



4. Reserve remaining green tea for another use. Apply small amount of pumpkin mask to cheeks, forehead, chin and neck. Massage in circular motions gently buffing skin. Repeat. Apply more product as needed. Leave a thin layer of pumpkin mask on face and neck for 15-20 minutes.

5. Rinse with tepid or cool water and pat dry with soft towel. Follow with appropriate moisturizer.

6. Store remaining mask covered in refrigerator for up to two weeks.

## AIR FRESHENERS

### **CINNAMON SPICE POTPOURRI**

Place a couple of cinnamon sticks and a teaspoon of whole cloves in a small pan of water. Simmer to fill the house with a spicy scent. Keep an eye on this so it doesn't boil dry.

### **ESSENTIAL OIL SPRITZER**

1 c. water

5 drops essential oil of your choice

Mix together in a small misting spray bottle. Shake well before use and spritz in any room to freshen the air.

# Green Cleaning Recipes

**By making your own natural cleaning products, you can avoid exposure to harmful chemicals found in commercial cleaning products, decrease your environmental impact, save lots of money, and have fun!**

It's easy and economical to make your own natural cleaning products that work. Here are the staples you'll need:

**Liquid castile soap:** A little of this staple ingredient goes a long way. We prefer to use **Dr. Bronner's** soap, which you can find in bulk at the Co-op. Dr. Bronner's is made with certified organic & fair trade oils. There are 8 different varieties, scented only with pure essential oils.

**Vinegar:** Surprisingly, much of the vinegar on the market is a petrochemical byproduct. Organic white vinegar is best, if you can afford it, but a good compromise is to buy white vinegar that says "distilled from natural grains" on the label.

**Baking soda:** Buying it in the 4-lb box is generally more economical. The name-brand baking soda can be less clumpy than the generic (for use in scouring powder).

**Washing soda:** This can be found in the laundry aisle of the grocery store. Many recipes call for either washing soda or baking soda, but don't confuse the two! Most importantly, baking soda is safe to eat, but washing soda is not! 😊 Baking soda is sodium bicarbonate, and washing soda is sodium carbonate. What this means outside of chemistry class is that washing soda is about twice as alkaline as baking soda; so although both are good at removing grease, washing soda is twice as strong. Do not inhale the dust or get in the eyes.

**Borax:** This powder comes from a mineral that is mined in the southwestern US. You can find it in the laundry aisle of the grocery store. It is a strong grease-cutter and deodorizer. Do not ingest, inhale the powder, or get in your eyes.

**Essential oils:** These concentrated natural oils not only provide nice scents, but many can kill bacteria and mold, cut grease, and more. Buy them in Morgantown at Mountain People's Co-op or Sunflowers. Do not use internally!

## PUMPKIN BODY BUTTER

Finally! A use for pumpkin puree left over from recipes that don't use the whole can! Pumpkin puree has enzymes and antioxidants that offer results similar to gentle alpha-hydroxy action: It removes dead cells, while its beta-carotene-rich antioxidants nourish your skin. Coconut solids are a natural moisturizer, and ground cinnamon is gently warming, stimulating and antibacterial.

½ c. pumpkin puree  
½ c. solids from a can of coconut milk  
½ tsp. ground cinnamon

Mix ingredients in a bowl. Apply generously to clean skin (standing or sitting on a towel, if you like), massaging gently to work well into the skin. Allow to remain on for 10 minutes or so, then rinse with warm water and pat dry.

## HONEY PUMPKIN EXFOLIATING MASK (Adapted from the National Honey Board)

1 teaspoon green tea, brewed  
2 teaspoon pineapple, papaya or figs, diced  
4 tablespoons pumpkin puree  
1 tablespoon honey  
2 teaspoons aloe vera gel  
1/2 teaspoon jojoba oil  
4 teaspoons cornmeal

1. Steep green tea in boiling water. Set aside to cool.
2. In blender or food processor, puree pineapple and place in medium-sized mixing bowl. Add pumpkin, honey and aloe. Mix well.
3. Stir in jojoba oil, green tea and cornmeal. (over→)



## PERSONAL CARE RECIPES

### BAY RUM AFTERSHAVE

2 cups dried bay leaves  
A few sprigs of dried rosemary (optional)  
Rum, to cover

Break the dried bay leaves in half. Fill a pint mason jar to about 3 inches from the top. Add a few sprigs of dried rosemary, if desired. Cover with rum to reach 2 inches above the leaves. Screw on the lid, and let set for 1 month; strain. Variation: Add a bit of grated organic orange peel, cloves, and ginger root, as desired.

### SKIN CONDITIONING AFTERSHAVE

2 cups witch hazel extract  
2 ounces rose water  
2 ounces aloe vera gel  
1/2 ounce vegetable glycerin  
A few drops of an essential oil of your choice (such as peppermint and eucalyptus), if desired

Combine the ingredients in a jar, and shake to blend.

