



A Junie Moon and Meggicat Collaboration

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INTRODUCTION

Chemical irritants are found in almost everything around us—from carpets to walls to fabrics and so on. We cannot control every aspect of our environment, but we can help ourselves by taking control of some particulars such as cleaning products.

We hope you enjoy this little booklet of a few basic organic cleaning recipes collected from the hundreds available in books, magazines, herbal newsletters, and via the Internet. These recipes are not our invention but have been tried and found useful. They've been modified from the original over the years.

Store your homemade cleaning products in reusable airtight plastic containers and spray bottles—and out of the reach of children. Always label your products! Labels are provided at the back of the booklet for you to print and use, along with two blank labels.

You should also test any essential oils, herbs, or ingredients new to you to ensure you aren't sensitive to them.

Enjoy!

Text provided by Junie Moon <http://junie-moon.blogspot.com>

Graphics provided by Meggiecat <http://meggiecat.blogspot.com/>

HOMEMADE NATURAL CLEANING RECIPES

All-purpose Cleaning Spray

- 1/8 cup white vinegar
- 1 teaspoon borax
- 1 teaspoon washing soda
- 1/8 cup unscented liquid soap (I use Dr. Bronner's)
- 16 ounces hot water
- 10 drops lemon (or lavender) essential oil
- 10 drops Tea Tree essential oil

Combine the vinegar, washing soda, borax, and soap in a spray bottle. Fill bottle with hot water and add essential oils. Blend until dissolved. Shake before using.

Source: *The Herb Companion*, September 1999

Carpet Freshener

- 1 cup baking soda
- 10 drops of your favorite essential oil (I use jasmine)

Mix together and shake well. Leave to stand overnight. To use, shake on carpet and vacuum.

Source: http://brocantehome.typepad.com/brocante_home/

Clothes Washer Maintenance

- 2 cups white vinegar
- 1 cup lemon juice

Pour two cups of white vinegar into the soap powder holder and let the washing machine run through its hottest cycle. You may need to do this a few times. Follow this with one cup of lemon juice for freshness again on the hottest cycle. Make only what you use.

Source: <http://tips.simplygoodstuff.com/cleaning-your-washing-machine/>

Furniture Polish

- 1 cup olive oil (you can also use jojoba oil)
- 1/2 cup lemon juice

Mix the ingredients and you have a furniture polish for your hardwood furniture. Dab a soft rag into the solution and wipe onto wood surfaces.

Source: <http://web1.msue.msu.edu/imp/mod02/01500631.html>

Garbage Disposal Cleaner

- 1 cup chopped lemon, orange or grapefruit, including rind
- 1 cup baking soda
- 1 1/2 cups water

Mix the baking soda and water. When ready to clean the disposal, turn it on, drop in the lemon pieces, and let the machine grind them up as you pour in the baking soda mixture. Rinse disposal with cold water. Make only what you use.

Source: <http://lifehacker.com/software/cleaning/how-to-clean-your-garbage-disposal-182013.php>

Gentle Powder Scrub

- ½ cup bentonite clay (Aztec Secret Indian Healing Clay)
- ½ cup baking soda
- 12 drops lemon essential oil

Place clay in bowl, make a small well in the center of the clay and drop in the essential oil. Add baking soda and mix until totally blended. Store indefinitely.

Source: <http://www.ecoedge.net/tips/nontoxic>

Herbal Floor Wash

- 1/8 cup liquid soap or detergent
- ¼ to ½ cup white distilled vinegar or lemon juice
- ½ cup fragrant herb tea (peppermint is great as it adds antibacterial qualities) or 30 drops citrus essential oil--lemon, grapefruit, orange, tangerine (or a mixture of any of these oils)

Combine ingredients in a pail or bucket. Swirl the water around until it is sudsy. Proceed as normal. Make only what you use, discard any remaining.

Source: www.fingerlakesbuygreen.org/data/Do%20It%20Yourself%20Recipes.pdf

Lavender Laundry Detergent

- ½ cup bentonite clay powder (Aztec Secret Indian Healing Clay)
- 3 or 4 tablespoons lavender essential oil

Put the clay in the container you plan to use and mix in the lavender essential oil mix until well blended (a fork works great with this). Then add the following powders to the clay mixture:

- 4 cups baking soda
- 2 cups borax
- 1 cup sodium percarbonate (same thing as Oxyclean)

Shake vigorously in a tightly-closed container and it's ready for use.

To Use

Add ½ cup to a large load of laundry (experiment to decide what is best for you).

For Stains

Make a paste with the detergent and rub into the spot, let it sit for 30 minutes before washing.

For Disinfecting/Deodorizing

Add 10 drops of lavender essential oil to the rinse water.

Source: http://www.associatedcontent.com/article/5439/herbal_household_make_your_own_natural.html

Lemon-Mint Window Wash

- Juice of 1 lemon
- 2 cups water or club soda
- ½ teaspoon peppermint essential oil
- 1 teaspoon corn starch

Mix all the ingredients together in a small bowl, using a spoon to blend them well. Pour into a plastic spray bottle. Shake well before using.

Source: http://www.nhhlibrary.com/clean_deep,_clean_sweet_with_herbs.htm

Sink Dish Liquid

Not for automatic dishwashers.

- 10 drops lemon essential oil
- 10 drops lavender essential oil
- 10 drops orange essential oil
- 4 cups castile liquid soap

Fill a 32-oz. squirt bottle with liquid soap and add the oils. Shake well.

Source: <http://www.recipezaar.com/66995>

Toilet Cleaner

- 2 tablespoons baking soda
- 2 tablespoons white vinegar
- 1 teaspoon orange essential oil
- 1 teaspoon grapefruit essential oil
- 2 cups water

Mix all ingredients in a 4 cup measuring cup or bowl. When you mix the vinegar and baking soda, it will foam. Let this mixture stand for 10 minutes before pouring into a spray bottle.

Source: *The Herb Companion*, March 2006

LABELS

