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SPFRZINE

A message from Brazilian Activists

Women's Hygiene - and patriarchy

How to preserve vegetables

Recipe: Seed Bombs

DIY
WORKSHOP



diy.wamsterdam.blogspot.nl
diy.wnljmegeen.blogspot.nl

We would like to thank Darja

for teaching us
the vegetable preservation technique.
at her home in Gabrk, Slovenia (population +/- 30).

Slovenia has a strong DIY culture,
where people grow their own food,
harvest and share with each other.
The willingness to do as much as
they can themselves, and their
generosity is an inspiration.
So we would like to share that
with you.

Hvala!

A manifesto of social movements on the illegalities of the Brazilian government.

A FALSE DEMOCRACY

IS REVEALED

On the Eve of the final of the FIFA World-Cup, a linkage between federal and state governments resulted in the arrest of 18 people, including lawyers, teachers, students and minors. On July 12, 26 people received an arrest order, however, according to the commission of human rights, no item that was seized typifies the crime of forming an armed gang. Moreover, this court has no jurisdiction to enact apprehension of minors. These practices did not start today... The repression of the Military Police Force has violated teachers, firefighters, garbage collectors, and any citizen that challenges the established order.

We call the working, youth, and oppressed people to demonstrate their outrage at the events reported above and reaffirm their right to free expression.

DICTATORSHIP NEVER AGAIN

With the manifestations of June 2013- glimpsed, finally, the desire of society for free expression, but since then it has been harshly suppressed by the different government agencies. It is important to make clear the responsibility of President Dilma-PT, and many other politicians, for the repression and criminalisation of social movements, that is neither restricted to the state of Rio de Janeiro or these political parties. It is noteworthy that these criminal government actions have the massive support of the corporate media (particularly Globo).

In this sense, we live in the suspension of political rights such as strike, demonstration, and organization. In a year of protests, the police only escalates the violence in each street demo. And we believe it is getting worse.

FREEDOM TO POLITICAL PRISONERS

BRAZILIAN

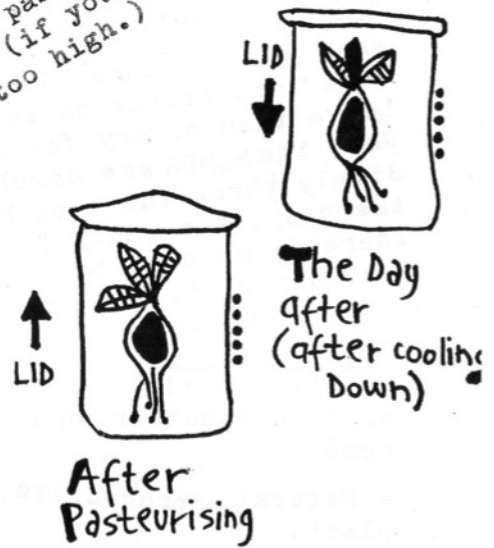
PRISONERS



Take a big pot and put a clean cloth on the bottom. Fill it with water and boil the water slowly with cloth on the bottom, and jars on top of the cloth.

The jars should be in water, but make sure the top/lids are not. And then observe... if you notice that the oxygen inside the jars lifted the lids a bit, it means that the jar is pasteurized and it also means that it can last up to 2 years (if you keep it in a dark place where the temperature is not too high.)

