



# Fiercely D.I.Y. E-Course Sampler



By

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## WHAT IS FIERCELY D.I.Y.?



[Fiercely D.I.Y.](#) is an e-course designed to help you live a more home-centered and handmade life. The course is organized into 12 weekly projects that will help you build a courageous home.

In an effort to give you an idea of what to expect from Fiercely D.I.Y., so that you can rest assured that your hard-earned dollars will be well spent, I created this sampler.

This sampler is but a snippet of what to expect. Each week comes with a complete e-book with an introduction, tutorials, projects, resources, and more around a central theme. There will be videos when appropriate and a special students only portion of the website to interact with each other and me, as desired. This sampler is designed to give merely a taste of the projects included in each and every week.

## ABOUT THE INSTRUCTOR – KATHIE N. LAPCEVIC

I'm an experienced teacher and writer and more than that - I'm quite Fiercely D.I.Y. on a daily basis. I love getting my hands dirty, figuring out how to do things myself, and then sharing that experience and knowledge with others. I learn from a variety of resources and then armed with that knowledge aim to make it easier and make it fit into an active modern lifestyle. I don't believe it has to be all or nothing and in my courses, I do my best to encourage and inspire the novice and the experienced.



## WEEK 1: THE IMPORTANCE OF RECORD KEEPING & JOURNALS

- We'll kick off the Fiercely D.I.Y. E-Course with a week of covering of the importance of record keeping and journaling to the home focused on creating a lifestyle from their own hands. We'll talk about keeping it simple, making it artistic, and more but mostly we'll help you figure out which system or systems work best for you without pressure to do it any other way.

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### PROJECT SAMPLE: WALL HANGING CALENDAR JOURNAL

Perusing the shelves of a thrift store last year, I found a calendar. It wasn't just any calendar and wasn't specific to any year, but rather it was a piece of artwork. The title is Year after year by Annebet Stam. I've looked everywhere and haven't been able to find another copy - I'd love to mail a few as gifts. It appears to be a basic hanging wall calendar. Each month is two pages but rather than having a grid for the days - it's simply the days in a vertical list with sketchings all around. The vertical list is simply a recording of various events, for example: "May 15: Freshly cut asparagus for sale at the greengrocer's"

It was such a clever and beautiful idea. I keep the calendar hanging by my desk because I love the artwork. I'm not that talented of an artist, however; I do like the idea of a simple sentence to record each day and that was the lesson I took from my thrift store find. It is a great way to look back at each year and see how the seasons may be different. Maybe this year you planted peas on April 7<sup>th</sup> but next year the weather doesn't cooperate until April 15<sup>th</sup>.

Here's how you can make one yourself.

Materials:

- 12 Sheets of 8 ½ X 11" Card-Stock
- Pencils / Pens / Markers as desired

On the cardstock - designate one for each month of year.

Put the dates and a line next to it on the cardstock. Feel free to keep it straight or slanted or even in a circle - whatever appeals to your personal style.

Leave some room around the edges to glue bits of ephemera or mementos as they come each month (movie tickets, photos, fortunes, etc.). Sketch in the margins, glue photos, do whatever is meaningful is to you.

Hang the calendar somewhere you'll notice it and be sure to jot down some note about each day. At the end of month put it away for safe keeping. I slip mine into protective plastic sheets and store in a 3-ring binder.

*Note:* You could use larger or smaller pieces of cardstock as desired. The general idea is just to make some kind of note about each day, so that you can be present in each day and season as they are presented to you.

## WEEK 2: FORAGING BASICS

- We can't possibly cover every wild thing growing in every locale across the world. We will cover some basics of what can generally be found as well as when to harvest leaves versus roots and much more. We'll talk about food, medicine, and discuss resources to help everyone identify what's safe and local.

### PROJECT SAMPLE: CANDIED WILD FLOWERS

For this project stick to edible wild (or cultivated flowers) that haven't been sprayed with pesticides or other chemicals. Wild roses are very nice as are pansies and violets. For roses, separate the petals, for pansies and violet, remove stems but leave the flowers whole.

- 1 Egg White
- 1 teaspoon Water
- Superfine Sugar
- Flowers

Line a baking sheet with parchment paper.

Whisk together the egg white and water.

