

GREEN CLEANING RECIPES

Liquid Dish Soap

22 oz. liquid castile soap
30 drops essential oil *
Citrus oils are super degreasers.

All Purpose Cleaner

2 cups white vinegar
2 cups water
20-30 drops essential oil*

Hot water boosts cleaning power for tough jobs.

Hot All Purpose Cleaner

1 tsp. liquid castile soap
1 tsp. borax
2 TBS. vinegar
2 cups hot water
1/4 tsp. eucalyptus essential oil *
1/4 tsp. lavender essential oil *

Hot water boosts cleaning power for tough jobs.

Window Cleaner

3 tsp. liquid soap
3/4 cup white vinegar
1/2 tsp. baking soda
Combine in a spray bottle.

Shake well before using.

Drain Opener

1 cup salt
1 cup baking soda
1/2 cup vinegar

Pour down the drain, wait 15 minutes then flush with 2 qt. boiling water.

Soft Scrub: stove, oven, bathtub, tile...

2 cups baking soda
1/2 cup liquid castile soap
4 tsp. vegetable glycerin
5-10 drops lavender or tea tree oil

Mix and store in a sealed glass jar for up to 2 years. Do you have a tough job?

- ✓ 1st spray vinegar
- ✓ 2nd let sit
- ✓ 3rd follow with the scrub

Soft Scrub: stove, oven, bathtub, tile...

5 cups grated castile soap
1/2 cup baking soda
1 tsp. borax
6 cups hot peppermint tea
1 tsp. eucalyptus essential oil *

Combine grated soap in a 3 qt. stainless saucepan with tea. Simmer 15 min. Add remaining ingredients.

Store in a jug or squirt bottle.
Shake before using.

Toilet Bowl Cleaner

1/2 cup baking soda
1/4 cup vinegar
10 drops tea tree essential oil *

Pour in toilet and scrub.

Laundry Detergent

1/2 cup baking soda
1/2 cup powdered Castile soap
1/4 cup washing soda
1/4 cup borax

Mix well.

Use 1/2 cup per load.

Fabric Softener Sachet

1/2 cup baking soda
1 TBS. arrowroot powder
1 TBS. cornstarch
1-3 drops lavender essential oil *

Mix, spoon onto a square piece of fabric, tie tightly.

Add sachet to dryer cycle.

Refill when fragrance fades.

Hardwood Floor Wash

1 1/2 cup water
1 1/2 cup vinegar
20 drops peppermint essential oil *

Combine in a spray bottle.

Use sparingly, working on small sections of the floor.

Dry-mop floor after use.

Gentle Wood Cleaner

1/2 cup canola oil
1/4 cup liquid castile soap
1/4 cup water

Shake well before using.

Apply a cloth, finish w/dry rag.

Furniture Polish

1/4 cup olive oil
1/4 cup white vinegar
20-30 drops lemon essential oil * or
2 tsp. lemon juice

Shake well before using.

Dip a clean, dry cloth into the polish and rub wood in the direction of the grain.

Use a soft brush to work polish into corners or tight places.

**Essential Oils add natural fragrance, and are optional in each recipe. People with allergies or asthma may wish to avoid essential oils.*

GREEN LAWN & GARDEN

Salt/De-Icers:

-substitute with sand or use sodium chloride (softer salt and pet safe) instead of calcium chloride

Insecticides:

-Spray plants with soapy water, then rinse.
-Import natural predators such as ladybugs, ground beetles, and pray mantises.
-Natural insecticides can be used such as rotenone.

Insect Repellant:

-Screens
-Protective clothing
-Creams or lotions such as Skin So Soft
-Brewer's yeast tablets taken daily gives your skin a scent that mosquitos seem to avoid
-Mix together 1 tbsp. orange oil, 1 tbsp. vanilla, and 1 cup of water, and apply to skin.

Fertilizer:

-Compost kitchen & yard waste
-Contact a local farmer to see if you can take some cow manure

Insect Repellant For Plants:

-Mix 1 tbsp. of mustard in 1 quart of warm water. Shake vigorously until well mixed, then lightly spray your vegetable plants

Fungicide:

-Mix 1 cup of chamomile tea, 1 tsp. salad oil, 1 tsp. peppermint oil in 1 gallon of water. Spray plants every week or so
-Or 1 heaping tbsp. of baking soda, 1 tbsp. of citrus oil or molasses and 1 gallon of water. Mix together and spray plants as needed

Weed Killer:

- Spray weeds with a vinegar solution. (Ag vinegar) 5-10% works for young plants, older, estab-lished weeds require a stronger concentration. Pull weeds. Ag (Agricultural) vinegar can be purchased at many feed and farm stores and most hardware stores.

GREEN PERSONAL CARE

Lotion:

1 cup dried chamomile

4 tbsp. honey

1 cup milk

8 tsp wheat germ

Steep chamomile in milk for a few hours.

Strain, keeping liquid. Add honey and wheat germ to liquid mixture. Blend well. Place in a bottle. Refrigerate any unused portions.

Keeps up to a week. Many more are listed on the internet when you look up "*Home remedies for Lotion*"

Make-up:

-Some green friendly brands: Burts Bees, Sephora's natural beauty, L'Oréal Bare Naturelle, Kaia house, Organic Wear

-Mineral makeup is a safe product that has many benefits besides not containing harmful chemicals

Soap/Body Wash:

-Use bars of soap versus liquid. It requires less packaging, is less expensive, and lasts longer.

-For an easy and lightly scented body wash, stir together:

1 cup of liquid castile soap

3 tbsp. coconut oil

5 drops lavender essential oil

3 drops rose essential oil

Mix well and pour into a clean plastic or glass container. Shake/mix well before each use. You can alter the type of oil or essential oil in the recipe to suit your needs.

Shampoo:

¼ cup distilled water

¼ cup liquid Castile Soap

2 tsp. jojoba oil

1/8 tsp peppermint essential oil

1/8 tsp. tea tree essential oil

Mix all ingredients then add ¼ cup of distilled water.

-There are several "green" shampoos that you can purchase as well.

Toothpaste:

6 tsp. baking soda

1/3 tsp. salt

4 tsp. glycerin

15 drops peppermint or wintergreen extract

Mix thoroughly

Mouthwash:

¾ cup vodka

20 drops lemon essential oil

1 ¼ cup distilled water

30 drops bergamot essential oil

Combine the vodka with the essential oils in a bottle, shake well and allow to sit for 1 week, shaking once a day. When ready to use, dilute the mix with 3 parts water/1 part mixture.