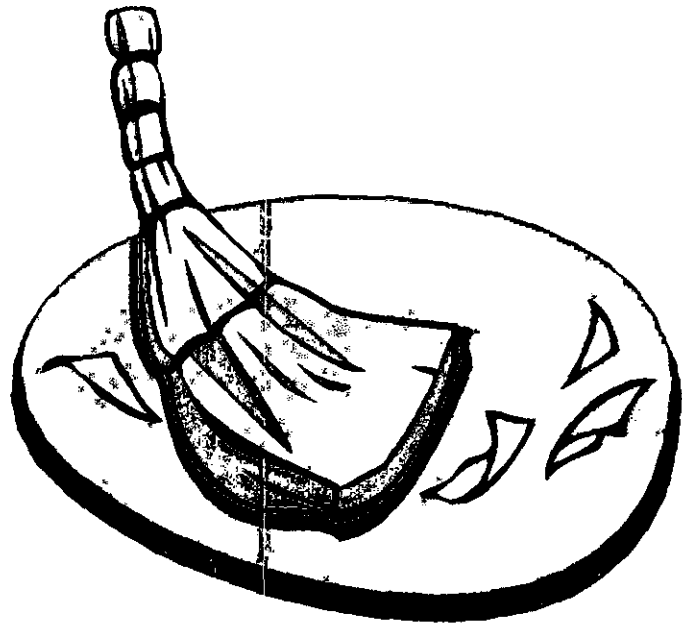


Green Clean



A Special Program by

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Blogs to visit:

Natural Home Living <http://www.naturallivingideas.com/>

Backyard Patch Herbal Blog - www.backyardpatch.blogspot.com

Little Extras—

Herbal Moth Repellent

This blend is both naturally antiseptic and antimicrobial.

¼ cup dried thyme

¼ cup whole cloves

Combine the herbs in a small bowl. Place a tablespoon of the mixture in a small cloth bag or tea ball. To use, tuck into drawers or hang in your closet.

Stinky Sneaker Sachet Blend

Makes 4 sachets

Most of the dirt that gets into our homes hitchhikes on our shoes. Remove them at the door, and you might spend less time cleaning. But taking footwear off exposes another problem: stinky shoes (even my leather clogs get smelly.) Solve it with sachets filled with absorbent clay cat litter scented with essential oils.

2 teaspoons essential oil of sandalwood

1 teaspoon essential oil of tea tree

1/2 teaspoon each essential oils of lemon and grapefruit

1/4 teaspoon each essential oils of spruce and lavender

4 cups natural clay cat litter

4 clean socks

4 rubber bands

Stir the oils into the cat litter in a glass jar with tight fitting lid. Cover and let the mixture age for a week. Divide the mixture evenly between 4 socks and close them each with a rubber band. Place a sachet in each shoe and leave overnight. You may reuse the sachets for as long as the scent lasts.

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Herbal Vinegar Spray

The spray is perfectly safe and very effective to use at full strength, but can be diluted 50/50 for lighter jobs.

Fresh or dried herbs
Distilled white vinegar



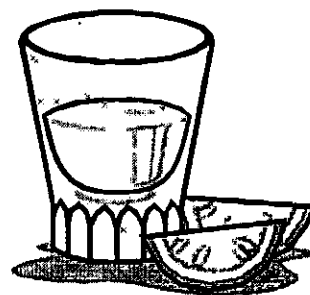
Roughly chop 1 to 2 large handfuls of fresh or dried herbs and place in a glass jar with a wide mouth and a plastic lid (good choices are lemon verbena, peppermint, rosemary, lemon balm or lavender.) Add vinegar to fill the jar. Replace the lid and leave for a few days or weeks (I generally like to wait 2 weeks) to infuse, then strain out the herbs. Pour into a plastic spray bottle. (See list of uses on the reverse page.)

Lemon Vinegar

If you love a lemony scent when cleaning, try this mixture. For added germ fighting use regular thyme and/or sage.

1 1/2 c. lemon basil
1 c. lemon verbena
1 c. lemon balm
1/2 c. lemon thyme sprigs
Lemon peel from one lemon
4 c. white vinegar

Place all ingredients in a large glass container and cover. Steep for 3 to 4 weeks and strain and rebottle. Remember do not use metal containers or metal lids.



