



How to GREEN CLEAN



Tips on how you can use non-toxic products in the home and garden.

CLEANING NEED	ALTERNATIVE TO CHEMICAL PRODUCT
Household	
Absorbing bad smells	<ul style="list-style-type: none"> • Cut an onion in half to absorb odour.
Air freshener	<ul style="list-style-type: none"> • Add a few drops of your favourite essential oils to a spray water bottle.
Carpet cleaner	<ul style="list-style-type: none"> • <i>To deodorise:</i> sprinkle bicarbonate (bicarb.) soda on carpet before vacuuming. • <i>To remove stains:</i> wet area and sprinkle with bicarb. soda, brush up and vacuum when dry. Or 1 tablespoon of Borax to 4 litres of warm water.
Chopping board cleaner	<ul style="list-style-type: none"> • Rub with a cut lemon.
Cloths	<ul style="list-style-type: none"> • Micro-fibre cloths can be used wet or dry without or with minimal cleaning products. • <i>Tip:</i> Wash in a laundry bag to keep lint-free.
De-scale kettle / urn	<ul style="list-style-type: none"> • Put a few slices of lemon in kettle or equal parts vinegar and water, boil and leave overnight. For heavy scale, add some tartaric acid with the lemon.
Fridge cleaner	<ul style="list-style-type: none"> • Vanilla essence on a damp cloth for a clean smell. Put a saucer of bicarb. soda in fridge to absorb bad smells, use the soda for cleaning afterwards.
Oven cleaner	<ul style="list-style-type: none"> • Vinegar and bicarb. soda.
Pipes and drains	<ul style="list-style-type: none"> • Bokashi liquid. • Vinegar. • Borax.
Polishing floor boards	<ul style="list-style-type: none"> • Lanolin.
Stove cleaner	<ul style="list-style-type: none"> • Lemon.
Surface and ceramic cleaner (including basins and showers)	<ul style="list-style-type: none"> • Use micro-fibre cloths with water. • Use bicarb. soda on a damp cloth (<i>Tip:</i> store soda in a flour shaker to keep dry). • Put vinegar in a spray bottle either use neat or diluted with water (depending on how dirty). Smell only lasts while wet.
Tiles and laminates	<ul style="list-style-type: none"> • Eucalyptus oil in a bucket of water. • Micro-fibre mops.
Toilet cleaner	<ul style="list-style-type: none"> • Vinegar and bicarb. soda leave overnight. • Bokashi liquid. • <i>Non-septic systems:</i> Make a paste from Borax and water or lemon juice with a few drops of tea tree oil for cleaning bowls, tiles and basins. • Antibacterial essential oils such as eucalyptus, lavender and tea tree add freshness to toilet bowls.



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Windows and mirrors	<ul style="list-style-type: none"> Put vinegar in a spray bottle either neat or diluted $\frac{1}{2}$ cup vinegar to 1 litre water. Use vinegar with crumpled newspaper for a good sheen. Wash window with soapy water first if especially dirty. For bathroom mirrors: apply eucalyptus oil with a wad of newspaper to prevent fogging.
Wooden floors	<ul style="list-style-type: none"> Add some methylated spirits to a bucket of warm water for mopping (this mixture helps prevent fleas).
Laundry	
Fabric softener	<ul style="list-style-type: none"> $\frac{1}{2}$ cup vinegar in place of fabric softener; also cleans washing machine. Borax.
Laundry powder	<ul style="list-style-type: none"> Mixture of pure soap, lemon juice and washing soda removes stains and softens water so you need less detergent.
Mould, smell and bacteria remover	<ul style="list-style-type: none"> Soak clothes overnight in a bucket with 1 cup vinegar in warm water.
Pillows, doonas, blankets	<ul style="list-style-type: none"> Air in sun as sun kills bacteria.
Stain Remover	<ul style="list-style-type: none"> Put eucalyptus oil in a spray bottle (can be used neat or with water), spray stain then wash as normal. Good for removing grease, chewing gum and stubborn stains.
Wool washes	<ul style="list-style-type: none"> Use eucalyptus oil in wool washes to deter silverfish and moths.
Garden & Pests	
Aphids and soft caterpillars	<ul style="list-style-type: none"> <i>Chilli spray recipe</i> - combine a handful of hot chillies and 1 tablespoon of liquid soap. Add 1 litre of hot water and blend. Strain through a stocking of gauze. Transfer to a spray bottle and use on serious infestations.
Cockroaches and ants	<ul style="list-style-type: none"> Sprinkle Borax lightly where cockroaches and ants go, they get it on their feet and take back to the nest.
Fleas	<ul style="list-style-type: none"> Garden lime sprinkled on garden changes the pH so fleas can't breed.
Fly trap	<ul style="list-style-type: none"> $\frac{1}{2}$ fill a jar with water, put in some Vegemite or a splash of beer, pierce a small hole in jar lid. Empty contents weekly onto your compost bin.
Fruit Fly	<ul style="list-style-type: none"> Hang sweet fruit fly traps in trees that don't have fruit to keep flies away from trees that do.
Minerals for plants	<ul style="list-style-type: none"> Water from boiling eggs - let it cooled first!
Scale, Citrus leaf miner and spotted (red) spider mite	<ul style="list-style-type: none"> <i>Oil-spray recipe</i> - Blend 500ml vegetable oil with 250 ml liquid soap and store in a jar. To use, mix 1 tablespoon with 1 litre of water and spray on leaves or affected areas.
Slater deterrent	<ul style="list-style-type: none"> Put an open ended milk carton or soft drink bottle or an onion ring around small seedlings to provide a physical barrier for the first few days.
Snail deterrent	<ul style="list-style-type: none"> Sprinkle sawdust or coffee grounds around seedlings to stop snails getting to plants, they don't like it on their 'feet', top up after rain. Copper tape. Put beer in a glass jar and lay on its side to catch snails. Feed snails to chooks.
Spider web prevention	<ul style="list-style-type: none"> Dilute Eucalyptus oil, wipe on surfaces to prevent spiders making webs.
Water worms/compost	<ul style="list-style-type: none"> Water from boiling potatoes and pasta - let it cool first!
Medical	
Antiseptic for cleaning cuts	<ul style="list-style-type: none"> Tea tree oil.
Relaxation	<ul style="list-style-type: none"> Put a few drops of lavender oil on pillow for a good nights sleep.
Stings, itches and bites	<ul style="list-style-type: none"> Tea tree oil.



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