perfect_popcorn/)

Makes approximately 6 cups popped

Ingredients

3 Tbsp coconut, peanut, or canola oil (you need a high smoke point oil - don't use olive oil)

1/3 cup of high quality popcorn kernels (purchase from a bulk bin!)

Seasonings (butter, salt, pepper, herbs, to taste)

Large saucepan or pot with a lid

Directions

Heat the oil in your saucepan or pot on medium to medium-high heat. Put a few popcorn kernels into the oil and cover the pan. When the kernels pop, add the rest in an even layer. Remove from heat and wait 30 seconds, then place back on the burner. Put on the lid and gently shake the pan once you start to hear a lot of popping (this keeps things from burning). When there are several seconds between pops, remove the popcorn from the heat and place into a large bowl. Add melted butter, salt, and any other seasonings, and toss.

Here are some tasty combinations to spice up your popcorn life:

- Cinnamon and sugar
- Parmesan, rosemary and garlic salt
- Lime juice and salt
- Sriracha and honey
- Curry powder, taco seasoning, or other spice mixes

If you happen to have a Whirley Pop popcorn maker or find one at a garage sale, follow the official directions online! You can also use an air popper to avoid using oil.

[wabashvalleyfarms.com/instructions.php?sel=whirleypop](https://www.wabashvalleyfarms.com/instructions.php?sel=whirleypop)



Yogurt

Ingredients

Half gallon of whole milk

¼ cup plain yogurt with live cultures

Supplies

Large saucepan or pot

Candy or food thermometer

Directions

Pour the milk into a large saucepan and slowly bring it up to 180 degrees. Be careful not to boil the milk. If you do not have a thermometer, heat the milk until it begins to steam and froth but not boil. Remove from heat and cool to 110-115 degrees, which still feels hot but not uncomfortable to the touch (be very careful if you test it this way). Add plain yogurt and mix together with a spoon, then let it sit in a warm place for 5-8 hours. To incubate the yogurt, you can use a thermos, place the pot inside your oven with the light on, place inside a cooler, or wrap it with a towel. You can also use a yogurt maker if you have one. When the yogurt has thickened, put it in an airtight container and refrigerate. If you notice the whey separating (a thin, yellowish liquid), just mix it back in. This is normal. Homemade yogurt can also be a bit runnier and tangier than the store-bought variety (store yogurt often has thickening agents and a lot of sweetener) - just add honey or maple syrup to taste, or mix in a bit of jam or fresh fruit.

Benefits of making yogurt at home

- You can recycle a milk jug with its cap instead of recycling multiple yogurt tubs and trashing the foil or plastic inner seal. This saves on some waste and is a preferred recyclable plastic
- It is cheaper than store-bought (compare the price of ½ gallon of milk to two quarts of yogurt)
- You can avoid additional colors and additives, plus control the amount of sugar in your yogurt

Mustard



Adapted from The Homemade Pantry: 101 Foods You Can Stop Buying & Start Making by Alana Chernila

Makes 1½ cups

Ingredients

½ c. brown or yellow mustard seeds, or both! (buy in bulk from your grocery store)

1/3 c red wine vinegar (other vinegars will do)

2 garlic cloves, minced (optional)

2 tsp salt (or to taste)

3 tablespoons honey (or to taste)

Supplies

Blender or food processor; a mortar and pestle will also work

Directions

Put the mustard seeds in a bowl and add enough water to cover all of the seeds by several inches. Let it sit on the counter and soak for at least half a day. Drain water from the bowl, then combine all ingredients plus ¼ cup water and blend until smooth. You can reserve some of the soaked mustard seeds to add in after blending for a chunkier mixture. If it is too thick, add a dash more vinegar or water. Put the mustard into a sealed container and refrigerate for up to 2 months. Your mustard will be very strong for the first few days.

This recipe is highly customizable. Vary it by trying different kinds of vinegars and sweeteners, replacing the water with beer, wine or champagne (for adults), and/or adding a tablespoon or two of finely chopped fresh herbs like dill, thyme, oregano, basil or rosemary.

If you have a mortar and pestle or small food processor, you can easily cut the recipe down and make just a taste of different variations to find your favorite blend.

Infused water and herbal teas



Infused water

Adapted from dish.allrecipes.com/fresh-ideas-for-making-infused-water/

Flavor water to make it more interesting! If you do it yourself you can cut out bottled drinks like soda, bags and packaging for tea, and prepackaged drink packets. All it takes is water from your tap and fruits or leaves that you can compost when finished. Remember to wash your fruits, veggies and herbs and choose organic if possible. If you use items grown from your yard, make sure they haven't been sprayed with pesticides.

Mix an assortment of fruits, vegetables and herbs together. Add to cool or cold water and let sit for up to two hours at room temperature and then refrigerate.

