



# Small Space, Big Harvest

Recipes & DIY

Unlock the power of self-sufficiency in your small home.

By Jordy Micha

# Table of Contents



## Food

Sourdough Starter.....	4
Sourdough Loaf.....	6
Flour Tortillas.....	8
Sourdough Discard Flat Bread.....	9
Pickled Onions.....	10
Dill Pickles.....	11
Greek Yogurt.....	12
Granola.....	13
Swiss Chard Chips.....	14
Mango Ice Cream.....	15
Peanut Butter.....	16

## Medicine Cabinet

18.....	Cough Syrup
19.....	Antihistamine with essential oils
20.....	Flu bomb
21.....	Fire Cider
22.....	Hot Toddy

## Cleaners & Care

24.....	Dishwasher Detergent
25.....	Laundry Detergent
26.....	Tub and Toilet Scrub
27.....	All-Purpose Cleaner
28.....	Mascara
29.....	Face Mask
30.....	Face Lotion
31.....	Face Oil



# Food Recipes



# Sourdough Starter

- 300g flour
- 300g (mL) water
- Kitchen scale

*This is a 7-10 day starter culture. You make this recipe once and you will not have to ever make this again. You will follow the maintenance step regularly when you use your starter.*

## Day 1

Start by combining 50g of flour and 50g(mL) water in a glass bowl. Stir together, and let it sit lightly covered with a towel overnight.

## Day 2

The next day, add another 50g flour and water, stir, and lightly cover with towel overnight.

## Day 3

On day 3, discard 100g of the combination and add another 50g flour and 50g(mL) water. You will start to notice a slightly vinegary smell.

## Day 4

Repeat steps from day 3.

## Day 5

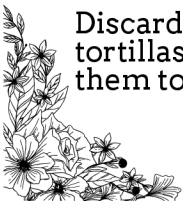
Discard 200g of the starter and “feed” your starter with 150g flour and 150g(mL) water.

You will continue your day 5 routine until day 7 or 8 depending on your ambient temperature. You will know your starter is ready to use when it doubles in height for over 4 hours and looks bubbly and active.

## Maintenance Step

When you’re not using your starter, keep it in a mason jar with the lid on in the fridge. When you’re ready to use the starter, take it out the night before, feed it with 200g of flour and 200g(mL) water and it will be ready in the morning.

Discard: you can use your discard to make flat bread or tortillas instead of tossing it out. Or give it to a friend for them to start their own sourdough!



# Sourdough Loaf

- 475g (3 ½ c) all-purpose flour
- 100g (½ c) active and bubbly starter
- 325g (1 ⅓ c) water
- 10g (2tsp) salt

Feed your starter 4 to 12 hours before starting the dough according to the “maintenance step” on the starter recipe. Make sure it is active and bubbly.

Combine in a big bowl warm water, the 100g of starter, salt, and flour with a wooden spoon. **(DO NOT USE ALL OF YOUR STARTER)**. Mix these all together and then cover with plastic wrap or a lid and let it rest for 30 minutes.

## Stretch and fold

After your 30 minutes is up we will start the stretch and fold portion. This will act as kneading. You will grab the dough and pull up stretching it out as you pull up. This may be difficult and you may need to bounce the dough to get it to stretch. Stretch it and fold it over the center. Turn the bowl a quarter turn and complete another stretch and fold. Repeat this 2 more times, to complete 1 round of stretching and folding. Let your dough rest for another 30 minutes covered with a towel over the bowl.

After 30 minutes, you will do another full round of stretch and folds. Cover and let it rest covered with a towel for 30 more minutes.

You will do 1 more round of stretch and fold (4 rounds total). Then you will next cover the bowl with plastic wrap and let the dough bulk ferment on the counter for 6 hours. Do not let it over ferment.

## Shape

Place the dough on a clean lightly dusted with flour work surface. Fold the dough onto itself and roll it up. Then you will shape it into a ball by gently spinning it towards you. You can let it set for another 10 minutes uncovered.

Turn over the dough and shape, by folding two sides over to meet in the middle, pinch, and then repeat for the other two sides.



Transfer the dough to a floured banneton or bowl with a floured tea towel. Cover with plastic wrap and let the dough rest at room temp for 2-3 hours, or overnight 12 to 15 hours. If the dough still feels loose and doesn't have some bounce, put it in the refrigerator for 1 more hour.

### Bake

Preheat the oven with your cast iron pot to 500 degrees. Remove dough from the fridge, place it in your pot, score (two to 3 cuts in the middle across the loaf), and dust with flour lightly. Bake for 20 minutes with the lid on, then remove the lid and bake for an additional 15 or until golden brown crust.

