

Earth Friendly Recipes

Mattress cleaning

- * Rotate mattress
- * Jump on the mattress to bring dust to the surface
- * Use the vacuum attachment to vacuum the mattress
- * Mix $\frac{1}{4}$ cup of witch hazel and $\frac{1}{4}$ cup of water into a spray bottle.
- * Spritz onto mattress

Removing a mattress stain

- * Mix equal parts water and white vinegar
- * Spray the stain and blot with a clean cloth
- * Sprinkle baking soda onto the stain and let it sit for one hour
- * Vacuum the baking soda

Whitening and refreshing towels and sheets

- * Load washer with towels and sheets
- * In the soap dispenser for powdered soap add $\frac{1}{2}$ cup of baking soda
- * Add $\frac{1}{2}$ cup of white vinegar to the fabric softener dispenser (or add during rinse cycle)
- * Set the water setting to the very hottest wash

Stain Remover to use on almost anything (always do a spot test)

- * One bottle of hydrogen peroxide
- * One tsp of baking soda
- * One tsp of dish soap (Dawn dish soap works best)
- * Mix into a squirt bottle
- * Spray onto to stain and let it sit 10-15 minutes
- * Wipe with a clean cloth

Homemade foaming hand soap

- * One cup of water
- * $\frac{1}{4}$ of a cup of soap
- * A foaming soap dispenser
- * Pour ingredients into the dispenser, secure lid, and gently rotate

Spray Soap/ Degreaser

- * Two ounces of isopropyl alcohol
- * 11 ounces of water

- * Three ounces of Dawn dish soap or castile soap for a more non-toxic option
- * Mix all ingredients into a spray bottle

Lemon/Lime Scented cleaning spray

- * Slice up lime or lemon peels
- * $\frac{1}{2}$ cup of white vinegar
- * One tsp of salt
- * One tsp of dish soap
- * Add ingredients to a spray bottle and fill the rest with water
- * Secure lid and gently shake to mix ingredients

Remove water rings on a table

- * Place a damp cloth over the water rings
- * Heat up iron and gently run iron over the damp cloth

Cleaning Glass Stovetop

- * Spray stove top with white vinegar
- * Sprinkle baking soda on to white vinegar
- * Let it sit for 10-15 minutes
- * Wipe clean

Cleaning bathtub, shower and sinks

- * Mix equal parts baking soda and dish soap to make a paste
- * Scrub tub, shower, or sinks to remove soap scum

Removing scuff marks

- * Sprinkle baking soda onto a sponge or damp cloth
- * Gently rub out marks
- * Wipe clean

Cleaning the Microwave

- * Two Tbsp of baking soda into a bowl of water
- * Run microwave for five minutes
- * Wipe microwave clean

Remove mold and mildew

- * Mix baking soda and water to create a paste
- * Scrub onto mildew or mold
- * Wipe clean

Cleaning hair brushes

- * Enough warm water to cover submerged brush heads
- * Two Tbsp of baking soda
- * Submerge brushes for 30 minutes
- * Remove and rinse well under water
- * Let brushes air dry

Cleaning mouth guards

- * Mix equal parts baking soda and water
- * Brush onto to mouth guard
- * Rinse mouth guard well and let it air dry

Baseboard Cleaning

- * Mix water and vinegar

Cleaning oven racks

- * Make a paste with baking soda, lemon juice, and vinegar
- * Rub it onto the racks
- * Let it sit for one hour
- * Wipe clean

Descaling shower heads and faucets

- * Pour vinegar into an anti leak bag(ziplock or reusable)
- * Tie bad around shower or faucet head
- * Let it sit for one hour

Hard water stains

- * Soap paper towel or cloth in white vinegar
- * Drape over water stains
- * Let it sit

Glass Cleaning

- * Fill spray bottle with white vinegar
- * Spray glass and let it sit for 10 minutes
- * Sprinkle baking soda and wipe clean

Homemade dryer sheets

- * Cut up old towels or t-shirts into desired sheet size
- * Mix vinegar and a few drops of essential oils (use your preferred scent). No exact measurement mixture. Just enough to dampen the dryer sheets.