Vinegar-free Cleanser

Dried or fresh herbs
Hot water
Essential oil

1 to 2 handfuls of fresh or dried herbs and place in a glass jar and cover with hot water. Allow to steep for a few days. Strain, then add the borax and a few drops of matching essential oil. Shake well and decant into spray bottles.

Mildew Removal Spray

Using tea tree oil gives antifungal properties to rival any commercial blend. Make it sweeter on the nose by using vinegar infused with lemon herbs.

1 cup white vinegar
25 drops tea tree oil

Combine the vinegar and oil in a spray bottle. To use, spray on mold and let sit 10 minutes. Wipe away with a damp sponge.

Using Herbal Vinegar

1. Clean your coffee maker. Fill the reservoir with a full strength, undiluted thyme vinegar. Run the vinegar through one cycle. Run two cycles of water to rinse.
2. Remove pesticides from fruits and vegetables. Wash them in a mixture of 2 or 3 tablespoons of sage and/or thyme vinegar per quart of water. The antifungal qualities of sage will also help with natural borne fungus and the antiviral qualities of thyme will help against bacteria.
3. To cut grease and absorb odors on your wood cutting board, wipe down with a lemon, thyme or basil vinegar.
4. Clean and freshen the microwave mix ¼ cup vinegar and 1 cup water in a small bowl and heat for 5 minutes. This will remove lingering odors and soften baked on food spills.
5. Mildew removal. Full strength vinegar, especially thyme vinegar will remove mildew from a shower curtain. You can add a couple drops of lemon essential oil for a sweet smell.
6. Floor cleaner. To clean floors and kill germs try this recipe: 1/8 cup liquid soap, ½ cup thyme vinegar, ½ cup herbal tea (peppermint smells great, lemon cuts grease, thyme and sage will kill germs.)
7. Keep your dishwasher clean and fresh. Add ½ cup herb vinegar to the rinse cycle.
8. Cut grease and make glasses sparkle by adding 3 Tbls. herb vinegar to the sink with the dishwashing detergent.
9. To dissolve mineral build up on clogged shower heads. Soak overnight in diluted Herb vinegar.
10. Clean soap scum from a glass shower screen. Mix 2 parts salt with 1 part herb vinegar. Rub onto the screen with a cloth or fine steel wool. Rinse and dry.
11. Stop Mold mix 2 teaspoons and 21 cup herb vinegar. Apply with a cloth, leave for 30 minutes then wipe off.
12. Clean the refrigerator by wiping out the fridge with herb vinegar, then rub over with a sponge dipped in vanilla essence.
13. Remove mold from refrigerator door seals with an old toothpaste dipped in herbal vinegar.
14. Freshen and disinfect your kitchen cloths and sponges by soaking overnight in a solution of boiling water with a good splash of herb vinegar and a few drops of eucalyptus oil. Rinse well in the morning.
15. Place 1 cup water and ¼ cup herbal vinegar in a bowl in the microwave and zap on high for 5 minutes. When it cools a little, use it to wipe the wall of the oven with a damp cloth.
16. Clear Drains. Pour ½ cup of baking soda and chase it with ½ cup vinegar, then watch it fizz as the acid and alkaline react to each other.
17. Polish Copper. Tarnished copper can be cleaned with 16 ounces of white vinegar with 3 Tbls. of table salt dissolved in it. Spray onto copper, let sit briefly then rub clean.

All-purpose Cleaner and Disinfectant

Ideal in kitchens and bathrooms and can be stored indefinitely. The tea tree makes it antibacterial too!

2 cups hot water
¼ cup white vinegar
½ tsp. washing soda
15 drops tea tree essential oil
15 drops lavender essential oil

Combine all ingredients in a reusable spray bottle and shake well. To use, spray on surfaces, especially cutting boards, counter tops and toilets. Wipe with dry cloth. Variation: add ½ teaspoon of liquid castile soap to 2 cups of this cleaner for a great all-purpose cleaner

Glass Cleaner

Juice of 1 lemon
2 cup club soda
½ teaspoon peppermint essential oil
1 teaspoon of cornstarch

Combine all ingredients in a bowl and stir until blended. Pour into a plastic spray bottle. Shake well before using.



Glass cleaner

Use rubbing alcohol and white vinegar to clean windows, mirrors and car windshields.

3 cups water
2 Tbsp. rubbing alcohol
¼ cup distilled white vinegar
5 drops lavender essential oil (optional, for scent)
½ Tbsp. liquid castile soap

In a well-ventilated area, use funnel to pour water, alcohol, vinegar and oil, if desired, into bottle. Shake. Add soap. Shake well. Spray windows; wipe with newspaper.

