

Green Cleaning Recipes

Your guide to living well and spending less by making cleaning products out of items found in your pantry.



Introduction

Sioux Falls Leading Green has compiled a list of simple recipes to help you get started toward making all of your own cleaning products. Making your own cleaning products is a great way to save money, cut down on the amount of waste you generate, improve your health, and help the environment!

Many of the cleaning products that are on the market today are derived from a few simple ingredients that you might already have in your home. Making cleaning products from items in your pantry ensures that you will avoid many of the unfamiliar chemicals that are in many of the cleaning products that are on the market today. These unfamiliar chemicals can have negative effects on your health and the environment and can make their way back into the watershed. It's very important to know what types of chemicals you are using in your home.

By making your own cleaning products, you will be absolutely sure what is in the products you are using, you will save money, and help the environment! Start with these basic staples and you'll be on your way to making most of the recipes found in this book:

- Vinegar
- Baking Soda
- Borax
- Vegetable/Olive Oil
- Lemon Oil
- Salt
- Washing Soda
- Essential Oils

Sioux Falls Leading Green has not tested all of these recipes. This is simply a list of recommended recipes to get you started.

Grocery List

- White Vinegar
- Borax
- Lemons/Lemon Juice
- Washing Soda
- Ivory Bar Soap
- Baking Soda
- Vegetable/Olive Oil
- Salt
- Essential Oils
- Oranges

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General Cleaners

All-Purpose Cleaner

1. Mix $\frac{1}{2}$ cup vinegar and $\frac{1}{4}$ cup baking soda (or 2 teaspoons borax) into 2 liters water.
2. Store and keep in a reusable container.

All-Purpose Orange Cleaner

1. Collect the peels of about 2 or 3 medium-size oranges and stuff into a 3 cup jar until tightly packed.
2. Pour about 2 cups of white distilled vinegar almost to the brim.
3. Close lid.
4. Let orange peels soak in the vinegar for about two weeks.
5. Tip jar a couple times every couple days.
6. After two weeks, remove peels and discard.
7. Dilute vinegar to equal parts water in spray bottle.

Window Cleaner

1. Mix 2 teaspoons of white vinegar with 1 liter warm water.
2. Use crumpled newspaper or cotton cloth to clean.
3. Only use the black and white newspapers, not the colored ones.
4. Don't clean windows if the sun is on them, or if they are warm, or streaks will show once the window has dried.
5. Follow the recipe exactly, because using too strong a solution of vinegar will etch the glass and eventually cloud it.

Furniture Polish

1. For varnished wood, add a few drops of lemon oil into a 1/2 cup warm water.
2. Mix well and spray onto a soft, slightly damp cotton cloth.
3. Wipe furniture with the cloth, and finish by wiping once more using a dry soft cotton cloth.
4. For unvarnished wood, mix two teaspoons each of olive oil and lemon juice and apply a small amount to a soft cotton cloth and apply to the furniture using wide strokes to distribute the oil evenly.

Living/Dining Room
Cleaners

Carpet Cleaners

1. Carpet Stains: Mix equal parts white vinegar and water in a spray bottle.
2. Spray directly on stain, let sit for several minutes, and clean with a brush or sponge using warm soapy water.
3. For fresh grease spots, sprinkle corn starch onto spot and wait 15-30 minutes before vacuuming.
4. For a heavy-duty carpet cleaner, mix $\frac{1}{4}$ cup of salt, $\frac{1}{4}$ cup borax, and $\frac{1}{4}$ cup vinegar.
5. Rub paste into carpet and leave for a few hours. Vacuum.

Wallpaper Removal

1. Mix equal parts of white vinegar and hot water, apply with sponge over the old wallpaper to soften the adhesive.
2. Peel off the paper and reapply the mixture to stubborn patches.

Mothballs

1. Cedar chips in a cheesecloth square, or cedar oil in an absorbent cloth will repel moths.
2. The cedar should be 'aromatic cedar,' also referred to as juniper in some areas.
3. Dried lemon peels are also a natural moth deterrent.
4. Simply toss into clothes chest, or tie in cheesecloth and hang in the closet.

Bathroom Cleaners

Toilet Bowl Cleaner

1. Mix $\frac{1}{4}$ cup baking soda and 1 cup vinegar, pour into toilet basin.
2. Let it set for a few minutes.
3. Scrub with brush and rinse.
4. A mixture of borax (2 parts) and lemon juice (one part) can also be used instead.

Tub and Tile Cleaner

1. For simple cleaning, rub in baking soda with a damp sponge and rinse with fresh water.
2. For tougher jobs, wipe surfaces with vinegar first and follow with baking soda as a scouring powder.
3. Vinegar can break down tile grout, so use sparingly.

Vinyl and Linoleum Floor Cleaner

1. Mix 1 cup vinegar and a few drops of baby oil in 1 gallon warm water.
2. For tough jobs, add 1/4 cup Borax.
3. Use sparingly on linoleum.
4. Note: Most floor surfaces can be easily cleaned using a simple solution of vinegar and water.
5. For damp-mopping wood floors: Mix equal amounts of white distilled vinegar and water.
6. Add 15 drops of pure peppermint oil for a fresh scent; shake to mix.

Kitchen Cleaners

Oven Cleaner

1. Moisten oven surfaces with sponge and water.
2. Use $\frac{3}{4}$ cup baking soda, $\frac{1}{4}$ cup salt, and $\frac{1}{4}$ cup water to make a thick paste, and spread throughout oven interior.
3. Let sit overnight.
4. Remove with spatula and wipe clean.
5. Rub gently with fine steel wool for tough spots.

Caution: Avoid bare metal and any openings.

Stainless Steel

1. Clean with a cloth dampened with undiluted white vinegar, or olive oil.
2. For stainless cookware, mix 4 tablespoons baking soda in 1 quart water, and apply using a soft cloth.
3. Wipe dry using a clean cloth.
4. For stainless steel sinks, pour some club soda on an absorbent cloth to clean, then wipe dry using a clean cloth.

Floors

1. For wood floors, apply a thin coat of 1:1 vegetable oil and vinegar and rub in well.
2. For painted wood, mix 1 teaspoon washing soda into 1 gallon of hot water.
3. For brick and stone tiles, mix 1 cup white vinegar in 1 gallon of water; rinse with clear water.

Dishwasher Detergent

1. Mix 1 cup baking soda, 1 cup Borax, and 1/2 cup salt well and store in airtight container.
2. To use, add 1 tablespoon to each of the two compartments in your dishwasher and 2 tablespoons of vinegar to your rinse compartment.

Laundry Solutions

Liquid Detergent

1. Mix 3 tablespoons Borax with 3 tablespoons Washing Soda in 2 cups of very hot water in a gallon jug.
2. After it is dissolved, fill with cold water and then add 2 tablespoons original formula Blue Dawn.
3. Use 1-2 cups per load.

Dry Laundry Detergent

1. 1 cup Borax
2. 1 cup Washing Soda
3. 1 bar of Fells Naptha Soap or Ivory Soap (grated and ran through food processer. let dry one day before blending with other ingredients)
4. Use 1-2 tablespoons per load.

Fabric Softener

1. Add a half a cup of baking soda to the water in your washing machine and let it dissolve completely before adding your clothes to soften your clothes naturally.

Natural Dryer Sheets

1. Mix scraps of clothing in a jar with ~2 cups white vinegar, 10 drops of tea tree oil, and 30-40 drops of your favorite essential oil to achieve a nice scent.
2. Toss a fabric square in with each dryer load.
3. Note: The heat of the dryer will increase the scent of the essential oil so don't use too much.

