The Sustainable Minimalists Podcast

Key Points & Action Brief · Nov 13, 2026 at 3:00 PM

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1. **At a glance**: In episode 503 of the Sustainable Minimalists Podcast [S0005], host Stephanie Safian discusses modern consumer culture's shift toward disposability [S0020] and outlines intentional skills for sustainable living [S0051], focusing on seasoning cast iron [S0085], buying food locally [S0151], and shining shoes [S0327]. No formal decisions or team assignments were made, as this is a solo-hosted broadcast/audio show [S0005].
2. **Key points**:
    - **Culture of Disposability**: Americans have taken the reverence for disposability too far [S0020], driven by goods becoming cheaper and cheaper [S0045] (such as $2 T-shirts on Shein [S0046]).
    - **Podcast Sustainability & Membership**: Safian notes that ad revenue pays pennies [S0074], and approximately 200 more subscribers are needed to ensure financial stability through 2025 [S0078, S0081]. Subscribers pay $5 a month ($45-ish dollars a year) [S0081, S0082]. A book club meeting is scheduled for November 12 reading *The Ruthless Elimination of Hurry* [S0069].
    - **Cast Iron Care**: Cast iron avoids the "forever chemicals" (PFAS/Teflon) found in cheap aluminum cookware [S0094, S0098, S0144], which are linked to health effects like increased cholesterol and certain cancers [S0100, S0104]. To season a skillet, coat it entirely with vegetable oil or unflavored shortening, bake upside down at 350°F for one hour with a baking sheet underneath, and let it cool in the oven [S0118, S0124, S0125, S0126]. Rust can be removed with steel wool before re-seasoning [S0141], and soap should not be used [S0147].

- **Local Food Systems**: Buying locally reduces emissions, keeps money in the community, stimulates the local economy, and supports soil health [S0163, S0165, S0173, S0177]. Three main methods include Community Supported Agriculture (CSA) [S0190], farmers' markets [S0247], and picking directly at farms (e.g., apple picking) [S0282, S0287].
- **Listener Feedback on CSAs**: Listener Cory noted that a CSA makes meal planning difficult because you must plan around weekly box contents [S0217, S0223]. Safian counters that flexible meal planning (such as keeping mainstays like rice or pasta and letting the side vegetable depend on the CSA or market) still accommodates a CSA [S0227, S0231, S0232, S0239].
- **Shoe Shining**: Polishing leather shoes waterproofs them [S0346], extends their lifespan [S0356], and avoids wasteful replacement [S0340, S0359]. Scuffs can initially be treated with toothpaste [S0365], and salt stains can be removed with a tablespoon of vinegar in a cup of water [S0402].

3. **Confirmed decisions**:
   - There were no organizational or team decisions established, as this is a podcast broadcast [S0005].
4. **Still open**:
   - Whether the podcast will remain in existence in 2025 depends on acquiring about 200 more paid subscribers before reassessing at the end of the year [S0078, S0080, S0081].
   - Directly stated next discussion: Upcoming subscriber topics include how to iron a shirt, how to shop without credit, and creative uses for baking soda [S0415].

Metadata

Person · Stephanie Safian

- Job title: Host

Person · Cory

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S0001 00:00:00

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S0002 00:00:20

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S0003 00:00:31

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S0004 00:00:50

Apply in minutes at Ondeck.com. Depending on certain loan attributes, your business loan may be issued by OnDeck or Celtic Bank. OnDeck does not lend in North Dakota. All loans and amounts subject to lender approval.

S0005 00:01:01

Well, hello there and welcome. My name is Stephanie Safian and you're listening to episode 503 of the Sustainable Minimalists Podcast.

S0006 00:01:10

This is a listener-supported show about intentional.

S0007 00:01:12

And eco-friendly minimalist living.

S0008 00:01:15

On today's show, we're discussing.

S0009 00:01:18

Stuff you should know

S0010 00:01:20

now, I've been thinking an awful lot lately.

S0011 00:01:23

About our.

S0012 00:01:25

Cultural transition towards.

S0013 00:01:27

Single use disposable items.

S0014 00:01:30

Clothing is rapidly on that journey towards becoming a single-use disposable item.

S0015 00:01:37

Made out of the home.