Let it cool completely before cutting into it. You don't want to release the steam on the inside of the loaf by cutting into it too early. The best way to store your bread is to keep it in a ziplock with the air sucked out of it and then stored in a bread bag in the refrigerator. Enjoy!



# Flour Tortillas

- 3 c flour
- 2 tsp baking powder
- 1½ tsp kosher salt
- 5 tbsp salted butter (softened)
- 1 cup hot water

Combine flour, baking powder, salt and butter. Pour the hot water over the mixture and stir until the dough is shaggy.

Knead for 1-2 minutes until it is a smooth ball. Wrap it loosely in a damp towel and let it rest for 10 minutes.

Cut the dough ball into 12 to 14 wedges, and roll each one into balls. The balls you will then press (or use a rolling pin) into 8in circles. You'll want these to be very thin so they have the consistency of a tortilla and are not thick and flat when you bake them.

Heat up a skillet to medium-high, add your oil, and then tortilla. Cook for 30 seconds on one side and then flip and cook for another 30 seconds. Remove the tortilla and place it between two plates so they keep them warm.



# Sourdough Discard Flat Bread

- 1 c sourdough discard
- 2 c flour
- 1 tsp kosher salt
- 1 tsp baking powder
- 1 tbsp olive oil

Mix all the ingredients together in a bowl.

Knead the dough on a floured surface for a few minutes (usually 5 is good). You basically want the dough no longer sticky.

Then fold it over itself a few times. Once you have kneaded and folded let it rest for 15-30 minutes. Divide the dough into however many pieces of flat bread you want and will fit onto your fry pan. Turn your skillet on med-high with oil and fry your bread for 30 to 90 seconds on each side.



# Pickled Red Onions

- Red onion
- 2 cups white vinegar
- 2 cups water
- $\frac{1}{3}$  cup cane sugar or white sugar
- 2 tbsp sea salt
- 10 ounce glass mason jar

Mix the vinegar, water, sugar, and salt in a pan and heat it over medium heat until the sugar and salt have dissolved.

Slice up your onion while your brine is heating and place your onion in the jar.

Let the mixture cool, then pour it over your onions in the jar, and put the lid on.

Let your onions sit out until they become room temp and then stick it in the fridge.

Your onions will be ready in about 6 to 8 hours. You will know they are ready when they turn bright pink and are tender.



# Dill Pickles

- Pickling cucumbers
- 1 cup apple cider vinegar
- 1 cup water
- 4 tsp kosher salt
- Peeled garlic cloves
- Dill weed
- Dill seed
- Red pepper flakes
- Large mason jar

Mix your vinegar, water, and salt in a pot and heat it on medium-high to a boil until the salt dissolves. While the brine is heating you can peel and smash your garlic and cut your cucumbers. Cutting the cucumbers is completely optional, however they will pickle quicker if they are cut.

Place your garlic and dill weed, dill seed and red pepper flakes in your jar with your cucumbers. Once your brine is boiling, pour it over your pickles in the jar within a 1/2 inch from the top.

Gently tap the jars to remove air bubbles and top off with more brine if needed. Place the lid on your jar and screw it on tight. Let the jar cool to room temperature and then place it in your refrigerator. The pickles will be ready in about 2 days.



# Greek Yogurt

- 5oz greek yogurt with live active cultures (this is important)
- Whole milk
- Crockpot or yogurt maker
- Strainer
- Mason jar

Take out your yogurt culture and let it get to room temperature.

Pour your milk into a pot and heat up your milk on the stove on medium-high heat until it reaches 185° F (or you can place your milk in the crock pot on high for 3 to 5 hours until it reaches 185).

Once it reaches 185 take it off the heat and let it cool to 110°. Then you will stir in your yogurt to your milk and mix until there are no clumps left.

Put this mixture In your crockpot or yogurt maker. You will run this for 8 hours. After 8 hours put your yogurt into a strainer over a big bowl for 2 hours.

After it has strained for 2 hours you can pour your strained yogurt into a jar for storage. Sometimes I will pour some of the whey back into the strained yogurt to get the desired texture.



# Granola

- 4 cups oats
- 1½ cups raw nuts or seeds (your choice)
- 1 tsp fine grain salt
- ½ tsp cinnamon
- ½ cup coconut oil
- ½ cup syrup or honey (I used honey)
- 1 tsp vanilla
- ⅔ cup dried fruit (I used raisins)
- Any add-ins of your choice

Preheat your oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.

