

## **Environmentally Friendly Alternatives**

Environmentally friendly ways to clean your home, do your laundry and maintain your garden.

### **LAUNDRY**

#### **Laundry Bleach**

Add 125 ml of borax or 125 ml of white vinegar to full wash load

Soak tough stains in a mixture of 1 part hydrogen peroxide to 8 parts cool water

#### **Fabric Softener**

Add 125-250 ml vinegar in the rinse cycle if you wash with soap

Add 125 ml baking soda in wash cycle

#### **Spray Starch**

Mix 15 ml cornstarch with 150 ml water. Using a pump spray bottle, spray on clothes when ironing.

#### **Static Cling Prevention**

Toss a small wet towel into the dryer a few minutes before end of the cycle.

Spray a fine mist of water on the underside of clothes you are wearing.

### **SPOT AND STAIN REMOVER**

Immediately soak spot/stain in cool water and sponge away. Use cold water because hot water can set the stain.

#### **Grease**

Rub with cloth dipped in borax or apply a paste of cornstarch and water. Let dry and brush off.

Cover affected area with baking soda or cornstarch. Leave for one hour and brush off carefully.

#### **Oil**

Before laundering, rub white chalk into the oil stain

#### **Ink**

Sponge with rubbing alcohol or hairspray. Rub with soap, rinse and wash.

#### **Fruit and Red Wine**

Soak in club soda or sprinkle stain with an absorbent powder such as salt, baking soda or cornstarch. Wait until the powder becomes sticky, carefully remove and add more powder. Repeat until most of the stain is gone. Apply a final dusting. Wait two hours, brush away and wash with a mild detergent solution. Rinse quickly, rub dry and air well.



## **Rust**

Soak with lemon juice. Rub with salt. Dry in direct sunlight and wash.

## **Chocolate and Coffee**

Soak in cold water. Rub with soap and mild borax solution.

Blot chocolate with a cloth. Sponge first with club soda and then warm water. Dry thoroughly.

## **Grass**

Rub with glycerine. Let stand one hour and wash.

## **CLEANERS**

### **Scouring Powders**

Sprinkle baking soda or borax on surface & scour with damp cloth, rinse

Shake salt on surface cleaned and scour with cloth dipped in lemon juice, wipe clean with water dampened cloth

### **Disinfectants**

Bring 4 litres of water to a boil; mix in wash pail with 125 ml of borax. Allow mixture to cool slightly before use.

### **Window/Glass Cleaner**

Mix 1 part vinegar to 5 parts water and store in spray bottle

### **Drain Cleaner**

Pour 125 ml of baking soda followed by 125 ml of vinegar down drain pipe and cover with stopper

Keep drains clear with rinses of boiling water twice per week

Open drains with metal snake or plunger

### **All Purpose Cleaner**

Dissolve 30 ml borax and 1 ml soap flakes in 1 litre of water and store in a spray bottle

Mix 45 ml washing soda in 1 litre of hot water

Mix 125 ml ammonia, 125 ml white vinegar, 50 ml baking soda and 2 litres of water

### **Linoleum Floor Cleaner**

Mix 250 ml white vinegar with 9 litres of water

Mix 75 ml washing soda and 125 ml ammonia in 4 litres of warm water

## **Stove Cleaner**

Always use a baking sheet when cooking to catch overflow

Scrub area immediately after oven has cooled with paste-like mixture of baking soda and water

Mix 30 ml of liquid dish soap and 15 ml of borax in a 1 litre spray bottle. Spray soiled area, wait one hour and scrub with steel wool.

## **Carpet/Fabric Cleaners**

Clean upholstery or carpet stains immediately with cold club soda

Sprinkle cornstarch on rug, wait ½ hour and vacuum

## **Tub, Tile or Toilet Cleaner**

Dissolve 50 ml soap flakes and 10 ml borax in 375 ml boiling water. Allow mixture to cool. Add 50 ml of chalk line powder (whiting) and pour in sealed plastic or glass container.

To clean surfaces, use baking soda or borax with scrub brush or damp rag. Rub and rinse with water.

For hard water stains, mix lemon juice and borax into a paste. Apply. Let set for two hours and scrub off.