S0016 00:01:38

Wrapped in that single

S0017 00:01:40

use packaging.

S0018 00:01:42

You name it, there's a cheaper and therefore disposable option on the market.

S0019 00:01:49

If you ask me.

S0020 00:01:51

We Americans, we have taken this reverence for disposability way too far and we took it too far decades ago.

S0021 00:02:00

But I do wonder.

S0022 00:02:01

How much further are we going to take it? Disposable bedsheets, perhaps?

S0023 00:02:06

Is some company going to make?

S0024 00:02:09

Sheets for our beds that we just throw out in the trash after sleeping on them for one week?

S0025 00:02:15

These sheets will be marketed to us by arguing that laundering our bedsheets is

S0026 00:02:20

simply too much work.

S0027 00:02:22

Or what about disposable pots, disposable pans?

S0028 00:02:26

Scrubbing pans with food on it.

S0029 00:02:29

That's a pain in the butt, isn't it?

S0030 00:02:31

And we, as a culture.

S0031 00:02:33

Revere.

S0032 00:02:35

So are we moving to a single use pots and pans existence?

S0033 00:02:40

You may be laughing right now, you may be rolling your eyes.

S0034 00:02:43

You may think this is all hyperbole.

S0035 00:02:45

But is it, I'm 100% serious.

S0036 00:02:49

Would our great-grandparents have ever fathomed?

S0037 00:02:53

Using a fork.

S0038 00:02:55

Just one time and then throwing it out.

S0039 00:02:58

No.

S0040 00:02:59

But guess

S0041 00:03:00

what?

S0042 00:03:00

Plastic forks are everywhere, paper, plates, tissues, instead of handkerchiefs.

S0043 00:03:06

Even the non plastic stuff these days is viewed as disposable.

S0044 00:03:11

And the primary reason.

S0045 00:03:14

Is that goods have gotten cheaper and cheaper and cheaper. Many Americans do not bother

S0046 00:03:20

anymore to think twice about throwing out a T-shirt if that T-shirt cost only $2 on Shein.

S0047 00:03:27

So today's show is chock-full of stuff we should know.

S0048 00:03:30

So that that age old wisdom of our great grandparents time doesn't get thrown out.

S0049 00:03:37

With the passing of time.

S0050 00:03:39

This episode

S0051 00:03:40

is a compilation of very small skills that we can learn verbally without visuals in about 30 minutes.

S0052 00:03:48

And I will say this episode is quite different from ones I've done in the past, so if you like this episode.

S0053 00:03:54

Let me know if you don't like it, don't worry.

S0054 00:03:58

We will be back to our regularly

S0055 00:04:00

scheduled programming next week.

S0056 00:04:03

Now, for my free listeners, my free listeners are the ones who are all about the free content.

S0057 00:04:08

You've got three things you should know today and to my subscribers, you're getting six, six things you should know. So double the content.

S0058 00:04:17

To my free listeners,

S0059 00:04:18

I so hope you will

S0060 00:04:20

listen.

S0061 00:04:21

And think, oh, man.

S0062 00:04:23

I like this show and I want more of it, I want more of it so badly that I'm willing to support Stephanie and I'm willing to support Stephanie's work.

S0063 00:04:32

You can support my work on Apple podcasts, you can just hit the free trial button.

S0064 00:04:36

You will get the full episode today that subscribers

S0065 00:04:40

rs are already getting just by.

S0066 00:04:41

Being subscribers.

S0067 00:04:43

If you don't listen on Apple podcast, there's a link in the show notes to subscribe via substack and that full episode as well as all future episodes, all past episodes will come to your.

S0068 00:04:57

inbox on release date. There are so many benefits

S0069 00:05:00

to subscribing, there is book club, which by the way, is happening on November 12, the book we're reading is the ruthless elimination of hurry.

S0070 00:05:08

If you're a subscriber.

S0071 00:05:10

Go reading November 12.

S0072 00:05:13

If you're a subscriber, you also get ad free listening forever, so you never have to listen to an ad again.

S0073 00:05:20

Maybe my free listeners, you've noticed that the ads are abundant on this show and guess what, the ads that are on my show are paying me.

S0074 00:05:29

pennies, not a lot.

S0075 00:05:30

So you have to listen to a lot of ads and the ads are not doing much to support the show financially.

