

**Tub and Sink Cleaner:** Sprinkle baking soda on porcelain fixtures and rub with a wet rag. Rinse well to avoid a hazy film.

**Window and Mirror Cleaner:** Pour a ¼ cup of vinegar in a 16 oz spray bottle and fill to the top with water.

**Dusting:** Use a soft cloth slightly dampened with water.

**Drain Cleaner:** Pour ½ cup of baking soda down the drain first, then ½ cup of vinegar. Let it fizz for 15 minutes. Then pour down a tea kettle full of boiling water. Repeat if needed.

**Oven Cleaner:** Do not use this cleaner on self-cleaning ovens. Mix 1 cup of baking soda with enough water to make a paste. Apply to oven surfaces and let stand a little while. Use a scouring pad for scrubbing most surfaces.

**All-Purpose Cleaner:** Add ½ cup pure Castile soap to 1 gallon of hot water. This solution is safe for all surfaces and is very effective for most jobs. Add ¼ cup of lemon juice for a fresh scent. For a stronger cleaner, double the amounts of soap and lemon juice.



#### Stain Removers:

- *Coffee and tea stains:* An equal mixture of salt and white vinegar in china cup.
- *Fruit and wine stains:* Immediately pour salt or cold soda water on stain and soak in milk before washing.
- *Grease stains:* Strain boiling water through white cottons and follow with dry baking soda.
- *Ink stains:* Soak in milk or remove with hydrogen peroxide.
- *Blood stains:* Immediately pour salt or cold soda water on stain and soak in cold water before washing.
- *Coffee and chocolate stains:* Mix egg yolk with lukewarm water and rub on stain.
- *Chewing gum:* Rub with ice.

**Before using any of these recipes first test them on an inconspicuous area to ensure that the surface you are cleaning will not be damaged.**



# Green Cleaning Recipes



## Healthy alternatives for day-to-day cleaning

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## MAIN INGREDIENTS

**Baking soda:** Helps clean and deodorize, will act as a scouring agent, polisher, stain remover, and fabric softener. Use to clean plastic, vinyl, carpet, silver, stainless steel, and drains. Will absorb odors.

**Vinegar:** Helps remove stains, wax build-up and mildew. Use to clean windows, fireplaces, grout, paintbrushes, glass, and coffee pots. May damage acid sensitive surfaces so test on a small area first.

**Pure Castile Soap:** Helps remove grease, and works wonderfully as an all-purpose cleaner. Make sure the soap does not have added fragrance.

**Washing Soda:** Helps clean laundry and fabrics.

**Herbal Tea:** Helps give refreshing scent to cleaning recipes.



### Disinfectant:

- Spray hydrogen peroxide on the surface, and then spray vinegar.
- For a fragrant smell, add a few sprigs of fresh thyme, rosemary or lavender to the vinegar. Steep for 10 minutes, strain and cool. Store in a plastic spray bottle.

**Laundry Detergent:** Cut 5 bars of soap into cubes and put in food processor. Then pour 6 cups of washing soda into container, and blend. When loading laundry, use about 2 tbsps. of the mixture and add about 5 drops of lemon essential oil for each load.

### Softening Fabrics (including wool):

- Add ¼ cup white vinegar to rinse cycle or to a dispenser ball (this does not make your clothes smell like vinegar).
- *To make blankets soft and fluffy:* Add 2 cups of white vinegar to a washer tub full of water. Rinse cotton and wool blankets in washer tub after washing.
- Use wool dryer balls.

### Air Fresheners:

- Dissolve 1 tsp of baking soda in 2 cups of hot water; add 1 tsp of lemon juice, and pour into a spray bottle and spray into air.
- Place a few slices of a citrus fruit, cloves, or cinnamon in a pot with water, and put on the stove at a simmer.
- Use baking soda in the area with the foul odor to help reduce odors at their source.

### Scouring Powder:

- Combine pure Castile soap with table salt or baking soda on the surface, and scrub with a firm bristle brush.
- Baking soda alone on a damp sponge is also effective on most surfaces. Add herbal tea for a natural fragrance.

**Furniture Polish:** Mix 1 tsp lemon oil with 1 cup vegetable oil. Apply with a clean dry rag.

**Floor Cleaner with Fragrant Herbs:** Combine in a bucket: 1/8 cup liquid soap, ½ cup white distilled vinegar or lemon juice, ½ cup fragrant herbal tea.