This formula combines the antimicrobial and scouring powers of borax and washing soda—and good old soap and water—and imparts a lovely scent.

Deodorant Spray (like Fabreeze)

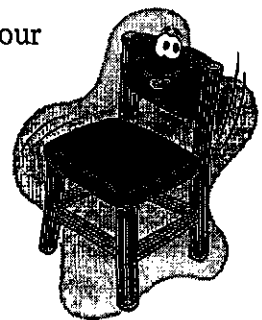
Strong and antibacterial, this preparation has a light non-clogging alcohol base.

3 Tbls. vodka
3 Tbls. distilled water
2 drops tea tree oil
2 drops thyme oil
2 drops eucalyptus oil

Combine ingredients in a spray topped bottle. Shake well before using. You can spray on underarms or to disinfect and deodorize the air.

Laundry Scent

Once you have acquired essential oils to make these other products, use them to scent your laundry as well. Place several drops (a combination of rosemary, lemon and lavender with a touch of pine is a great mix) of essential oil on a damp wash cloth and throw into the tumble dryer with a load of damp clothes.



Quick Lavender Furniture Polish

½ cup distilled white or lavender herbal vinegar
2 tsp olive oil
5 to 10 drops lavender essential oil

Combine all ingredients in a jar or bottle. To use, pour a little onto a soft cloth and rub the surface until you achieve a soft shine.

Lemongrass Dust Cloths

You can use micro fiber cloths or old cloth diapers. These do-it-yourself duster cloths offer convenience of disposable furniture wipes without the guilt of contributing to the landfill. Make several at one time.

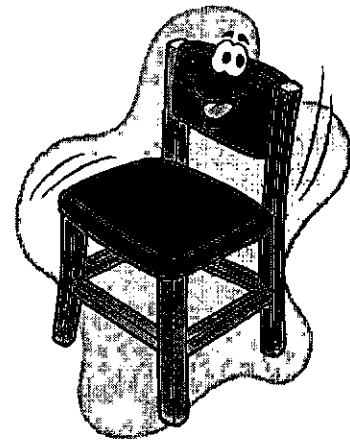
- 1 cup water
- 1 cup white vinegar
- ¼ teaspoon lemon grass essential oil
- Dust cloths or rags
- Freshly cut lemon peel

Combine water, vinegar and essential oil in large bowl. Soak dust cloths in the solution for 30 minutes. Squeeze out cloths, leaving them slightly damp. Lay cloths flat and place a couple pieces of lemon peel on each. Fold each cloth in half of thirds and roll up. Place each cloth in a glass jar along with an extra piece of lemon peel. Cap tightly with a screw lid. To use, unfold the cloth and discard the peel. Dust as usual. Launder dust cloths when dirty and infuse again with essential oil and lemon peel.

Dishwashing liquid

Use a Tablespoon full of this liquid in hot water. Lavender and rosemary are perfect for cutting grease. This will not make a lot of suds, but is still very effective.

- 3 Tbls. liquid castile soap
 - 2 cups warm water
 - 2 tsp. vegetable glycerin
 - 2 Tbls. distilled white vinegar
 - 10 drops lemon essential oil
 - 10 drops grapefruit essential oil
- Mix all ingredients in a jar, cover and shake well. Store in a plastic squeeze bottle



Dishwasher Detergent

- 1 cup borax
- 1 cup baking soda
- ¼ cup table salt
- 2 packets (half an ounce) unsweetened lemon Kool-Aid – or Flavoraide

Blend materials together and store in a lidded container. Use 1 Tbls. for a washer load of dishes. (You can make a smaller batch to see if you like it. You must use Lemon drink mix, other flavors do not work.)

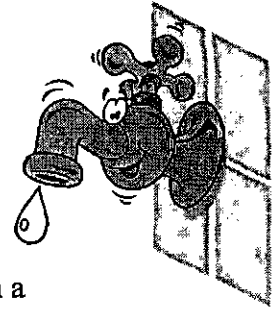
Toilet Bowl Cleaner

- ¼ teaspoon grated castile soap
- 2 Tbls. baking soda
- 2 Tbls. vinegar
- 1 tsp. orange essential oil
- 1 tsp. grapefruit essential oil
- 2 cups water

Mix all ingredients in a 4 cup measuring bowl or cup. Beware when you add the vinegar it will foam because of the baking soda. Let this mixture stand for 10 minutes before pouring into a spray bottle. Spritz the toilet bowl and scrub with a brush. Add some tea tree oil for added germ fighting.