- * Place half of the sheets in a jar. Pour mixture over the sheets, Enough to dampen, not soak.
- * Continue to add sheets and pour mixture over until the all sheets are damp. Not soaking wet.
- * When ready to use, ring sheets out to remove excess water and place them into the dryer

Homemade dishwasher detergent

- * Three Tbsp of baking soda into the soap dispenser of the dishwasher
- * Three to four drops of dish soap on top of the baking soda
- * Splash of white vinegar over the baking soda/soap and the rinse compartment
- * Start the dishwasher

Homemade plantable paper flower shapes

- * Tear up pieces of paper
- * Add them to a blender
- * Add enough water to cover the paper
- * Blend until it is a soapy paste
- * Sprinkle wild flower (or other flower) seeds into the paste and gently stir to mix
- * Pour through a sieve to remove excess water
- * Spread mixture onto a tea towel and place another tea towel on top
- * Gently roll a rolling pin over the top of the towel
- * Let mixture dry
- * Use a cookie cutter to make different shaped plantable cards

No Harm bug spray for plants

- * Separate one clove of garlic but leave skin on
- * Boil cloves in water for 10 minutes
- * Let the water cool and pour through a colander to remove garlic(make sure you have a pan underneath to capture the water as you pour)
- * Let the water cool and pour into a spray bottle.
- * Spray directly onto plants and shrubs to discourage bugs

Rodent repellent for exterior of home

- * Sprinkle Irish Spring soap shavings around the yard or outside of the house
- * Rodents can't tolerate the smell

Natural fertilizer

- * Used coffee grounds
- * Club soda
- * One tsp of cinnamon

Revitalize a potted plant

- * Remove plant from old container but save the soil
- * Gently remove as much soil from the root system of the plant so that the roots are exposed
- * Add new soil, old soil, oats, and salt (Oats improve soil quality and salt provides magnesium)
- * Mix together and place half of the mixture into the new container
- * Place plant into container and add remaining soil
- * Water the plant

Aphid repellent for the garden

- * One tsp of borax
- * Add just enough water to dissolve the borax
- * Add five tsp of sugar
- * Mix all ingredients in a jar with holes in the lid
- * Place jars in strategic locations in your garden

Ingredients to avoid in cleaning products

Conventional cleaning products often contain a large number of potentially harmful chemicals that are volatile, which means that without any prompting, they evaporate from a liquid to a gas when they're exposed to air.

These volatile organic compounds, or VOCs, can do significant damage to the human body and the environment. The Environmental Protection Agency (EPA) cites studies that show VOC levels in the average home are up to five times higher than outside, in large part due to the chemical cleaners we use around the house.

Here are potentially problematic ingredients that are likely in those cleaners:



The Terrible Ten

INGREDIENT	FOUND IN	USE	HEALTH IMPACT
Perchloroethylene (PERC)	Dry-cleaning solutions, spot removers, carpet cleaners	Solvent—dissolves grime, grease, oil, and wax without damaging fabric	Neurotoxin, possible carcinogen
Triclosan	Dishwashing detergents, antibacterial hand soaps	Antimicrobial agent	Possible endocrine disruptor, probable carcinogen, promotes growth of drug-resistant bacteria
Quarternary Ammonium Compound	Fabric softeners, cleaners labeled "antibacterial"	Surfactant, antimicrobial agent	Skin irritant, may cause asthma
2-Butoxyethanol (glycol ethers)"	Window, kitchen, and all-purpose cleaners	Solvent, surfactant	Kidney and liver damage, narcosis, pulmonary edema
Ammonia	Glass cleaners, polishing agents	Solvent—dissolves grime, grease, and oil without streaking	Irritant, worsens lung and breathing issues
Chlorine	Mildew removers, laundry whiteners, scouring powders, toilet bowl cleaners	Antimicrobial agent	Lung irritant, may be a thyroid disruptor
Sodium hydroxide (caustic soda, lye)	Oven cleaners, drain openers	pH adjuster	Causes severe skin, throat, and eye burns
Formaldehyde	Air fresheners, pine-, lemon-, and organe-scented cleaning products	Preservative, anti-microbial agent	Known carcinogen; may cause immune response; eye, nose, and throat irritant
Sodium lauryl sulfate (SLS)	All-purpose cleaners, dish soap	Surfactant, foaming agent	Endocrine disruptor, possible carcinogen, neurotoxin, skin irritant
Fragrance	Air fresheners, dish soap, all-purpose cleaners, toilet paper	Fragrances often contains phthalates, which won't be listed in the ingredients.	Endocrine disruptor, reproductive issues



25 Plants That Repel MOSQUITOES



Geraniums

petunias

Citronella Geraniums

Yarrow

Citronella Grass

Catnip

Lemon Grass

Basil

Lemon Balm

Sage

Lantana (native to Africa)

Monarda (Bee Balm)

Chrysanthemums

Pennyroyal

Lemon Thyme




Lavender
Garlic
Marigolds
Onions
Eucalyptus
Rosemary

Chamomile
Nasturtiums
Peppermint
Oregano

So, You Think the Cost of Organic Food is Too High...