S0076 00:05:36

Book ad free listening, extended episodes

S0077 00:05:40

such as this one and subscriber only episodes. So ones that only go out to subscribers not to free listeners.

S0078 00:05:47

I do need about 200 more subscribers to ensure

S0079 00:05:51

This show is financially stable.

S0080 00:05:54

We're going to keep going the way it's going until the end of this year, and then we'll reassess.

S0081 00:06:00

This show might not be in existence in 2025. So if you can support it with $5 a month,

S0082 00:06:06

$45-ish dollars a year,

S0083 00:06:09

You would be doing your part to ensure that sustainable minimalists continues on and thank you.

S0084 00:06:15

So let's get moving, Let's talk about action item you should know number

S0085 00:06:20

one, and that is how to season a cast iron skillet.

S0086 00:06:23

And we talked about cast iron recently on this show, it was episode number 468 with Kyle Sepp.

S0087 00:06:30

Don't buy that pretty ceramic.

S0088 00:06:33

Dutch oven.

S0089 00:06:34

You're seeing all the ads for on social media.

S0090 00:06:37

Don't do it.

S0091 00:06:38

Before there was

S0092 00:06:40

aluminum coated in Teflon, before there were those very pretty ceramic pots and pans,

S0093 00:06:47

There was cast iron.

S0094 00:06:49

And so let's talk about Teflon for a minute.

S0095 00:06:52

What is wrong with the nonstick coating that's all over our

S0096 00:06:56

cheaply made aluminum pots and pans?

S0097 00:06:59

Well, Tef-

S0098 00:07:00

lon is a PFAS, aka a forever chemical.

S0099 00:07:03

PFAS stands for her flooalkaall or polyfluoroalkal Subs.

S0100 00:07:10

And the health effects, the documented human health effects are long, including increased cholesterol levels, decreased birth weight in children.

S0101 00:07:20

Decreased vaccine response in children. Some research also

S0102 00:07:25

suggests a link

S0103 00:07:27

Between PFAS.

S0104 00:07:28

And some cancers, including bladder cancer, kidney cancer, ovarian cancer, and prostate cancer.

S0105 00:07:36

There's also the female infertility problem, a UC

S0106 00:07:40

LA study linked.

S0107 00:07:41

PFAS and Teflon to female infertility. Yes, so let's stay away from the PFAS and let's stay away from the aluminum pans covered in Teflon.

S0108 00:07:51

By embracing what our great-grandparents used, which was the cast iron pan.

S0109 00:07:57

Our great grandparents revered cast iron

S0110 00:08:00

in the kitchen because it lasts.

S0111 00:08:02

Forever.

S0112 00:08:03

Literally forever, if you take care of your cast iron.

S0113 00:08:07

Your great-great-grandchildren can use and cook on the same

S0114 00:08:12

But.

S0115 00:08:12

Or pan that you're cooking on now.

S0116 00:08:16

So how on earth do you care for your cast iron, Well, you got to season it

S0117 00:08:20

once in a while, you gotta give it some loving care. As with everything right here in America, we don't tend to give our items loving care anymore, but sustainable minimalists, we sure do.

S0118 00:08:32

So to season your cast iron skillet, you are going to coat it inside and out. So all sides with vegetable oil or un-

S0119 00:08:40

flavored shortening your choice, I like vegetable oil, I just think it's easier.

S0120 00:08:45

Use a rag or a paper towel to move the oil around.

S0121 00:08:49

Get into every nook and cranny.

S0122 00:08:51

It's gonna get slippery, so know that ahead of time, don't drop it on your foot, that's gonna hurt.

S0123 00:08:57

And you're going to bake your slippery cast iron.

S0124 00:09:00

You're going to put it upside down in the oven with a baking sheet underneath so you don't ruin your oven.

S0125 00:09:06

You're going to bake it for 350 degrees for one hour.

S0126 00:09:11

When your timer beeps, so when the timer goes off, just turn the oven off and let your cast iron cool in the oven.

S0127 00:09:19

Once it'

S0128 00:09:20

s cool.

S0129 00:09:21

Take it out, dry it off again with a paper towel or a rag.

S0130 00:09:25

And now it is ready to.

S0131 00:09:28

go.