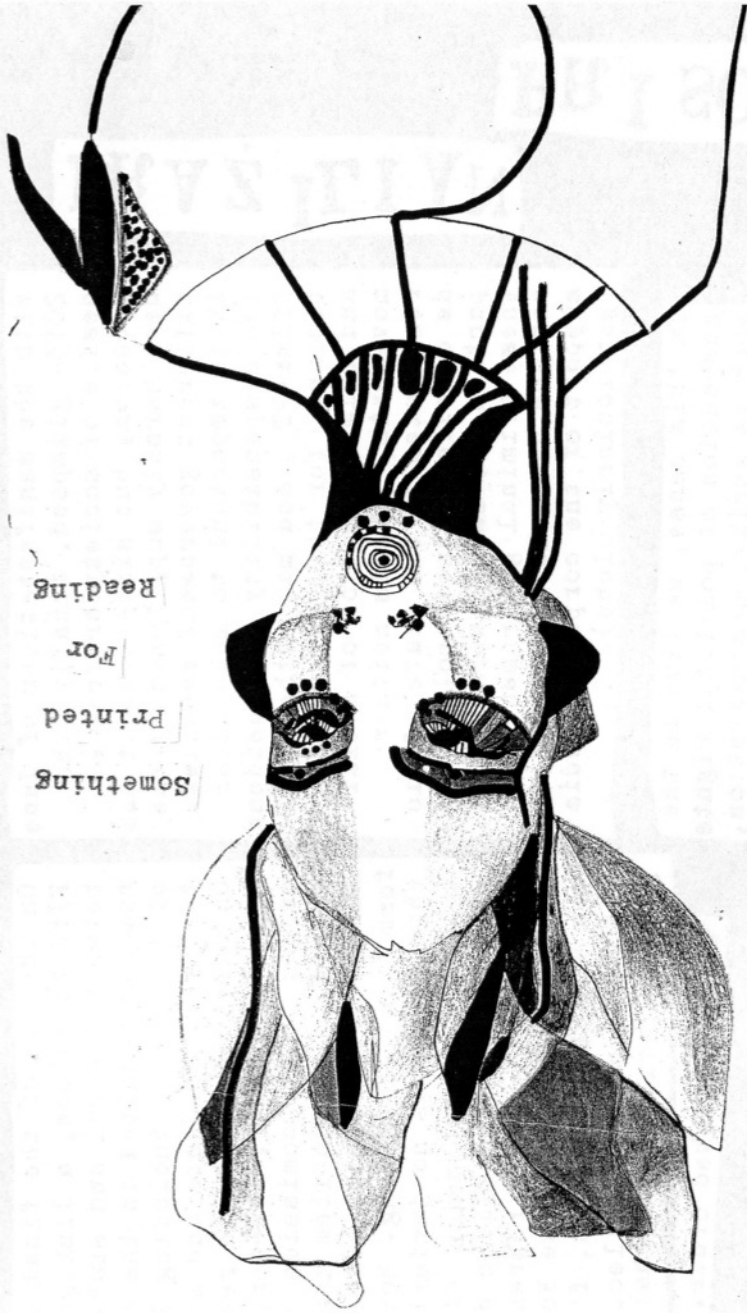
usually this process takes around 30 minutes. Another way of pasteurizing is to put all jars in the oven for 40 minutes at 100 degrees.



After you are done with pasteurizing, its time for the jars to cool down. The process of cooling has to be slow so it's best to cover jars with a cloth or wrap them in an old newspaper.

The next day when the jars have cooled, the lids should have lowered again.

Something
Printed
For
Reading



©

SEED BOMBS

- Ingredients:
- 5 parts clay
 - 3 parts compost soil
 - 1 part various seeds
 - 1-2 parts water



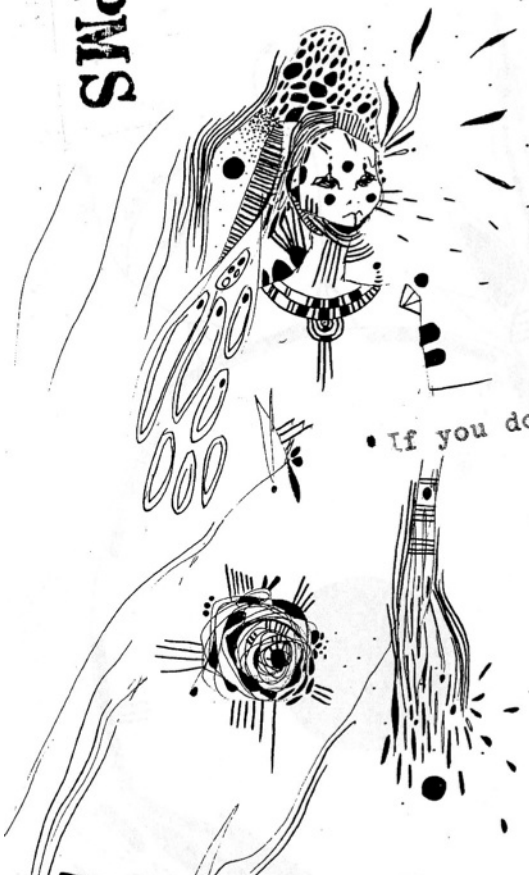
Carefully mix all the ingredients.
First the soil and seeds, then add clay and water.
Be careful with adding water; the mixture can quickly become too watery.
When you are done with the mixing, it's time to shape them into little balls.
Leave them to dry for a few days.
When the BOMBS are completely dry, you can use them! Simply throw the seed bombs around your neighborhood, the city, the empty fields, in your garden... Just throw it. When there is enough rain it will sprout.

Choosing seeds!
What to consider when choosing seeds for your seed bomb.

- Natural reproductive and germination calendar of the plant.
 - Temperature and soil requirements.
 - How much sun does the plant need?
- It is recommended to choose seeds that are native in the area where you intend to throw them.

You can also try to find out which are the dying species of plants, also which animals they attract and help-and choose your seeds based on that.

