

Green Cleaning

It's in your cupboard!



A do it yourself guide to make natural cleaners at home from simple ingredients.

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Have you ever looked for ingredients on a cleaning product? If you can find the list, it's usually vague like "cleaning agents" or a word that you can't pronounce, let alone understand. This recipe booklet is designed to make creating your own cleaning products, safely and inexpensively. There is far less risk to your family, your health, and to the environment with these non-toxic recipes. All of these recipes have been tested extensively by WSU Snohomish County Extension volunteers, and handpicked for their ease of use and effectiveness. Time to get scrubbing!

Why Go Green?

- Keep Kids and Pets Safe
- Better for the Environment
- Reduce Health Risks
- Use Less Toxic Alternatives
- Save Money
- Prevent Allergic Reactions

Grocery List

Common:

Baking Soda
Borax
Hydrogen Peroxide
Lemon Juice
Whole Lemons
Olive Oil
Salt (Epsom, Kosher, or Rock Salt)
Shelled Walnuts
White Vinegar

Less Common:

Bar Soap (like a Castile soap)
Citric Acid
Concentrated Liquid Soap
(like a Castile Soap)
Tea Tree Oil
Washing Soda



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General

Wood Polish

Ingredients:

- 3 cups Olive Oil
- 1 cup White Vinegar

Directions:

Add olive oil and vinegar into a spray bottle and shake.

How to Use:

Shake before using. Spritz onto wood surfaces and wipe with cotton cloth.

All Purpose Cleaner

Ingredients:

- 1 tablespoon White Vinegar
- 1 tablespoon Lemon Juice
- 1 tablespoon Borax
- 1 cup Water
- 1 tablespoon Concentrated Liquid Soap (like a Castile Soap)*

Directions:

Add vinegar, lemon juice, borax and water into a spray bottle. Then add the concentrated natural soap and shake well.

How to Use:

Spray on surfaces that need to be clean, and wipe off.

Glass Cleaner

Ingredients:

- 2 cups Water
- 1 cup White Vinegar
- 1/4 teaspoon Concentrated Liquid Soap (like a Castile Soap)*

Directions:

Add 2 cups water, 1/4 cup vinegar, and 1/2 teaspoon liquid dish soap into a spray bottle.

How to Use:

Spritz onto windows and wipe with newspaper or microfiber cloth.

Warning: Do not use on tinted windows, like ones found on a vehicle.

**Important: Add water first because if you put the soap in first, you will lose a lot in bubbles.*



Lemon Disinfectant

Ingredient:

- Whole Lemons

Directions:

Cut a whole lemon in half and using the ends to as a natural handle to hold onto.

How to Use:

For cleaning and disinfecting cutting boards (or hard surface), you slice a lemon in half and rub it cut side down all over the cutting board, then wash as usual.

For drains and garbage disposals, you toss a halved lemon into the garbage disposal and run it to freshen and disinfect.

Note: You can pour lemon juice down your drains to freshen them up. Make sure you let it sit for 5 minutes in the drain before you add water.

Warning: Do not use lemons to clean marble as this could lead to pitting.

Wood Scratch Remover

Ingredients:

- Shelled Walnuts

Directions:

Use shelled walnuts or shell whole walnuts yourself. Break the meat into two flat pieces.

How to Use:

Take a shelled walnut half and rub it over the scratch in a circular motion. Wait 5 minutes while the oils from the walnut soak into the wood. Take a soft cloth and wipe away any remaining walnut pieces/residue. Your scratch should be greatly diminished, if not gone completely.

Drain Cleaner

Ingredients:

- 1 cup Baking Soda
- 1 cup Vinegar
- 2 quarts Boiling Water

How to Use:

Plunge the clogged sink. Immediately sprinkle into drain Baking Soda followed by Vinegar. Then pour 2 quarts of boiling water. Repeat until drain runs freely. It is normal for the vinegar and baking soda to froth up!

Kitchen

Dishwasher Soap

Ingredients:

- 1 cup Washing Soda
- 1 cup Baking Soda
- 1 cup Borax
- 1/2 cup Citric acid
- 1 cup Salt

(Epsom, Kosher, or Rock Salt)

Directions:

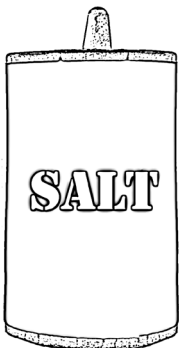
Combine the washing soda, baking soda, borax, citric acid, and salt.

Store the dishwasher soap in a container with an airtight lid.

How to Use:

Place soap into the dishwasher soap dispenser and run as usual.

Note: If your dishes are not coming clean, you can make your dishwasher soap super strength by adding more Citric Acid.



Oven Cleaner

Ingredients:

- Baking Soda
- Water

Directions:

Put water into a spray bottle. Use baking soda from container.

How to Use:

Apply in a COLD oven.

Spray the whole oven down with water so that it is damp and add a thick layer (1/4 inch) of baking soda to top, sides, bottom. If any of the baking soda is still dry, mist it with the water bottle.