S0132 00:09:29

That's it That's how you season your cast iron.

S0133 00:09:32

You do not need special soap. You do not need to buy anything other than, of course, the vegetable oil.

S0134 00:09:39

Now, you do want to be

S0135 00:09:40

preventing rust in your cast iron. I somebody in my life put, I have like a lovely little

S0136 00:09:47

Single serving egg.

S0137 00:09:49

cast iron pan, It's very little. It's great for like a sunny side up egg.

S0138 00:09:53

Somebody in my life put it in the dishwasher and it came out

S0139 00:09:57

Woefully rusted.

S0140 00:09:59

If you

S0141 00:10:00

rust your cast iron, you first need to remove the rust with some steel wool, and then you're gonna season as we just talked about.

S0142 00:10:07

You can season as often as you like, Seasoning does help.

S0143 00:10:12

Protect it from rust.

S0144 00:10:13

It creates that natural non stick surface, no PFAS necessary.

S0145 00:10:19

And just

S0146 00:10:20

a reminder.

S0147 00:10:21

You do not need to wash your cast iron skillet with soap.

S0148 00:10:25

Don't do it unless you like food that tastes like soap.

S0149 00:10:29

All right, so that's number one, how to season a cast.

S0150 00:10:32

Iron skillet.

S0151 00:10:35

Let's move along. Let's talk about how to buy food locally.

S0152 00:10:40

I'm concerned, friends, I am concerned about our industrialized food system. I wonder whether it is as robust as we think it is.

S0153 00:10:50

I wonder about the increasing prevalence and severity of storms and weather events.

S0154 00:10:57

Just make sense, in my opinion

S0155 00:11:00

to invest in our local food systems, assuming, of course you have a local food system assuming, of course you have farms near where you live.

S0156 00:11:10

Food deserts do exist.

S0157 00:11:12

They often exist in marginalized communities, communities of color.

S0158 00:11:17

And so if you live in a food desert, this.

S0159 00:11:20

item you should know does not apply to you.

S0160 00:11:22

It just doesn't, but for the rest of us.

S0161 00:11:25

It is really darn important that we so you and me, it's important that we support our farmers.

S0162 00:11:32

For so many reasons, here are just a few of them, right?

S0163 00:11:35

Locally grown food reduces emissions and air pollution. That tomato did

S0164 00:11:40

not sit on a truck for hundreds or thousands of miles getting to your supermarket.

S0165 00:11:45

Supporting your local farmer keeps your money in your own community.

S0166 00:11:50

So you're.

S0167 00:11:50

Giving your money to.

S0168 00:11:52

A neighbor.

S0169 00:11:53

Not Jeff Bezos or some other billionaire who frankly doesn't need your $20 dollars, you're giving it to somebody

S0170 00:12:00

local in your community, and then that $20 is going to stay in your community.

S0171 00:12:05

Fingers crossed.

S0172 00:12:07

Supporting your local farmer.

S0173 00:12:09

Creates jobs in your community, stimulates your local economy.

S0174 00:12:14

And.

S0175 00:12:15

Finally, you know, local farmers are farmers because they care about the land

S0176 00:12:20

, they are very likely supporting.

S0177 00:12:23

Soil health.

S0178 00:12:25

Conserving resources with their day in and day out practices.

S0179 00:12:30

It.

S0180 00:12:31

Behooves us all.

S0181 00:12:32

To support those efforts as opposed to those gigantic.

S0182 00:12:38

Mono crop farms that

S0183 00:12:40

are doing.

S0184 00:12:42

X, Y, and Z to.

S0185 00:12:44

Increased profits at the expense.

S0186 00:12:46

Of the environment.

S0187 00:12:48

How can you buy food locally, How can you make that?

S0188 00:12:52

Something that you do every week or most weeks, as opposed to just once in a while. I have three ways for you, the first.

S0189 00:12:59

I

S0190 00:13:00

Is to invest in community supported agriculture, CSA.

S0191 00:13:04

This is the best way because you're paying upfront, and I will talk about that in a minute.

S0192 00:13:09

Community supported agriculture allows you to buy shares.

S0193 00:13:14

In advance, in your local farms harvest.

S0194 00:13:18

In exchange, you will get

S0195 00:13:20

a weekly or in my case, every two weeks box of produce from the farm.