### NATURAL DEODORANT

Commercial antiperspirants prevent the sweat glands from functioning and may have detrimental health effects. This is an easy alternative: After showering in the morning, spray under the arms with 151 proof grain alcohol (Everclear). Grain alcohol contains 75.5% alcohol, and it works better at killing bacteria than vodka (80 proof or 40% alcohol). You generally need at least 60% alcohol to kill most bacteria. If you like, you can add a few drops of lemon or lavender essential oil to 1/2 c. of grain alcohol in a spray bottle, and use to spritz under the arms.



## SURFACE CLEANERS FOR KITCHEN & BATH

### ALL-PURPOSE SPRAY CLEANER #1

1/2 tsp. washing soda  
1/2 tsp. liquid castile soap (Dr. Bronner's)  
2 cups hot tap water

Place in a 16-oz (or larger) spray bottle and shake to dissolve the washing soda. This cleaner is good for light cleaning jobs.

Cost: 3 1/2 ¢ per bottle; stores indefinitely

### ALL-PURPOSE SPRAY CLEANER #2

1 tsp. washing soda  
2 tsp borax  
1 tsp. liquid castile soap (Dr. Bronner's)  
2 cups hot tap water  
10 drops essential oil of your choice (I like lemon, peppermint, or rosemary)

Place in a 16-oz (or larger) spray bottle and shake to dissolve the washing soda. This works well for greasier cleaning jobs.

Cost: about 25 ¢ per bottle, depending on the essential oil you use; stores indefinitely

### CREAMY SOFT SCRUBBING CLEANER

3 Tbsp. liquid castile soap (Dr. Bronner's peppermint)  
1/2 c. baking soda  
1 tsp vegetable glycerin (optional; stays soft longer with it)

Mix together until it reaches the consistency of frosting. Add more soap or soda if needed. Store in a jar with a tight lid. For delicate surfaces, test on a hidden area first.

## KITCHEN CLEANERS

### OVEN CLEANER

1 c. or more baking soda  
Water  
A squirt or two of liquid detergent

Sprinkle water generously on the bottom of the oven, then cover dirty areas with enough baking soda to make the surface totally white. Sprinkle some more water on top, then let it sit overnight. In the morning, the grease will have loosened, and you can wipe up the worst of the mess. If any is left over, use a little liquid detergent on a sponge. If this doesn't work for you, try using more baking soda or water.

Cost: about 35 ¢ per use; stores indefinitely

### DISHWASHER DETERGENT

2 Tbsp. baking soda  
2 Tbsp. borax

Place 1 Tbsp. borax + 1 Tbsp. baking soda in each of the detergent cups of the dishwasher.

Cost: about 8 ¢ per load; stores indefinitely

### DISINFECTANT SPRAY

Spray with undiluted white vinegar, wait a few minutes, wipe off, or just let it evaporate. *Do not inhale!*

### “SERIOUS” DISINFECTANT SPRAY

Spray first with hydrogen peroxide (3%, from the drug store or grocery store), wipe off, then spray with undiluted white vinegar, wipe off. *Do not inhale!*

## DRYING YOUR CLOTHES

Drying your clothes on a clothesline saves a tremendous amount of energy and money, but what do you do in the winter? Use an indoor drying rack. Do laundry in the evening, hang it on the rack before bed, and place the rack on top of or next to a forced-air heating vent. The clothes usually dry overnight and help to humidify your house, and you can put away the rack in the morning to save space.

## FLOOR CLEANERS

### BASIC FLOOR CLEANER

2 Tbsp. liquid castile soap  
2 Tbsp. white vinegar  
1 gallon water  
10 drops essential oil of your choice

Combine ingredients and use to mop the floor. For wood floors, be sure to use a damp mop (don't soak the floor), and follow with a damp mop wet with clean water.

Cost: about 60 ¢ per use; stores indefinitely

### FLOOR SPRAY CLEANER

1 c. white vinegar  
1 c. water  
20 drops peppermint essential oil

For those who like to scrub the floor on their hands and knees, this works well. The peppermint helps to cut the smell of the vinegar. Just mix together in a spray bottle, spray on, wipe with a wet rag, then buff with a dry rag before moving to the next spot

Cost: about 55 ¢ per spray bottle – I use about a half bottle for the kitchen; stores indefinitely.



### “NATURAL MOTHBALLS”

The most economical place to buy bulk dried herbs for these sachets is the Co-op.