PMS

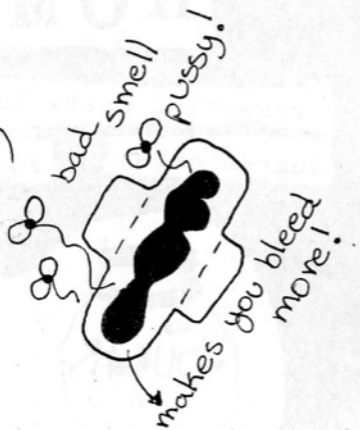


"When I started to use the cup, some friends had told me about it but I was a little afraid of using it. The fear developed to self knowledge and deconstruction, making my menstrual period better: undisturbed or stench. The cup made me closer to myself, by knowing my blood and loving it, what made me more intimous and comfortable with my own body, which since the childhood has been constructed by society as a battlefield for all of us, women." A.

• If you don't feel like using the cup, •

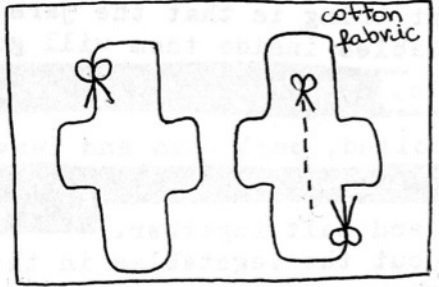
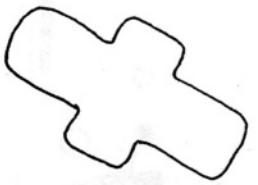
MAKE YOUR OWN fabric absorbent!

• Just wash to clean it! •



→ let this part open, to turn it around and then close it.

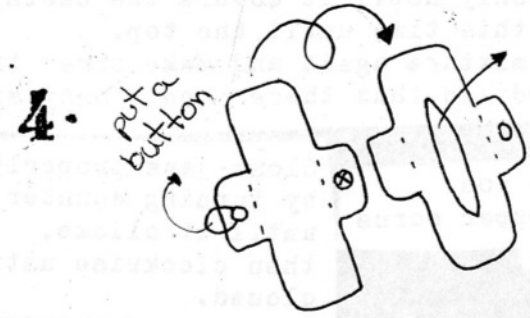
1. make a cardboard mold



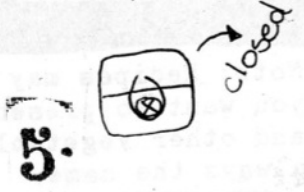
2. cut the fabric



The cup is small and made of silicon, so it's flexible. It works creating a vacuum inside your vagina. To take it out, you need to pressure with your fingers, so the vacuum will end, and then pull with your fingers. It only leaks if the cup is not well placed. During the menstrual period you need to wash it after 12 hours of use and when the



put a fabric inside to absorb the blood.



cycle finishes you need to clean the cup, boiling it for 5 minutes and store to the next month. When we talk about women's health we can't forget to question: the disposable absorbents and the relation of them to our discomfort with being female.



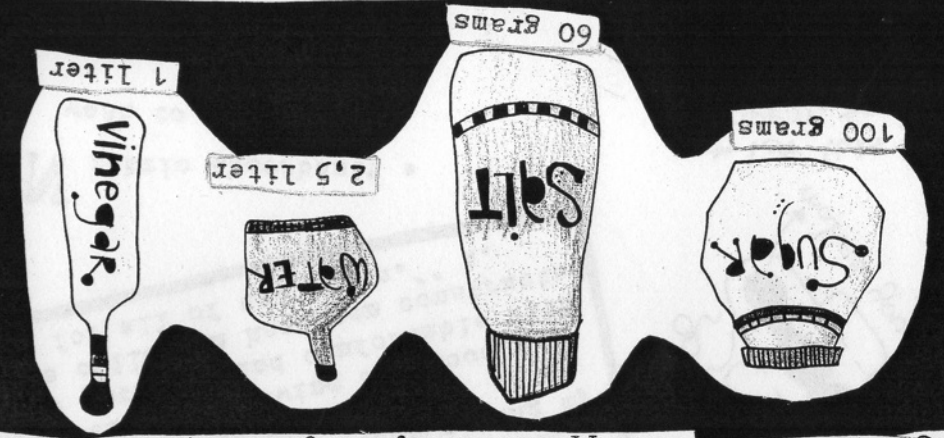
"the cup"

HOME CANNING

Preserving Beets in Vinegar

Ingredients:

For approximately 10 jars of half liter.



Prepare jars- The most important thing is that the jars are very clean; otherwise the vegetables inside them will go bad. Thick glass jars are preferable.

