



www.myhomesteadlife.com

New Member Welcome

Green Cleaning

My Homestead Life Green Cleaning Recipes

Why make your own cleaning and household products?

- Because within 26 seconds after exposure to chemicals such as cleaning products , traces of these chemicals can be found in every organ in the body
- Because more than 80,000 chemicals are in use today, and most have not been independently tested for safety, regulatory officials say
- In fact, most household cleaners are water soluble. The toxic substances found in many of these cleaners are not adequately removed by sewage treatment plants.
Guess what happens when these cleaners are returned to the rivers from which cities draw their drinking water?
- In 2000, major American companies dumped 7.1 billion pounds of 650 different industrial chemicals into our air and water
- Cancer rates have increased since 1901 from only 1 in 8,000 Americans, to 1 in 3 today! Now, this disease afflicts 1 of every 2 individuals!
- And Finally, You can't afford not to.
The average family spends over \$800.00 on household cleaning supplies per year. You can save over 80% by making your own!

Ingredients

Vinegar: vinegar can kill up to 82% of mold, 99% of bacteria and 80 % of viruses

Herbs: Herbs have over 125 different properties; some of these

properties that make them good for cleaning products are: antibacterial, antimicrobial, antiseptic, antifungal, antiviral, and disinfectant properties

Herbs to use for cleaning products are:

Rosemary, Eucalyptus, Tea Tree, Thyme, Orange, Lemon, Mint, Lime, Grapefruit, Sage, Cinnamon, Lavender and Oregano

Household/Kitchen and Multi-purpose Cleaner Recipe:

- Citrus Peel
- Cut sprigs of Rosemary (or any other herb mentioned above)
- White Vinegar
- Distilled Water
- Clean, empty spray Bottle
- Clean, empty jar with plastic lid

Instructions

- Peel Outer Layer of Organic: Orange, Lime, Lemon, or Grapefruit and fill glass jar 3/4 way full with peels and Rosemary
- Fill jar with distilled white vinegar
- Set in Sun for two weeks shaking daily
- Drain Vinegar off and place in squirt bottle until ¾ the way full (reserve peels for another recipe, and compost the herbs)
- Add 10 Drops of citrus essential oil *Optional
- Add 5 drops of Tea Tree Oil *Optional
- Add 1 tsp of Borax for extra cleaning power * Optional

This cleaner can be used to: cut grease, sanitize, clean counters, kill mold, clean the bathroom, clean the kitchen, floor etc.

** Vinegar is not recommended for granite or marble, use peroxide or witch hazel for these surfaces

This recipe is Good for you, Good for the environment and Good for your wallet.

Retail cost of commercial cleaner \$3.99 Making your own? \$0.25!

Better Than Comet Cleaner

Ingredients

- Citrus Peels from Multi-Purpose Cleaner Recipe
- Baking Soda
- Citrus Essential Oils

Directions

- Place Citrus peels in food processor until finely chopped.
- Mix Citrus Peels and Baking Soda 1:3 ratio (1 part citrus peels to 3 parts baking soda) until a light yellow color and just moist
- Add 5- 10 Essential Drops * optional
- Mix Thoroughly and Store in Glass Jar with Lid

Use to Scrub: Sinks, Toilets, Tubs, Pots and Pans, Oven, dirty hands, grout, and showers, just about anywhere that needs a good scrubbing.

This recipe is Good for you, Good for the environment and Good for your wallet.

Retail cost of commercial scrub \$3.99 making your own? \$1.00!

My Homestead Life

Amber Bradshaw

email: myhomesteadlife@yahoo.com