- 2 oz. dried rosemary
- 2 oz. dried mint
- 1 oz. dried thyme
- 8 oz. whole cloves

Combine the ingredients in a large bowl. Blend. Make sachets from a 4 x 4 inch piece of natural fiber with a tight weave. Sew three sides together, then fill with the herbs and sew the fourth side shut. You can also fill cotton teabags sold for making your own tea (these are often sold in health food stores). The easiest method is to tie the herbs up in a cotton bandana or handkerchief; place the herbs in the middle, gather the edges together, and tie with a ribbon. Other herbs that are good for repelling moths include lavender, lemon, sweet woodruff, and tansy.

### BETWEEN DRY CLEANING

Dry cleaning companies often use perchloroethylene, which is toxic to the nervous system and is a suspect human carcinogen. Look for a “green” dry cleaning company, and to stretch your time between dry cleaning, try brushing your clothes with a soft brush to remove dust, dirt, lint, and pet fur. Also try spraying your item with cheap vodka, concentrating on the areas where sweat accumulates. The vodka will help to kill the bacteria that cause odor.



### DRAIN OPENER

Using a plunger is a safe, inexpensive way to clear a drain. If that doesn't work, pour 4 Tbsp. baking soda, ½ c. white vinegar, and about 2 c. boiling water down the drain. Cover the drain for half an hour, then rinse down with water.

*Important – do not use this method right after using a commercial drain opener – the vinegar can react with it to make dangerous fumes!*

Note – pouring vinegar down the drain makes a good maintenance treatment to do every couple of weeks to keep your drain free of clogs.

Cost: about 18 ¢ per use; stores indefinitely

### STAINLESS STEEL CLEANER

Wipe stainless steel appliances with 100% vinegar to remove fingerprints. Remove white deposits from stainless steel pans wiping with vinegar, then rinsing after several minutes. If this doesn't work, try scouring with baking soda, but test an inconspicuous area first if you are concerned with scratches.

## BATHROOM CLEANERS

### TOILET BOWL CLEANER #1

Prevention is the best medicine. Here is an easy way to keep the toilet clean: once a week, right before bed, spray under the toilet rim with 100% vinegar in a spray bottle, then put about a ½ c. of vinegar in the toilet bowl. The next morning, brush out the toilet bowl and flush away.

Cost: about 15 ¢; stores indefinitely.

### TOILET BOWL CLEANER #2

For hard water deposits and stubborn stains, use the above recipe, then scour with a pumice stone. This *should* not scratch porcelain, but be sure to test a hidden area first. Mix together in a glass jar, dip a soft cloth, such as a rag made from an old flannel shirt, then wipe furniture.

Cost: 15 ¢ plus a pumice stone.

### SOAP SCUM REMOVER

Sponge the area with undiluted white vinegar, allow to sit for 5 – 10 minutes, then wipe the area with baking soda on a wet sponge. Be sure to test an inconspicuous area first.

### DO-IT-YOURSELF SANITIZER

6 Tbsp. Grain alcohol (Everclear, 151 proof, 75.5% alcohol - do not substitute vodka or other lower-proof alcohol)

1 Tbsp. water

Commercial hand sanitizers contain 62.5 - 65% ethanol. This formula makes 64.7% ethanol, but it may vary due to evaporation or incorrect measurement. Use an empty purse-size spray alcohol-based hand sanitizer container or buy a new one at the Co-op & refill it with grain alcohol mixture.

You can add a drop of lemon essential oil for added fragrance & disinfectant power. *If you are immune compromised, consult your physician before making your own hand sanitizer.* Cost: about 10 ¢ to refill the spray bottle.

### POWDER LAUNDRY DETERGENT #1

2 c. washing soda

2 c. borax

Mix together and use as with regular laundry detergent. (½ c. for a top loader, 2 Tbsp. for a high efficiency washer)

Cost: about \$ 1.90 to make (24 ¢ for a top loader, 6 ¢ for a high-efficiency washer); stores indefinitely.

### POWDER LAUNDRY DETERGENT #2

1 c. washing soda

1 c. borax

1 c. grated castile soap (about 2/3 bar – see p.10)

Mix together and ¼ c. for a top loader, 1 - 2 Tbsp. for a high efficiency washer

Cost: about \$2.05 to make (17 ¢ for a top loader, 9 ¢ for a high-efficiency washer); stores indefinitely.

### FABRIC SOFTENER

Put ½ c. white vinegar in the rinse cycle. Or, for a nice fragrance, mix 4 c. white vinegar + 20 drops essential oil, then put ½ c. in the fabric softener area of your washer. Be sure to shake before use. The vinegar odor evaporates.

Cost: vinegar only: 20¢/ 2¢ per use; with oils \$1.10, 14 ¢ per use.

## LIQUID LAUNDRY DETERGENT

- Place 4 c. water in a pan that will hold 1 gallon; heat until almost boiling (small bubbles rising).
- Add 1 oz grated bar soap\*, ¼ c. borax, ¼ c. washing soda, turn off the heat, and stir until the ingredients dissolve. You will end up with a cloudy liquid with no grit or soap pieces.
- Slowly add 4 c. warm tap water, stirring.
- Stir in 10 drops essential oil if desired, and place in a sturdy container. Label the container with its contents, and keep out of reach of children.