S0196 00:13:25

Usually during the growing season for me, that's May to about November.

S0197 00:13:31

Now this is the best option for the farm because the farm knows it can count on your money, it gets your money up front and then your money can go into

S0198 00:13:40

.

S0199 00:13:40

Investment.

S0200 00:13:41

For that year's crops.

S0201 00:13:44

While the CSA is the best option.

S0202 00:13:47

For the farm financially, it may not be the best option for you.

S0203 00:13:52

Consumer, the eater of the food, because with CSAs.

S0204 00:13:57

You get in your box what the farm has an abundance

S0205 00:14:00

of generally.

S0206 00:14:02

Not what you necessarily want, so keep that in mind.

S0207 00:14:05

My husband and I, we have been members of our local Farms CSA for over a decade.

S0208 00:14:12

So we know what we're going to get generally, and we have experience.

S0209 00:14:18

We know now after 10 years

S0210 00:14:20

what we're going to do with those daikon radishes or that bok choy, let's say.

S0211 00:14:25

So getting stuff we don't necessarily want isn't

S0212 00:14:28

All that big of a hassle for us anymore.

S0213 00:14:31

But for those of you that are new to CSAs, that can be tricky.

S0214 00:14:35

That can be tricky.

S0215 00:14:36

Now.

S0216 00:14:37

Let me say here too, I received an email from

S0217 00:14:40

a listener, Cory, hi, I've been meaning to write back to you and I just haven't gotten to it yet.

S0218 00:14:46

Cory wrote to me, Cory said, you know, I loved your meal planning episode. If you listen to it, great, if you didn't, I'll link to it in the show notes, but I divulged my secret for making meal planning as easy as pie.

S0219 00:14:59

And if you've been

S0220 00:15:00

trying that and if it's been working for you, I'm so happy a bunch of you have written to me and said it works and you love it. But Cory said,

S0221 00:15:08

ThatWhile the idea sounded great, it wouldn't work for her because.

S0222 00:15:13

She.

S0223 00:15:14

Has a CSA program, so she has to meal plan based on what she's getting per week.

S0224 00:15:19

And to that point

S0225 00:15:20

.

S0226 00:15:21

Cory, I say I hear that.

S0227 00:15:23

However, it still works for me as a CSA.

S0228 00:15:27

Supporter because.

S0229 00:15:30

A lot of times on my meal plans, I have something along the lines of.

S0230 00:15:35

Chickpea burgers with.

S0231 00:15:37

Rice pilaf and a side vegetable.

S0232 00:15:40

So the side vegetable is up for grabs, let's say it's dependent on either what I get in my CSA box or what I found at the farmer's market.

S0233 00:15:50

Or what's on sale at the supermarket?

S0234 00:15:53

I'll also say too, like if we.

S0235 00:15:56

.

S0236 00:15:56

Thinking more like a chef.

S0237 00:16:00

And of course, chefs go in with an open mind chefs are looking for what's freshest and what's seasonal.

S0238 00:16:06

And then building the menu from there.

S0239 00:16:09

It's easier to meal plan because like the staple mainstays are the pastas, the rice, the tortillas, the beans.

S0240 00:16:19

You can almost

S0241 00:16:20

pair any veggie with those items.

S0242 00:16:23

Any veggie be, any veggie you're getting in your box.

S0243 00:16:27

that's what I was going to email to you, I'll just stick it in this week's,

S0244 00:16:32

but.

S0245 00:16:32

Speaking of the farmer' market, yes, if you don't have a CSA program near you or you don't want to invest

S0246 00:16:40

in one because you're afraid of what you're going to get in the box, you don't have any say.

S0247 00:16:44

I suggest you go to your local farmers market or your local farm stand, your roadside farm stand every single week.

S0248 00:16:52

Go before you go to the grocery store.

S0249 00:16:56

If you're not sure if you have a farm stand or a farmer' market near you.

S0250 00:17:00

Head to localharvest.org.

S0251 00:17:03

Plug in your zip code and you'll find out where the closest market is, farmers' market that is,

S0252 00:17:09

, I do have some tips for farmers market shopping.

S0253 00:17:12

Go early.

S0254 00:17:13

Like get there when it opens, that's how you.