Shut oven door.

After a few hours, simply wipe up the paste with a cloth and all the grime comes with it. For heavily baked on grime, this may take a couple of applications or use steel wool on those spots.

Bathroom

Porcelain, Tile, and Grout Cleaner

Ingredients:

- 1/2 cup Baking Soda
- 1/4 cup Hydrogen Peroxide
- 1 teaspoon Concentrated Liquid Soap (like a Castile Soap)

Directions:

Mix the baking soda and hydrogen peroxide. Then add natural dish soap in a small squeeze-top container (or small tub with a lid) and mix well.

How to Use:

Use cloth, sponge, or toothbrush to apply and let sit 5–10 minutes. Rinse and dry if needed.

**Important: Add water first because if you put the soap in first, you will lose a lot in bubbles.*

Kathy's Easy Toilet Bowl Cleaner

Ingredients:

- 1 3/4 cup Water
- 2 tablespoon Baking Soda
- 1/4 cup Concentrated Liquid Soap (like a Castile Soap)*
- *Optional:* 5 drops Essential Oils

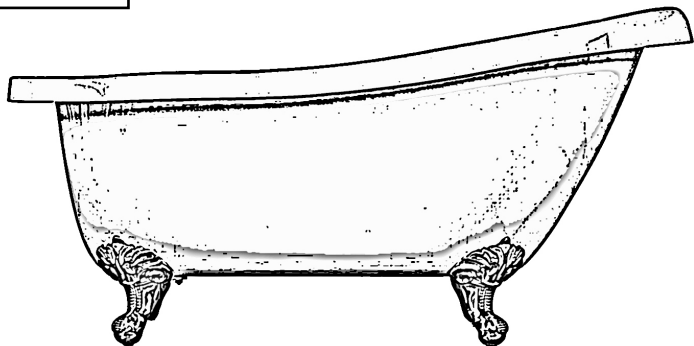
Direction:

Mix water and baking soda (If desired, the essential oils) in a 16-oz squirt bottle. Add the concentrated natural soap and shake well.

How to Use:

Squirt mixture in a swirl and use toilet brush to scrub bowl. This is quick so you can use often.

Note: Use any essential oils you like, like Peppermint. It makes the chore seem almost fun!



Laundry

Hydrogen Peroxide is a nonchlorine bleach. It will whiten and brighten clothes, disinfect laundry, and remove stains. It is gentler and less toxic than chlorine bleach. It is safe for most fabrics and dyes. Like any color safe bleach, take care when using on dark colors; test it on a swatch of fabric before using and always wash right away after spraying on stain.

Bleach Alternative

Ingredients:

- 1 1/2 cups Hydrogen Peroxide
- 1/2 cup Lemon Juice
- 1 tablespoon Citric Acid
- Water to Fill a Gallon Jug

Directions:

Pour hydrogen peroxide, lemon juice, and citric acid into a gallon size jug. Swish around until citric acid dissolves. Fill the rest of the jug with water.

When to Use:

Use in place of bleach. Rinse well.

Kathy's Stain Remover

Ingredients:

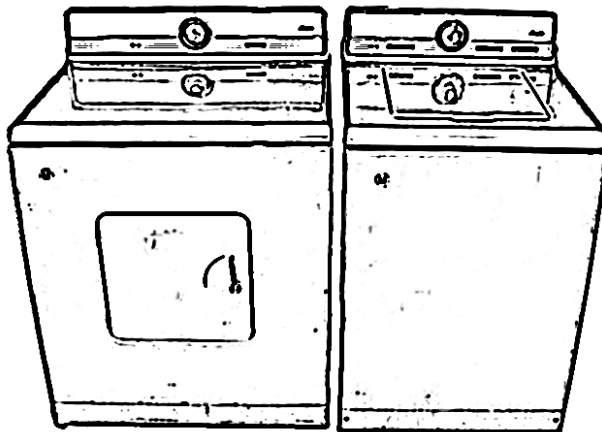
- 1 teaspoon Hydrogen Peroxide
- 1/2 teaspoon Concentrated Liquid Soap (like a Castile Soap)

Directions:

Mix together hydrogen peroxide and dish soap in a small cup.

How to Use:

Dab it on the problem area. Let sit a couple minutes. Throw the article in the wash.



Laundry Soap

Ingredients:

- 1 cup Borax
- 1 cup Washing Soda
- 1 Bar Soap (like a Castile Soap)

Directions:

Grate the bar soap, then pulverize it in the blender. Add borax and washing soda then mix thoroughly. Put in an airtight container.

How to Use:

Use one heaping tablespoon per load. For extra-large loads, add another tablespoon of laundry soap.

Note: Makes about 40 loads of laundry.

Borax, like baking soda, could cause minor skin irritation. When studying borax in regards to health, it is considered similar to salt and baking soda with the same health risks. Ingesting borax in large levels could possibly disrupt the reproductive system. Using borax for cleaning (not ingested) has not shown any health risks. Borax is a natural ingredient that does not cause cancer, absorb through the skin, nor builds up in humans. Borax is not caustic to the environment.