Using a paintbrush – cover the entire surface of the petals and flowers with the egg wash. Sprinkle with sugar and lay onto parchment paper without touching.

Allow to sit overnight. Store in airtight containers.

Use to decorate cakes, cookies, doughnuts, etc.

*Note:* If you're concerned about raw egg whites, you can use the pasteurized egg whites found in the grocery store.



## WEEK 3: DEHYDRATING FOOD

- The bounty of summer can be overwhelming and can't always be enjoyed entirely fresh before spoilage sets in. This week we'll go over dehydrating fruits, vegetables, and herbs to preserve them for later. We'll use the sun, the oven, and the dehydrator with projects and recipes. We'll also cover ideas on using up all that amazing dried goodness beyond just snacking.

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### PROJECT SAMPLE: PRUNE BUNS

- 2 – 2 ¼ Cups Wheat Flour, plus extra for kneading
- 1 Cup Warm Water (Approximately 110 degrees)
- 1 ½ teaspoons Yeast
- 1 Tablespoon Honey
- 1 teaspoon Salt
- 1/3 Cup Finely Chopped Prunes (dried plums)

Combine the yeast and water in a large bowl, let sit for 5 minutes or until foamy. Stir in the honey, chopped prunes, and salt. Add 2 cups of flour and mix until a soft dough forms, adding another ¼ cup of flour if necessary. Turn out onto a floured board and knead until dough is elastic.

Grease a large bowl and put dough inside. Cover with a towel and let rise 60-90 minutes or until doubled.

Grease a 9" round cake pan.

Punch down dough and knead slightly. Break off 6 evenly sized pieces of dough and roll between palms. Place one roll in the center of the cake pan and evenly space the other 5 around the edge. Cover with towel and let rise about 30 minutes or until doubled.

Preheat oven to 400 degrees.

Bake in the preheated oven for 20-25 minutes until golden brown and sounds hollow when tapped with knuckle. Let cool for at least 15 minutes before serving.

## WEEK 4: HERBAL TEAS

- The herbs sitting on our windowsills, filling our herb gardens, and spilling out of the stalls at the farmer's market make for tasty and refreshing drinks. We'll talk about tasty combinations for fresh warm and iced tea as well as drying them for winter use. Don't let the title fool you either, we'll be using more than just traditional mint and lemon balm, to cover things like tree bark, fruit tree leaves, and much more.

### PROJECT SAMPLE: TREE TEAS

These trees don't grow in every location but the dried forms can usually be purchased at health food stores and online.

Tree	Part Used	Flavor	Medicinal Uses
Apple	Leaves	Slightly apple-like	Treat sour stomach
Bay	Leaves	Pungent & bitter	Digestive aid
Birch	Leaves & Bark	Tastes like wintergreen	Treat skin conditions
Linden	Flowers	A bit like chamomile	Promotes sleep
Oak	Acorns	Slightly bitter	Controls blood sugar
Pine	Needles	Pine-like	High in vitamins A & C

## WEEK 5: MAKING JAMS & JELLIES

- Jams, jellies, fruit butters, and sauces are all amazing and simple ways to preserve the delights of summer for the winter and beyond. They also make great gifts. We'll cover the basics of canning and freezing and get plenty of recipes for inspiration too.

### PROJECT SAMPLE: QUICK APPLE MINT JELLY

- 2 ½ Cups Apple Juice
- 1 Cup Fresh Mint, Chopped
- 4 Cups Sugar
- ¼ Cup Lemon Juice
- 3 Ounces Liquid Pectin



Bring apple juice to a boil, pour over mint. Remove from heat and cover pot. Let steep until completely cooled. Strain the infusion.

Combine 2 cups of the apple juice with sugar and lemon juice. Bring to a boil, stirring to dissolve sugar completely. Add the pectin and stir boiling for one minute. Fill jars leaving ¼" headspace. Process in a water bath for 15 minutes.

*Note:* Substitute white wine for the apple juice if desired.

## WEEK 6: SUMMER SALADS

- Without a doubt, summer is the season many of us eat salads, even those of who don't consider ourselves health nuts. Salads are cooling and filling on days that are often hot and in which we keep our bodies very active. They are, however; so much more than just lettuce. We'll tackle a variety of different recipes and types this week with something for everyone – vegan to carnivore, child to adult, and everyone in between.