In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared/oiled pan and use a large spoon to spread it in an even layer. I would add a sheet of parchment paper in your pan otherwise the baked honey will cause it to stick.

Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.

Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra clumpy granola.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.



# Swiss Chard Chips

- Fresh swiss chard
- Sea salt
- Dehydrator

Cut your chard in halves. Lightly oil, and salt. I like to add different seasonings to them for different flavors. After you have seasoned them, place them in your dehydrator set to the regular settings.

Store in a bag or jar in a dry cooler place.



# Mango Ice Cream

- Fresh mango (or pre packaged frozen)
- ¼ cup Heavy cream
- 1 tsp Salt
- 2 tbsp Honey
- 1 tsp Sugar
- 1 can Coconut milk
- Blender

*PRO TIP: This recipe can be made using pretty much any kind of fruit you want to use.*

Cut and peel your mango. After its been cut and peeled, stick it in the freezer for a few hours. If you're using pre packaged frozen mango, skip this step.

Take out your frozen fruit and add it to your blender with the cream, salt, honey, sugar, and coconut milk. Blend it all together until smooth. Pour into a freezer safe container. Freeze for 4 hours and enjoy.



# Peanut Butter

- 16 oz Unsalted roasted peanuts (shelled or unshelled)
- 1 tbsp Coconut oil
- Pinch of salt
- Food processor

*If you bought shelled peanuts, go ahead and shell them along with the skins.*

*After they have been shelled and skinned, pour them into your food processor. Add your oil and salt. Blend it all together. The peanuts will go from choppy to eventually smooth. It takes about 4 to 5 minutes of blending to get a smooth consistency.*

*Pour into an airtight jar and store in a cool dry location.*





# Medicine Cabinet



# Cough Syrup

- 1 cup honey
- Glass jar
- Protective blend Essential Oil
- Melaleuca Essential Oil
- Cinnamon Essential Oil
- Lavender Essential Oil
- Oregano Essential Oil
- Peppermint Essential Oil
- Black Pepper Essential Oil

This one requires high quality essential oils that are from a trusted source that can be ingested. ***You'll need to store this in a glass jar to prevent leaching from plastics.***

Pour your honey in the jar, and then add 10-12 drops of each essential oil to the honey and stir to mix.

Take 1 tablespoon at a time as needed. You can take up to 6 tablespoons per day.



# Antihistamine

- Lemon Essential Oil
- Peppermint Essential Oil
- Lavender Essential Oil
- Veggie Capsules

In a veggie capsule, add 5 drops of lavender oil, 4 drops of lemon oil and 3 drops of peppermint oil.

Take immediately with water as you would any pill.

Take 1 to 3 times a day.

*Note: You don't want to pre-make these, as the oil can dissolve through the veggie cap.*



# Flu Bomb

- Melaleuca Essential Oil
- Oregano Essential Oil
- Frankincense Essential Oil
- Lemon Essential Oil
- OnGuard Oil Blend (Protective Blend)
- Veggie Cap

In a veggie cap, you will combine 4 drops each of OnGuard, lemon and frankincense essential oil, then 2 drops each of melaleuca and oregano.

Take immediately with water as you would any pill.

Take 1 to 3 times a day. As symptoms are present.

*Note: You don't want to pre-make these, as the oil can dissolve through the veggie cap.*



# Fire Cider

- 1 medium organic onion, chopped
- 10 cloves of organic garlic, crushed or chopped
- 2 organic jalapeno peppers, chopped
- Zest and juice from 1 organic lemon
- 1/2 cup fresh grated organic ginger root
- 1/2 cup fresh grated organic horseradish root
- 1 Tbsp. organic turmeric powder
- 1/4 tsp. organic cayenne powder
- 2 Tbsp. of dried rosemary leaves
- Organic apple cider vinegar

Prepare your roots, fruits, and herbs and place them in a quart-sized glass jar. If you've never grated fresh horseradish, be prepared for a powerful sinus-opening experience!

Pour the apple cider vinegar in the jar until all of the ingredients are covered and the vinegar reaches the jar's top.

Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid if you have one. Shake well.

Store in a dark, cool place for a month and remember to shake daily.

After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquidy goodness as you can from the pulp while straining.



# Hot Toddy

- Hot water to fill your cup
- 2 tbsp honey (if you have raw unfiltered is even better)
- ½ of a lemon
- 1 tbsp whiskey or bourbon

***This recipe contains alcohol. The alcohol helps to kill any bacteria causing infection. You can still make this recipe without alcohol for non-drinkers and children and it will still be effective.***

Bring your desired amount of water to a boil.