Dryer Sheets

Ingredients:

- 1/2 cup White Vinegar
- 8 drops of Tea Tree Oil

Directions:

Mix the vinegar and tea tree oil in a small bowl. Cut up cotton cloths and put into an air-tight container. Pour the mixture over the cloths until they are dampened but not soaked.

Keep in a securely closed container.

How to Use:

Remove a cloth and squeeze any excess liquid back into the container. Toss into the dryer. After the clothes are dry, return cloth back into the jar to reuse.

Tip: To reduce static cling in clothes, reduce the heat temperature of your dryer and do not over heat.

FYI: Vinegar is a natural softener and Tea Tree Oil is not only fresh smelling but also a natural fungicide for socks and towels.

Other

Oil Stains

Ingredient:

- Baking Soda

How to Use:

Sprinkle a bunch of baking soda in the spot and rub it in. Vacuum the baking soda off the carpet. If the carpet still has baking soda still visible, wipe it off with a damp cloth. For clothing, rub in baking soda and then put into the washer machine and wash as directed on label.

Fungicide

Ingredients:

- 1 teaspoon Tea Tree Oil
- 2 cups Water

Directions:

Add tea tree oil and Water into a spray bottle. Shake well.

How to Use:

Spray on surfaces that are moldy or musty and wipe off.

**Important: Add water first because if you put the soap in first, you will lose a lot in bubbles.*

Pet Stains

Ingredient:

- 4 cups Hydrogen Peroxide
- 1 splash of White Vinegar
- 1/4 cup Baking Soda
- 1 teaspoon Concentrated Liquid Soap (like a Castile Soap)*

Directions:

Mix the hydrogen peroxide, vinegar, and baking soda in a bowl. After baking soda dissolves, pour into a squeeze bottle and add the natural dish soap.

How to Use:

Squirt onto carpet or bedding until stain is soaked. Rub spot if needed then press a dry cloth to remove all moisture or put into the washer machine and wash as directed on label. Store the cleaner in a dark, dry place.

One time use:

- 1/2 cup Hydrogen Peroxide
- 1 splash of White Vinegar
- 1 1/2 Teaspoon Baking Soda
- 1 drop of Concentrated Liquid Soap (like a Castile Soap)*

Four Most Common Ingredients	Single Ingredient List			
	Baking Soda	Concentrated Liquid Soap	White Vinegar	Hydrogen Peroxide
Pet Stains	x	x	x	x
Porcelain, Tile, & Grout Cleaner	x	x		x
Drain Cleaner	x		x	
Diswasher Soap	x			
Oven Cleaner	x			
Oil Stains	x			
Car Battery Corrosion	x			
Kathy's Easy Toilet Bowl Cleaner	x	x		
Glass Cleaner		x	x	
All Purpose Cleaner		x	x	
Kathy's Stain Remover		x		x
Wood Polish			x	
Dryer Sheets			x	
Bleach Alternative				x

Single Ingredient List

Here are quick 1-step recipes to replace things you use every day.

Baking Soda

- Refrigerator Deodorizer
- Interior Refrigerator Cleaner
- Oil Stains: Page 7
- Oven Cleaner: Page 3

Vinegar

- Cleaner for Repotting Plants Pots
- Garden Tool Cleaner
- Vinegar Disinfectant
- Hard Surface Floor Cleaner

Lemons

- Lemon Disinfectant: Page 2

Walnuts

- Wood Scratch Remover: Page 2

Notes:





Free disposal of your leftover toxic products!

*It's easy . . . just drive in,
drop off and go.*

**Household Hazardous Waste
Drop-Off Station**
3434 McDougall Avenue, Everett

7:30 a.m. to 4 p.m.
Wednesday through Saturday
Free disposal | 425-388-3425 (TTY: 711)

*Businesses by appointment only. Fees apply.
Call 425-388-6050.*



What can I bring?

Drop off old or unused household chemicals. Look for CAUTION, POISON, WARNING, DANGER, CAUSTIC, COMBUSTIBLE, FLAMMABLE or CORROSIVE on the label, or for chemical symbols. Common products:



- Aerosol cans
- Antifreeze
- Automotive fluids
- Batteries
- Bleach
- Drain cleaner
- Fluorescent bulbs/tubes
- Gasoline/diesel
- Herbicides
- Insecticides
- Oil-based paint, varnish and stain
- Paint thinner
- Propane tanks

For a full list, scan the code with your mobile device, or visit www.snoco.org and search "hazardous waste."



What not to bring

- Appliances
- Electronics*
- Explosives
- Latex-based paint
- Medical waste
- Medicine/drugs*
- Prescription medication*

*For electronic recycling information, visit www.ecyclewashington.org. For medicine disposal locations, www.takebackyourmeds.org.

Note: This drop-off facility is only open to Snohomish County residents. Please check with your county for Household Hazardous Waste disposal.



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