### PROJECT SAMPLE: CARROT SALAD WITH MINTED YOGURT

- 1 Cup Grated Carrot
- ½ Cup Walnuts, finely chopped
- 2 Tablespoons Raisins
- 1 Tablespoon Fresh Mint Leaves, finely diced
- 1 Tablespoon Lemon Juice
- ½ Cup Plain Greek Yogurt
- Salt & Pepper to taste

In a small bowl, whisk together mint, lemon juice and Greek yogurt until smooth.

In a bowl, toss together the carrots, walnuts, and raisins. Stir in the yogurt mint dressing and stir until thoroughly combined. Season with salt and pepper. Cover and refrigerate for an hour. Best served chilled.





## WEEK 7: HERBAL MEDICINE

- We won't be curing cancer this week, nor will we be treating or diagnosing any illnesses. We will talk about traditional herbs used for centuries to help ease stomach distress, build immune systems, calm worried minds, and more. We'll get the basics of making tinctures, salves, decoctions, and more to fill our home medicine chests with the natural wonders of nature.

### PROJECT SAMPLE: MAKE A HEALING SALVE

- 1/2 Cup Mixed Fresh Herbs: Calendula, Plantain, Comfrey, Lavender, Chamomile, Dandelion, Lemon Balm (any mixture of what you have on hand) or 1/4 Cup Dried
- 1 Cup Oil or Mix of oils (Almond, Olive, Grapeseed...)
- 2 Tablespoons Beeswax

Simmer the herbs in the oil in a double boiler for 30 minutes. Strain the herbs.

Pour the oil back into the double boiler and add beeswax and heat until melted, stirring well. Pour into clean containers and allow to harden before sealing.

Use on burns, sunburn, cuts, scrapes, blisters, etc. My aunt used it when she had shingles and she said it was the only thing that relieved the itch. We have great success using it on cuts and blisters on our homestead.



## WEEK 8: CARE PACKAGES OR SHARING SUMMER

- The thing about folks who D.I.Y. is that they tend to be generous and always want to share and show their projects and passions. This week, we'll talk about how to send and share locally care packages that allow our creative and generous spirits fly. Projects for kids and adults alike with a focus on sharing the summer season in particular.

### PROJECT SAMPLE: CANNING LID GIFT TAGS



When you're giving that jar of homemade jam, bag of candied wildflowers, box of herbal tea, etc. It's more than a little nice to present it with a pretty label or gift tag. This is a great and simple project for kids to help with and on warm days perfect to do outside so that the glitter mess doesn't get into the house.

#### Supplies:

- Canning Lids
- White Glue
- Glitter in Various Colors
- Awl or Double Stick Tape
- Ribbon, Yarn, Twine,
- Permanent Markers in Various Colors

#### Process:



Punch a hole or two with the awl in the canning lid through which to string ribbon later. Alternatively, you can skip this step and simply adhere the lid label to the product with double stick tape.

Run a bead of glue around the rim of the canning lid, where the sealing compound sits. Sprinkle glitter over the glue.

Allow to sit a few hours until completely dry.

Write a message or package contents in the center of the lid with the permanent marker.

Run a ribbon through the holes and tie onto your packages for a beautifully presented gift.



## WEEK 9: SUMMER SOUPS

- Soups are often thought of as a fall and winter food and while their inherent warming factors make them a natural for those seasons, they do have a place in the summer season. Summer soups are lighter, made with fresh ingredients, and sometimes even cold.

### PROJECT SAMPLE: SUMMER HARVEST 'STEW'

- 1 Tablespoon Olive Oil
- 1 Cup Onions, chopped
- 3 Cloves Garlic, minced
- 7 Cups Tomatoes, chopped
- 1 Cup Zucchini, chopped
- 1 Cup Carrots, chopped
- 1 Cup Water
- 3 Tablespoons Fresh Parsley, minced (1 Tablespoon Dried)
- Salt & Pepper to Taste

Heat the oil in a soup pot, add the onions and garlic. Season with a bit of salt and pepper and sauté until translucent.

Add the chopped tomatoes and cook until the tomatoes soften a bit and release their juices into the pot.