For mould, spray tiles with undiluted vinegar. Wait half an hour and scrub with brush and water.

## **Microwave**

Mix 30 ml baking soda or lemon juice with 250 ml of water. Place the mixture in a 1 litre microwave-safe bowl. Allow the mixture to boil for 5 minutes or until steam condenses on the sides of the oven. Wipe down the walls and the door with a clean cloth.

## **Coffee Maker**

Run white vinegar through the coffee maker, followed by one or two rinses with fresh water. You can save the vinegar and use it a couple more times when the coffee maker needs cleaning again.

## **Coffee Cup Stain Remover**

Rub the stains with moist salt.

Build-up From Kettles, Irons, Showerheads, etc.

Soak the affected areas in a solution of vinegar and water. Let sit 30 minutes, then remove and rinse with water.

## **Air Fresheners**

Boil cinnamon and cloves in water

Keep house well ventilated

Place 30-60 ml of baking soda in small bowls around the house and in fridge.



## **POLISH**

### **Brass Polish**

Rub with Worcestershire sauce

### **Chrome Polish**

Use apple cider vinegar

Polish with a soft cloth and rubbing alcohol

Use a little ammonia and hot water

Dry baking soda and a dry cloth

### **Copper Cleaner**

Use lemon juice and salt. Rub over the copper item and buff with a soft cloth.

### **Silver Polish**

Rub surface with mixture of lemon juice 15 ml salt and 15 ml baking soda, polish with a soft cloth

Place aluminum foil in bottom of stainless steel pot. Fill with boiling water; add 15 ml each of baking soda and salt. Place silver in water and soak for 10 minutes. (Do not use on silver plating)

### **Wood Polish**

Apply a mixture of 1 part lemon juice to 2 parts cooking oil and polish with a soft cloth

Mix 15 ml lemon juice with 125 ml mayonnaise

Rub toothpaste on wood to remove water stains

Mix 5 ml lemon oil and ½ litre of mineral oil

Mix 15 ml melted carnauba wax mixed with 500 ml mineral oil or dissolve 5 ml lemon oil in 500 ml mineral oil.

### **Waxed Wood Polish**

Gently melt 125 ml paraffin wax in a double boiler and add 50 ml vinegar. Soak a clean cloth in the mixture for ½ an hour. Wring the cloth out and use as a polishing cloth when dry.

## **PESTS**

### **Moth Repellent**

Place Cedar chips or lavender flowers in cloth bag and store with clothing

**Insecticide: Ant**

Apply borax, bone meal or diatomaceous earth to burrow opening

Encircle point of entry with line of red chili powder, paprika or dried peppermint leaves

**Insecticide: Indoor Plants**

Spray plants with a mixture of ½ capful liquid dish soap to 500 ml water, rinse when insects are dead, repeat every 2 weeks.

**Insecticide: Caterpillars**

Spread a mixture made with 375 ml rosin, 30 ml linseed oil and 15 ml melted paraffin around base of tree

**Insecticide: Cockroach**

Caulk and seal all openings

Place a mixture of borax and sugar along base boards (not to be used around small children or pets)

Use a cockroach trap or diatomaceous earth

**Insecticide: Slug, Snail and Earwig**

Place a dish full of stale beer in garden

Place flowerpot top down in garden. Insects will gather under pot, collect and drown.

**Insecticide: Aphids**

In blender, mix garlic and green onion tops. Strain and mix liquid with soapy water. Spray garden, wait ½ hour and rinse.

**Fungicides**

Aerate soil

Permit soil to dry before watering

Water plants from bottom

Use hydroponics

**Flea Spray/Collar**

Insecticidal soap

Add 5 ml of brewers yeast for every kilo of weight to pet's diet

For carpets place a shallow dish full of soapy water on carpet and position a lamp over dish (heat attracts fleas and they drown)

**Chemical Fertilizers**

Use peat moss, manure, fish or canola seed meal and spread evenly

Organic compost

Plant white clover

**Weed Killer**

For lawn, maintain grass at medium length, dig-up all weeds

For garden use mulch of woodchips 10 to 15 cm thick and hoe regularly

Plant daisies and chives

**Rodent Poison**

Seal cracks and other points of entry

Install humane traps, eliminate food source