S0255 00:17:16

Yeah.

S0256 00:17:16

Your pick of the best selection.

S0257 00:17:19

There

S0258 00:17:20

certain items that tend to go quickly at farmers markets, I'm talking peas, I'm talking seasonal berries, heirloom tomatoes, corn.

S0259 00:17:30

Local fruits, those things tend to go first and if you get there early.

S0260 00:17:35

You're gonna nab them up.

S0261 00:17:37

Also, go in bad weather people tend

S0262 00:17:40

only head to farmer' markets when the weather's nice, especially you know, if that farmer's market is outdoors.

S0263 00:17:46

I suggest you go even in the bad weather.

S0264 00:17:50

Vendors will be more likely.

S0265 00:17:52

To make deals.

S0266 00:17:54

If.

S0267 00:17:55

There's not a lot of competition, right if supply is high and

S0268 00:18:00

demand is low.

S0269 00:18:02

I suggest also you walk the whole market before you buy anything, see who has what, see what the prices are.

S0270 00:18:10

And finally, my final tip for shopping at a farmer's market like an absolute pro.

S0271 00:18:16

Is to bring your bags from home,.

S0272 00:18:19

Obviously.

S0273 00:18:20

And also, carry cash.

S0274 00:18:22

The amount you carry is up to you.

S0275 00:18:25

But I know that when I go to a farmer's market, I tend to throw caution to the wind. Let's say I am talking to the actual people who grew

S0276 00:18:35

All this gorgeous food, holy moly, I want to give them all my money.

S0277 00:18:40

So bring a set amount.

S0278 00:18:42

In cash and tell yourself that when that money is gone, it's gone.

S0279 00:18:46

Otherwise you might overbuy, and overbuying on food is the same as overbuying on everything, it can quickly cross that line into wasteful.

S0280 00:18:57

Now finally.

S0281 00:18:58

If CSA is not working for you

S0282 00:19:00

if farmers' markets or farmer stands are not working for you, there is a third way to buy food locally, and that is to go straight to the farm,

S0283 00:19:08

P.

S0284 00:19:09

yourself.

S0285 00:19:11

This can sometimes be cheaper, but it does depend on the farm.

S0286 00:19:16

If it is an experience like here by me in

S0287 00:19:20

New England, at this time of year, it is all about Apple picking.

S0288 00:19:24

If the farm is making the apple picking into an experience, so I'm talking hay rides, I'm talking Apple cider in the fields.

S0289 00:19:33

It's going to cost more for those apples than the supermarket. It just is.

S0290 00:19:38

You can go to pickyourown.org to find a

S0291 00:19:40

org to find a.

S0292 00:19:42

Participating farm that.

S0293 00:19:44

As pick your own near.

S0294 00:19:46

You.

S0295 00:19:47

I will just say with apples for a minute, some farms make it an experience and some farms do not.

S0296 00:19:54

Just a couple weeks ago, my older daughter and I were driving around.

S0297 00:19:59

We were

S0298 00:20:00

coming from Vermont back to Massachusetts, and we passed a farm.

S0299 00:20:04

My daughter said, let's go pick some apples. I said, all right, so we went to the farm.

S0300 00:20:09

That farm was charging $15 for a peck of apples, so a peck is the small bag.

S0301 00:20:15

I felt like the amount of apples that we received in that bag, in that peck,

S0302 00:20:20

Was worth $15 dollars.

S0303 00:20:23

It felt like the right price.

S0304 00:20:25

However, when I got back to my very expensive suburb here in Massachusetts.

S0305 00:20:31

I thought to myself, you know, let's see what the local farm is charging for a peck of apples.

S0306 00:20:37

Would you guess my local farm?

S0307 00:20:39

With

S0308 00:20:40

its experience, with its hay rides and its apple cider and its apple cider donuts and all the things.

S0309 00:20:47

Oh, am the animal petting, all the things.

S0310 00:20:51

My local farm was charging $35 for a peck of apples.

S0311 00:20:57

So I say that to say.

S0312 00:20:59

First of all.

S0313 00:21:00

.

S0314 00:21:00

You can pick things other than apples, berries, peaches.

S0315 00:21:05

you name it, you can pick it at certain farms. But number two, if it's an experience, it's just going to cost more.