Boil Beets- once they are boiled, peel them and leave them aside.

Boil water, vinegar, sugar, and salt together. While the water is boiling, cut the vegetables in the desired shape.

Fill the jars half way with beets.

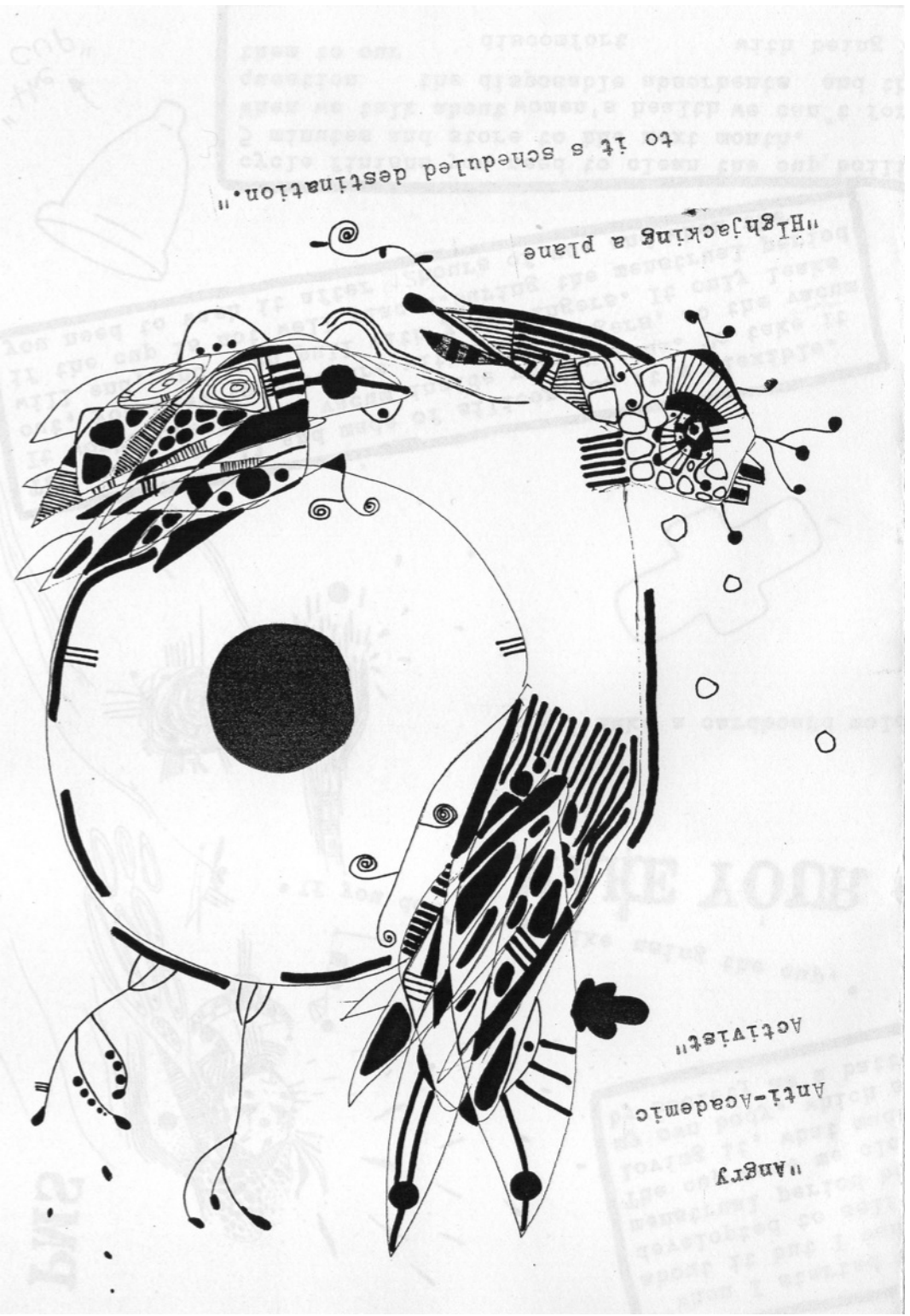
Add hot mixture only until it covers the beets. Add more beets, this time until the top.

Add the vinegar mixture again and make sure that all the beets are covered and that there aren't many air bubbles.

For better taste you can add a few pepper corns and cumin seeds.

Close jars properly, by turning counter clockwise until it clicks, then clockwise until tightly closed.

Note: Recipes may vary, it all depends on which vegetables you want to preserve. This one works very well with beets and other vegetables. The process of pasteurization is always the same.



"ANGRY

Anti-Academic

Activist"

"Hijacking a plane

to it s scheduled destination."