

Cleaning Solutions: Make it Yourself

Grocery List

The following ingredients are used in the recipes below. They are the building blocks to virtually all natural cleaning solutions. For more natural cleaning recipes, check out the sources list provided.

INGREDIENT	WHAT IT DOES
White Vinegar	Antifungal that also kills germs and bacteria.
Baking Soda	Eliminates odors and works as a gentle scouring powder.
Borax	Eliminates odors, removes dirt, and acts as an antifungal. <i>Can</i> be toxic if swallowed.
Castile Soap	Like other soaps, this plant-based version loosens grime and dirt from surfaces. But it's gentler so it won't dull them.
Corn Meal	Great at picking up carpet spills.
Lemon Juice	A pleasant-smelling nontoxic bleach, grease-cutter, and stain remover.

All-Purpose Cleaner

INGREDIENTS	DIRECTIONS
1 tsp Castile Soap 1 tbsp. baking soda 3 tbsp. white vinegar 1 ½ cups (12 oz) warm water	Mix all ingredients well. Apply to area and wipe down. This cleaner works best on hard surfaces such as countertops, sinks, and bathrooms.
Cleaning Alternatives: Karen Logan, author of Clean House , Clean Planet , suggests a slightly different solution: 2 tablespoons vinegar, 1 teaspoon borax, and 16 ounces of hot water. AFTER all that is mixed, add 1/4 cup castile soap.	

Carpet Deodorizer/Stain Remover

INGREDIENTS	DIRECTIONS
½ cup baking soda ½ cup borax 1 cup cornmeal	Sprinkle mixture over rug and rub with a cloth. Let rest for several hours or overnight, then vacuum.
Cleaning Alternatives: To remove stains from you carpet, mix 1/4 cup castile soap and 1/3 cup water in a blender until foamy. Spread the mixture on the carpet and let site for a few minutes. Then scrub the stain with a brush or clean rag. Also, club soda will remove many acidic stains like coffee, wine, or juice. To deal with big carpet spills, pour cornmeal on the spill; wait 15 minutes; then vacuum (Karen Logan, author of Clean House , Clean Planet)	

Toilet Cleaner

INGREDIENTS	DIRECTIONS
¼ cup baking soda 1 cup vinegar	Pour into basin and let it set for a few minutes. Scrub with brush and rinse.
Cleaning Alternatives: A mixture of borax (2 parts) and lemon juice (one part) will also work. For stains, use equal parts baking soda, borax, and white vinegar. Pour generously around the bowl; let it soak; and then scrub with a brush.	

Glass Cleaner

INGREDIENTS	DIRECTIONS
1 quart water ½ cup vinegar 1-2 tbsp. lemon juice	Mix together well and spray. Use crumpled newspaper or cotton cloth to clean.
Cleaning Alternatives: Most commercial glass cleaners contain waxes, which leaves a residue. To get rid of it, add a half teaspoon of dish liquid. Spray on the glass surface, wait half a minute, then polish the glass dry with a clean rag. That should take care of the wax residue and you shouldn't have to repeat this step again (suggested by Ellen Sandbeck, author of Organic Housekeeping). EarthEasy warns not to clean windows if the sun is on them or if they are warm as streaks will show upon drying.	