Stir the zucchini, carrots, and water. Cover and simmer over medium heat until the vegetables are tender, about 20 minutes. Add the chopped parsley and season to taste.

Serve warm with a dollop of sour cream, if desired.



## WEEK 10: CORDIAL MAKING

- Cordials are generally an alcoholic beverage. We'll talk about infusing vodka, rum, brandy, and more with the fresh flavors of summer to create some amazing adult drinks that again make great gifts. To keep this week family friendly and useful to folks who don't drink, we'll also talk about making flavored simple syrups for homemade Italian Soda making more.

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### PROJECT SAMPLE: BERRY CORDIAL

- 1 Pound Fresh Strawberries, hulled and diced
- 4 Cups Vodka

In a very clean quart mason jar, place the strawberries and cover them with the vodka. Put a tight fitting lid on the jar and place it in a cool, dark place for one week. Strain the berries from the vodka. Place the vodka into a jar and seal with a tight fitting lid.

Place the strained strawberries into another jar and stir in 2 cups of white sugar. Stir vigorously.

Seal the jar with a tight fitting lid. Put both the vodka and strawberry sugar jars in a cool dark place for one month. Stir the sugar and strawberries, occasionally – the sugar will eventually dissolve.

At the end of the month, strain the berries from the sugar juice mixture. Combine the sugar juice with the vodka and shake well. Seal this mixture and keep in a cool dark place until it is time to gift it. The longer it sits, the better it gets.

*Note:* You can use the strained berries on top of some pound cake or ice cream if you're so inclined. Remember that the berries did sit in vodka, however; so they are not appropriate for children or anyone else who's avoiding booze.

You could substitute mashed blueberries for the strawberries for Blueberry Cordial.

## WEEK 11: SUMMER SWEETS

- Something sweet is always nice. Summer is not generally the time of baking, however; most of us don't want to turn the oven on and make the house even hotter than the summer sun is already making it. We'll have no-bake treats, frozen goodies, and more all with natural, whole food ingredients.

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### PROJECT SAMPLE: FROZEN MACAROONS

- ½ Cup Unsweetened, Shredded Coconut
- ¼ Cup Almond Meal
- 2 Tablespoons Maple Syrup
- 2 Tablespoons Coconut Butter, Liquefied

Combine everything in a small bowl. Using a small cookie scoop, place mounds onto a wax paper lined cookie sheet. Freeze until solid, about 30 minutes.

Serve with sliced berries for a delicious and quick treat.



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“Every meal should end with something sweet. Maybe it’s jelly on toast at breakfast, or a small piece of chocolate at dinner – but it always helps my brain bring a close to the meal.”

~Robert Irvine

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## WEEK 12: HOMEMADE BODY PRODUCTS

- The heat and sun of summer can be tough on our skin and bodies. This week we'll make products from natural ingredients (many we've foraged and dehydrated from the previous weeks) to nourish, protect, and heal our bodies.

### PROJECT SAMPLE: DEODORANT CREAM

When I teach this class in person, we always make the deodorant cream and it is always the project people talk about most long after class is over. I always expect lip balm to be the project people are most excited about but in the end it's the humble arm pit and care of it naturally that people seem most excited to learn.

I've used this particular cream for years and can attest that it works extremely well. It is not an antiperspirant - you will sweat even when wearing this cream but it does keep the odor away.

- ¼ Cup Coconut Oil, liquefied
- ¼ Cup Baking Soda
- ¼ Cup Arrowroot Starch
- 10 Drops Essential Oil of choice - more or less as desired (lavender, patchouli, rose, etc.)

Mix everything together until well combined. Store in a wide mouth glass jar and apply under arms as desired.

*Note:* Because of the coconut oil, this product will likely be harder in the winter months when temperatures are colder and more liquidy during the warmer months. When it is harder, simply place some on your finger and hold it against your armpit for just a few seconds, your body temperature will melt the coconut oil making it easy to spread.

## HOW TO TAKE PART IN THE FIERCELY D.I.Y. E-COURSE:

Simply visit the [course page](#) and register there. The course begins on June 22<sup>nd</sup> and runs through September 13, 2015.

If you have any questions, please feel free to email me at [kathie@homespunseasonalliving.com](mailto:kathie@homespunseasonalliving.com) and I'll be happy to answer them.



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