S0316 00:21:13

So that's how to shop

S0317 00:21:15

Food locally.

S0318 00:21:17

listeners stay with me. It's time for that ad break, that

S0319 00:21:20

dreaded ad break.

S0320 00:21:21

We'll be back in a minute and we're going to talk about how to shine shoes.

S0321 00:21:32

And we're back on today's show, we're discussing stuff you should know.

S0322 00:21:36

Before the break, we discussed how to season your cast iron

S0323 00:21:40

we also discussed how to buy food locally, not just like one and done, not just here or there.

S0324 00:21:47

I'm talking buying food locally.

S0325 00:21:49

Every week.

S0326 00:21:51

Now we're moving on to.

S0327 00:21:53

Shining our shoes, I know, right?

S0328 00:21:57

Have you ever shined a pair of shoes?

S0329 00:21:59

Shoe

S0330 00:22:00

shining has been linked.

S0331 00:22:01

Back in the 19th century, shoe shining was a profession and such professionals used honey or champagne

S0332 00:22:11

or grease to shine shoes in the early days of

S0333 00:22:16

the shoe shining profession. Now, let me just say shoe shining is a real

S0334 00:22:21

twister, oh Lord, this is going to be interesting. All right now,

S0335 00:22:25

I will say I do see.

S0336 00:22:28

Once in a while in busy train stations, some shoe shining stations,

S0337 00:22:33

Shiing stations but these days.

S0338 00:22:38

We're not really shining our shoes, are

S0339 00:22:40

are we our shoes get scuffed we.

S0340 00:22:43

Get rid of them, either we donate or trash them, and then we just buy a new pair.

S0341 00:22:48

Let's change that together, shall we?

S0342 00:22:51

Shoe polish did not hit

S0343 00:22:53

The masses commercially until the 20th century.

S0344 00:22:57

And these days, shoe polish is a

S0345 00:23:00

waxy paste or cream?

S0346 00:23:03

And it is used to yes, polish and shine, but also to waterproof.

S0347 00:23:08

Our shoes waterproof.

S0348 00:23:10

Our leather shoes and boots, I should say, it's got to be leather.

S0349 00:23:15

And yes.

S0350 00:23:16

While.

S0351 00:23:17

Shiined and polished and unscuffed shoes

S0352 00:23:20

are a status symbol of sorts, I mean there is indeed an old saying.

S0353 00:23:25

And the saying is, you can tell a man by his shoes.

S0354 00:23:28

.

S0355 00:23:29

Shoe polish is also quite practical.

S0356 00:23:32

Because it extends the life of our shoes, so we don't have to go out and buy new shoes every time our existing pair

S0357 00:23:40

gets.

S0358 00:23:41

.

S0359 00:23:42

I want us all to become shoe shines again, let's take care of what we own instead of.

S0360 00:23:49

Being wasteful and buying, buying, buying new.

S0361 00:23:53

But how do we do it?

S0362 00:23:54

Like, how do we shine shoes, Well, let me just say if you have a pair of great leather shoes.

S0363 00:23:59

And there's

S0364 00:24:00

a scuff on them.

S0365 00:24:02

Try a little tiny dab of toothpaste first to get a moist rag.

S0366 00:24:07

So wet a rag put a little dabb a toothpaste on the scuff.

S0367 00:24:11

And then use the rag in a circular motion to scuff out

S0368 00:24:15

the scuff.

S0369 00:24:17

Wipe the toothpaste off and see if that did the trick.

S0370 00:24:20

If that did not do the trick,

S0371 00:24:23

It's time to buy some shoe polish. You can buy shoe polish wherever you'd like. I will say that that mega online

S0372 00:24:31

Store that begins with an A does sell shoe polish.

S0373 00:24:37

condoning going there to buy anything, however, I will

S0374 00:24:40

say they do sell shoe polish. You've got to buy the color of the shoe you're looking to shine.

S0375 00:24:46

And first things first, you're gonna wipe your shoes down with a rag, no shoe polish necessary, like, get off all the dirt.

S0376 00:24:53

Then get your cotton rag or even your old sock, an old sock with a hole in it. This is a great dual purpose for that

S0377 00:25:00

sock.