Because this laundry liquid contains no added fillers or thickeners, it will be a thin liquid, not a gel. It may separate or form clumps over time, so gently invert the bottle to mix before each use. It contains no artificial foaming agents, so it will not produce foam in your wash. Not intended for wool or silk.

Use ¼ - ½ c. per load for a top-loader, 2 T. - ¼ for a high efficiency washer. Use 2 times this amount for heavily soiled loads. For best results, put ¼ c - ½ c white vinegar in the fabric softener compartment to avoid soap deposits in areas that have hard water.

\*Fels Naptha is the most powerful of the soap options listed here. You can buy it at some grocery stores, in the laundry area or sometimes with the bar soap. Despite its unfortunate name, Fels Naptha does NOT contain the carcinogen naphthalene, but it does contain artificial color, fragrance, and optical brighteners. Dr. Bronner's bar soap and Kirk's castile soap are more natural options. Do not use soap with lotions or moisturizers for laundry.

Cost: about 3¢ per load when using Fels Naptha or Kirk's castile soap and when using Dr. Bronner's 5 ¢ per load. Stores indefinitely.

## FOAMER PUMP SOAP

Dr. Bronner's liquid castile soap comes in eight different scents, so it's fun to try new ones. Depending on how thick you like your soap, you can add between 4 tsp. – 4 Tbsp. of Dr. Bronner's to a cup of (preferably filtered) water. Mix, then place in a foamer pump bottle. The soap will turn cloudy, but this should not clog the pump. After sitting for a few days, the cloudy material should settle out on the bottom. If you don't like the look of cloudy soap in your pump bottle, just make up a big batch, allow it to settle for a few days, and refill your container by decanting the clear soap off the top.

Cost: between 28 – 83 ¢ to refill a foamer bottle, depending on how much soap you use; stores indefinitely.

## MOLD & MILDEW KILLER #1

Spray the area with undiluted vinegar. Allow to sit until the vinegar evaporates. Wipe clean with water.

## MOLD & MILDEW KILLER #2

2 tsp. tea tree essential oil  
2 c. water

Combine in a spray bottle, shake to mix. Spray on problem areas, do not rinse off. This is reported to be the best natural mold & mildew remover by Care2.com!

Cost: about \$3.00 - \$7.00 for this recipe, depending on your tea tree oil. I would make up only as much as you need for one application. Essential oils can oxidize and lose their potency when exposed to air, and since you are depending solely on the tea tree oil for anti-mold activity, it is best, IMHO, not to take chances on having it lose its potency!

## GENERAL HOUSEHOLD CLEANERS

### FURNITURE POLISH #1

10 drops lemon essential oil  
2 Tbsp. lemon juice  
a few drops of olive oil or jojoba oil

Mix together in a glass jar, dip a soft cloth, such as a rag made from an old flannel shirt, then wipe furniture.

Cost: about 30 ¢; store in a bottle & refrigerate.

### FURNITURE POLISH #2

½ tsp olive or jojoba oil  
¼ c. vinegar or lemon juice

Mix together in a glass jar, dip a soft cloth, such as a rag made from an old flannel shirt, then wipe furniture.

Cost: about 6 ¢; store in a bottle & refrigerate.

### WINDOW CLEANER #1

¼ - ½ tsp. liquid castile soap (Dr. Bronner's)  
3 Tbsp. vinegar  
2 cups hot tap water

Place in a 16-oz (or larger) spray bottle and shake. Spray on and wipe off with a soft, lint-free cotton rag, a newspaper, or a microfiber cloth.

Cost: 6 ¢ per bottle; stores indefinitely

### WINDOW CLEANER #2

1 c. vinegar  
1 cup water

Place in a 16-oz (or larger) spray bottle and shake. Spray on and wipe off with a soft, lint-free cotton rag, etc.

Cost: 20 ¢ per bottle; stores indefinitely

### WINDOW CLEANER #3

club soda

Place in a 16-oz (or larger) spray bottle. Spray on and wipe off with a soft, lint-free cotton rag, a newspaper, or a microfiber cloth.

Cost: about 80 ¢ per bottle; stores indefinitely

## LAUNDRY

### LAVENDER LINEN REFRESHER

15 drops lavender essential oil  
1 - 2 drops peppermint, spearmint or rosemary essential oil (optional)  
1 Tbsp. inexpensive vodka  
½ c. water

Put essential oils and vodka into a small sprayer bottle, and shake to mix. Add distilled water and shake – the mixture will be cloudy. Shake before each use (the mixture will separate). Spray this on sheets or blankets to freshen.

Cost: about 30 ¢ to refill the spray bottle.