Disinfecting Soap for Kitchen and Bath

5 cups grated castile soap
½ cup baking soda
1 tsp. borax
6 cups hot peppermint tea
1 tsp. eucalyptus essential oil



Put the grated soap in a 3 quart stainless steel saucepan and add hot peppermint tea. Simmer for 15 minutes on low heat. Add baking soda, borax and essential oil. Store in a labeled plastic jug or squirt bottle. Shake before using to clean sinks, tubs, fixtures, etc. Rinse with clear water.

Lavender Liquid Laundry Soap

Gentle on septic systems and the environment and you can save quite a bit compared to commercial laundry detergent. And it will leave clothing smelling wonderful and feeling soft.

½ cup liquid castile soap
½ cup washing soda
½ cup borax
2 to 3 teaspoons lavender or lemon verbena essential oil
7.5 quarts hot water

Mix all ingredients in 9.5 quart bucket and stir well until soda crystals and borax are completely dissolved. Decant into clean plastic detergent containers. Shake the mixture before using. Use about ¼ cup per load.

Scented Laundry Soap Powder

½ cup washing soda
1 cup finely grated pure soap
½ cup salt
½ cup borax
½ cup baking soda
¼ teaspoon lemon, lavender, peppermint essential oil or eucalyptus oil

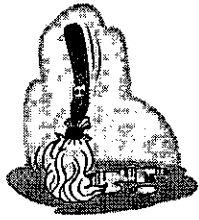
Put washing soda in a clean plastic bag and crush finely with a rolling pin. Mix crushed washing soda with rest of dry ingredients. Add the essential oil and mix thoroughly through the powder. You can do this with rubber gloves or put the powder in a large plastic bag and knead it thoroughly from the outside.

To Use: 1 Tbls. for a small load, 1 ½ Tbls. for a medium load and 2 Tbls. for a large load. For the results of a liquid soap, dissolve the soap powder in a jug of hot water before adding to a top-loading machine. For a front loading machine, dissolve powder in a small amount of hot water and add to dispenser.

Lemony Wood Floor Mop Formula

½ cup distilled white vinegar
1 tsp. vegetable glycerin
20 drops lemon essential oil
Water

Combine items in a 20 ounce spray bottle using enough water to fill the bottle. Spray the floor and use a dust mop or swiffer-like cleaner to mop as usual, and quickly buff dry to protect your floors. They will be glossy and clean with a lovely lemon scent!



Mop-It-Up Formula

1/4 cup castile soap
1/2 cup distilled white vinegar
20 drops of tea tree essential oil
20 drops of sweet orange essential oil

This is the perfect liquid cleaner for tile floors, vinyl, or linoleum. Mix the solution with 2 gallons of hot water and mop away the dirt and grime.

Spray Floor Cleaner

1/8 cup castile soap
1/8 cup distilled white vinegar (use that lemon vinegar here!)
1 gallon of water
10 drops lemon or lavender essential oil

Mix the soap and vinegar into the water. Add the essential oil. Spray the mixture on the floor and mop with your swiffer-style cleaner or a damp sponge mop. Rinsing will not be needed.

Creamy Non-abrasive Cleanser

Perfect for acrylic and fiberglass surfaces, this smooth cleanser won't scratch tubs, stovetops or laminate counter tops.

1/4 cup borax
Liquid vegetable oil based liquid soap
1/2 tsp lemon essential oil

Combine borax with just enough liquid soap to create a thick paste. Add essential oil and blend well. To use, scoop a small amount of cleanser to a damp sponge. Scrub surface and rinse well.

Herbal Rug Fragrance

This is a great way to remove pet odors and lingering food smells. This recipe is enough for an 8- by 11-foot rug.

3 cups dried lavender flowers or leaves
2 cups dried rosemary leaves
3 pounds baking soda

In a large glass, earthenware, or stainless-steel bowl, blend the lavender flowers, rosemary leaves, and baking soda. Sprinkle the mix over a freshly vacuumed rug and leave overnight. Then vacuum again. (If fleas are a problem in your house, add 2 cups of chopped, dried orange peel or pennyroyal leaf to the recipe.)