Well please consider this:

 <p>Kit Kat Candy Bar¹ 9.49 / lb</p>	 <p>Gourmet Coffee² \$20.00 / gallon</p>
 <p>Soft Drinks³ \$8.89 / gallon</p>	 <p>Chips⁴ \$8.45 / lb</p>

 		<p>Pure, Nutrient Dense, Organically Raised, Pastured, Delicious Chicken & Eggs that support health rather than disease. NO Pesticides, Growth agents, Antibiotics, or other toxic substances.</p> <p>\$4.99 / lb</p>
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You should also consider the others costs of conventional food:

- Farm Subsidies paid by tax dollars- \$44 Billion per year (2009)**
- Treating resistant bacterial infections - \$20 Billion per year⁵**
- Treatment of diabetes in the U.S. in 2007 - More than \$174 billion!**
- Future cost of diabetes treatment - \$ Trillions by the year 2020⁶**
- Treating chronic health issues in 2003 - \$1.3 Trillion⁷**
- Pesticide cleanup (annual) - \$8 Billion ⁸**
- Loss of export markets for U.S. Goods due to GMOs - ??? \$Billions**
- Damage to the developing brains and bodies of children - Incalculable**
- Cost of behavioral impact for Children & Adults - Incalculable**

As you can see, organic food can be a real bargain!

¹ Kit Kat is a registered trademark of Mars, Incorporated. © 2010 Mars, Incorporated. ² Price of coffee varies by brand and location. ³ Price of soft drinks varies by brand and location. ⁴ Price of chips varies by brand and location. ⁵ Price of antibiotics varies by brand and location. ⁶ Price of diabetes treatment varies by brand and location. ⁷ Price of chronic health issues varies by brand and location. ⁸ Price of pesticide cleanup varies by brand and location.

Homemade Mosquito Repellent Recipe Spray



This natural homemade mosquito repellent works for mosquitos, flies, and other insects. Apply your DIY mosquito repellent with confidence.

PREP TIME	
5 MINUTES	
ACTIVE TIME	SERVINGS
5 MINUTES	
2.2 OUNCES	
TOTAL TIME	
ESTIMATED COST	
10 MINUTES	\$5

Ingredients

- 2 Tbsps [witch hazel](#)
- 2 Tbsps of one or a combination of the following: grapeseed oil, jojoba oil, almond oil, olive oil, or neem oil (which contains natural insecticidal compounds)
- $\frac{1}{2}$ tsp vodka (as a preservative if not already using)
- 100-110 drops [essential oils](#) (eucalyptus, cedarwood, lavender, rosemary)

Instructions

1. Add carrier liquids to a small [spray bottle](#) (3 or 4 oz. works well so there is room for shaking).
2. Add essential oils and shake well before each use.
3. *Natural bug repellent will need to be reapplied every few hours for maximum effectiveness.*

This natural homemade mosquito repellent is great for mosquitos, flies, and other annoying warm season bugs. Tweak to your liking and apply with confidence.

Natural Weed Killer

Planting native plants for their ecological benefits, we will want to maintain and nurture a healthy environment. One of the safest and surest way to get rid of weeds is to pull by hand and for small scale problems it is the best option. For

larger areas, a homemade weed killer made up of natural ingredients from the pantry that can get the job done.

Pour 1 gallon of white vinegar into a bucket. *5-percent household white vinegar is fine. It may take two or three days longer to kill the weeds with the lower concentration but does work.*

Add 1 cup of table salt. *Stir the solution with a long-handled spoon until all the salt dissolves completely.*

Stir in 1 tablespoon of liquid dishwashing soap. *The soap helps the vinegar and salt solution coat and adhere to the weeds.*

Blend all thoroughly and then funnel the weed killer into a plastic spray bottle.

Homemade Tick Repellent for Clothing & Shoes

Have trouble with ticks? This natural DIY homemade tick repellent spray is a simple recipe with natural ingredients that actually work!

PREP TIME
5 MINUTES

SERVINGS
4 OUNCES

Ingredients

- 30 drops [geranium essential oil](#)
- 30 drops [Virginia cedarwood essential oil](#)
- 10 drops [garlic essential oil](#)
- 1 ounce grain alcohol
- 3 ounces distilled water
- 1 [dark colored 4-ounce spray bottle](#)

Instructions

1. Fill a dark colored spray bottle with 1 ounce of grain alcohol.
2. Carefully measure in 30 drops of geranium essential oil, 30 drops of cedarwood (Virginian) essential oil, and 10 drops of garlic essential oil.
3. Screw on cap and shake or mix well.
4. Fill with remaining 3 ounces of distilled water.
5. Shake to mix well (shake before each use).
6. Spray on clothing and shoes.
7. Store in a cool, dark area away from light.

Notes



This recipe is only intended for clothing. Some of the essential oils in this blend can irritate skin, but they will work great on hiking boots, pants, and shirts. Also, you'll want to use this DIY tick repellent with adults and children older than 2.

Repelling Deer and Rabbits

Mongolian fire oil and water - spray liberally

Irish Spring - hang on tree branches or shave over plants

Human hair - apply to small shoots as they appear ~ again throughout the summer