Try a common combination:

- Mint leaves, sliced lime and strawberries
- Blueberries and sliced oranges
- Raspberries and sliced lemon
- Sliced cucumber and mint leaves

Other ingredients

Rosemary, grapefruit, pineapple, pears, lavender, ginger root

Herbal infusions or “teas”

Skip the tea bag or bottled teas and try making your own infusion of fresh edible leaves, flowers and spices in water! You can drink the tea hot or chill it and add a dash of sugar for a refreshing summer drink. Place a few leaves or pieces of the following ingredients loosely into a mug and fill with almost boiling water. You can also use an infuser, mesh ball, or reusable tea bag to contain it. Steep for five minutes or longer and drink. Remember to wash your fruits, veggies and herbs and choose organic if possible. If you use items grown from your yard, make sure they haven't been sprayed with pesticides or fertilizers.

Try these singly or in combination:

- Common herbs: peppermint, basil, sage, lemon verbena, lemongrass, rosemary, oregano
- Spices: ginger, cinnamon, cloves
- Flowers: Chamomile, rose petals and rose hips, lavender, calendula, bee balm, hibiscus
- Common backyard plants: Raspberry and blackberry leaves, pineapple weed, catnip, dandelion

Beeswax lotion



Adapted from A Sonoma Garden asonomagarden.com/2011/09/19/how-to-make-an-easy-beeswax-lotion/

Ingredients

1 c. olive oil

½ c. coconut oil

½ c. beeswax pellets

½ t. Vitamin E oil (approx. 5 capsules' worth)
(optional, preservative)

20 drops essential oil of your choice (optional, for
fragrance)

Directions

Place olive oil, coconut oil and beeswax pellets in a pint sized mason jar. Create a double-boiler by placing the jar inside of a small saucepan and filling it up with water until it reaches an inch from the top of the jar. Make sure not to get any water into the jar. Heat over medium low and stir until melted. Remove from heat and let your mixture cool to room temperature, stirring every 15 minutes until it is cooled. Optional: stir in Vitamin E and essential oils at this point.

You can also check out another recipe for hand lotion and adapted from A Sonoma Garden at asonomagarden.com/2009/02/26/how-to-make-handmade-handlotion-w-label-download/

Laundry detergent



Supplies

½ c washing soda (not the same as detergent or baking soda. Look for this in the laundry aisle)

½ c borax or baking soda (borax can also be found with laundry section)

1 c liquid castile soap

Water

Gallon jug

Directions

Put the washing soda and borax or baking soda in a gallon-sized jug and fill almost to the top with warm water. Then add the liquid soap, put on the cap and mix gently. Note: if you add the soap at the beginning you will get a sudsy mess!

Use approximately ¼ cup per load of laundry.

You can recycle the boxes for washing soap, borax and baking soda, and buy bulk castile soap at co-ops. Bottles of liquid castile soap such as Dr. Bronner's are also available at stores like Walmart and Target.

Shaving cream

Adapted from mommypotamus.com/natural-homemade-shaving-cream/

Ingredients

1/3 cup coconut oil

1/3 cup shea butter

2 tablespoons olive oil

2 tablespoons liquid castile soap

Directions

In a small saucepan, melt shea butter and coconut oil over low heat, stirring until fully melted. Add olive oil and mix, then remove from heat. Pour the mixture into a medium-sized bowl and refrigerate until it hardens. Take out of the fridge and whip with a hand mixer or stand mixer, using a rubber scraper to scrape down the sides. Whip until the mixture is fluffy, then add the castile soap in until blended. Transfer the shaving cream to an airtight container and store in a cool place.

Hair care alternatives

Shampoo

Take 2 tablespoons of baking soda and add water to make a loose paste (wetter than toothpaste but not liquid). Massage into scalp like you would use shampoo. Rinse. Note that the baking soda paste will not form suds like regular shampoo.

Conditioner

Fill a spray bottle with one part apple cider vinegar and three parts water. Shake each time before use. Spray over hair after shampooing and let sit for a bit, then rinse out.

Coconut oil or olive oil can be used in place of gels and conditioners as well to smooth hair, reduce frizz, and add shine. Place a couple of drops in the palm of your hand, rub your hands together, and run fingers through your hair. If you're using solid coconut oil, use your fingers to scoop up a tiny amount and rub between your hands to melt it. Experiment to find the right amount; you can easily overdo it.

Dry shampoo

Some people use "dry shampoo" to keep their hair looking fresh between washes. Try using cornstarch or arrowroot powder in place of dry shampoos, which often come in non-recyclable or aerosol containers. Dab some starch onto your fingertips and apply to your scalp to absorb excess oils. For dark hair, mix in a bit of cocoa powder or apply straight to your hair. If you use too much, brush your hair or rub it out with a towel. You can store your dry shampoo in a sealable container that you keep in the bathroom.