S0378 00:25:01

Wrap it around your hands because you do not want shoe polish on your hands.

S0379 00:25:05

You're going to dip your rag into some room temperature water.

S0380 00:25:09

Dip it into your shoe polish.

S0381 00:25:12

Dip it back into the water. And by the way, at this point in the process, your rag should be damp. It should not be soaking wet,

S0382 00:25:20

And then with your other hand in the shoe, so actually inside the shoe for stability.

S0383 00:25:25

apply the polish tip to heel with tiny little circular motions.

S0384 00:25:31

Make several passes over the same area before you go on to the next area.

S0385 00:25:37

This might take a take a little while take 10 minutes

S0386 00:25:40

, let's say.

S0387 00:25:41

And after polishing the entire shoe.

S0388 00:25:44

Get a clean cloth.

S0389 00:25:46

Damping it lightly.

S0390 00:25:47

And make one even pass over the whole shoe to prevent drops.

S0391 00:25:53

To prevent streaks, to make it all even in uniform.

S0392 00:25:57

Allow the shoes to dry for about 10

S0393 00:26:00

minutes.

S0394 00:26:01

And then buff both sides of each shoe.

S0395 00:26:04

With a buffing cloth, if you don't have a buffing cloth you could use pantyhose. Yes, you could slide it back and forth over the toe. You've seen this in the old movies, right, slide that

S0396 00:26:16

pantyhose back and forth over the shoe to increase

S0397 00:26:19

The

S0398 00:26:20

shine.

S0399 00:26:21

Now, if you have leather shoes, leather boots, and you get salt on them, I live in New England.

S0400 00:26:28

Roads are woefully oversalted, so are the sidewalks.

S0401 00:26:32

If you get rock salt on your leather shoes.

S0402 00:26:35

Try adding a tablespoon of vinegar to a cup of water and then soak

S0403 00:26:40

ak a cotton ball in this.

S0404 00:26:42

And then use the cotton ball.

S0405 00:26:44

Squeeze it out, but use the squeezed out but damp cotton ball,

S0406 00:26:48

Wipe the salt away.

S0407 00:26:50

Allow the leather to dry, see what the status is of those leather shoes.

S0408 00:26:55

And then if they need a polish after that.

S0409 00:26:58

Go ahead.

S0410 00:26:59

polish, okay,

S0411 00:27:00

so that's not too hard, right, Like we can polish our shoes. We can do that. We can bring back polishing as a means.

S0412 00:27:08

By which to extend the life.

S0413 00:27:11

Of our leather items and leather's not cheap, right, So let's save some money, too, in the process.

S0414 00:27:18

All right, to my free subscribe-

S0415 00:27:20

rs, that's our show. If you want more, if you want to know how to iron a shirt, how to shop without credit, and how to use baking soda in cool ways around your house,

S0416 00:27:30

Come on over to the cool side, be a subscriber.

S0417 00:27:33

If this is goodbye, I'll see you tomorrow for my.

S0418 00:27:36

Runner up favorite episode of all time, I've been releasing those

S0419 00:27:40

every Friday.

S0420 00:27:41

Tomorrow is episode number two on my list. So the runner up.

S0421 00:27:46

I'll see you then.

S0422 00:27:47

And to my subscribers, stay with me we're moving on on how to iron a shirt.

S0423 00:27:53

care.

S0424 00:27:54

This holiday season, making memories in a Volvo SUV is easier than ever

S0425 00:28:03

now for a limited time, there are savings on Volvo SUVs during the holiday sales event.

S0426 00:28:09

ilt with advanced safety features so you can focus on the road ahead.

S0427 00:28:16

Find today the holiday sales event

S0428 00:28:20

is on now, tap the banner to learn more.

S0429 00:28:25

Onds Small business line of credit gives your business immediate access to funds up to $200,000 right when you need it, cover seasonal dips, manage payroll, restock inventory or tackle unexpected expenses without missing a beat.

S0430 00:28:39

With flexible draws

S0431 00:28:40

s, transparent pricing and control over repayment get funded quickly and confidently Apply today at Ondc.com funds could be available as soon as tomorrow, depending on certain loan attributes, your business loan may be issued by OndEC or Celtic Bank OndEC does not lend in North Dakota, all loans an amounts subject to lender approval.