While the water is boiling, slice your lemon in half and squeeze the juice into your drinking cup.

Add your honey and whiskey or bourbon to the cup with the lemon.

Once your water has boiled, let it cool slightly and then pour it into your cup.

Stir everything together and drink.

*Note: If you have a sore throat, this drink will have a better effect if you drink it as hot as you can handle it. The heat along with ingredients will help to kill the bacteria in your throat.*





# Cleaners & Care



# Dishwasher Detergent

- 5-10 tbsp baking soda
- 5-10 tbsp sea salt
- White vinegar to fill your liquid compartment
- Glass jar

Add the baking soda and sea salt together in a glass jar.

To use this, you'll use approximately 2 tbsp of the baking soda salt mixture in your detergent compartment.

Then you will fill your liquid compartment with the white vinegar and set your machine to wash.



# Laundry Detergent

- Baking soda
- Sea salt
- Liquid castile soap
- Essential oil of your choice for scent
- Glass jar

Measure out a 1 to 1 ratio of baking soda and sea salt to fill your glass jar and place it in a mixing bowl.

Next, you'll add the liquid castile soap. This is a 1 to 1 ratio to your soda and salt mixture. So if you used 5 tbsp of baking soda and 5 tbsp of salt you'll add 5 tbsp of your liquid soap.

Mix it up really well, you should have a clumpy mixture that's not too wet.

You'll next add a few drops of your desired essential oil. Give it another good mix and then add your mixture into the glass jar for storage.

To use, you'll use a couple of tablespoons at a time depending on how big your laundry load is, use it like traditional dry laundry detergent.

For an extra soiled load, add some white vinegar to the liquid compartment of your washing machine.



# Tub and Toilet Scrub

- Baking soda
- Liquid castile soap
- Water

Measure out your baking soda, water and, all pretty much a 1 to 1 ratio. You want it to have the consistency of a wet paste with good flow. You will use a little less soap than baking soda and water.

Mix them together in a jar for storage.



# All Purpose Cleaner

- ½ tsp Doterra OnGuard concentrate
- ¼ cup White Vinegar
- Water
- Spray bottle

Add concentrate and white vinegar to the spray bottle.

Fill up the remainder of your bottle with water.

Use on any surface. Works on countertops, floors, tables, mirrors, and glass.

*For use on marble and granite, spray on and wipe off immediately so you don't etch your counter. Works better on sealed marble and granite.*



# Mascara

- ½ tsp bentonite clay
- 2 activated Charcoal capsules
- ½ tsp aloe Vera
- ½ tsp vegetable glycerine
- Empty mascara bottle
- Craft stick or small cosmetic spatula

Open the charcoal capsules and dump them into a small bowl. If you like a more gray-toned or less black color mascara only use one of the two capsules.

Next, measure out the bentonite clay and add it to the charcoal.

Then, measure out the aloe and the glycerine and add to the clay and charcoal.

Mix It up well with a craft stick or small flat cosmetic spatula. You should end up with a thicker paste-like mixture.

Last, you'll empty your mixture into your mascara bottle for use.



# Face Mask

- 1 tsp Cinnamon
- 1 tsp Nutmeg
- 1 tsp Raw unfiltered honey
- ½ tsp Lemon juice

Mix all together in a cup or bowl until you get a paste consistency and all of the cinnamon and nutmeg are blended into the honey and lemon.

Spread it out on your face with either fingers or a craft stick.

Let it sit for about 10 minutes. You may feel a slight burning or tingling sensation.

Rinse off with cold water and pat dry.

Moisturize.



# Face Lotion

- 2 tbsp Aloe Vera
- 3 tbsp Vegetable glycerine
- 2-3 squirts Yarrow Pom Essential Oil
- 2 drops Juniper Berry Essential Oil
- Glass jar

Mix the aloe and glycerine together in the jar.

Then add your Yarrow Pom and juniper berry oils.

Mix well until you get a nice blue tone.



# Face Oil

- Almond oil
- Jojoba oil
- 5 drops Chamomile essential oil
- 2 to 4 drops Frankincense essential oil
- Glass jar

Mix the almond and jojoba oil in a glass jar.

Then add your chamomile and frankincense oils.

Turn the bottle upside down to mix the oil combination.

To use, pat the oil onto your face, then grab a washcloth soaked in water as hot as you can stand it, and steam your face for 2 minutes.



Want to learn more?

Click the link below to  
join the Small Space,  
Big Harvest  
Community!

[smallspacebigharvest.teachable.com](http://smallspacebigharvest.teachable.com)

