

Earth-friendly Cleaning Agents

White Distilled Vinegar

- A mild acid that naturally cleans like a commercial all-purpose cleaner.
- Disinfectant
- Deodorizer
- Should not be used on marble.

Borax

- Naturally occurring mineral
- Higher pH than Baking Soda so stronger
- Does everything Baking Soda does, but also kills fungus and bacteria
- Treats Mold and Mildew
- Borax is TOXIC if ingested, so keep out of reach of children

Oxygen Bleach

- Environmentally friendly alternative to chlorine bleach (buy it without artificial fragrance or dye)
- Whitens laundry, removes stains, cleans grout

Lemon Juice

- A mild acid
- Good on soap scum and to remove hard water deposits
- Stain Remover
- Brass, Copper or Hardwood Polish

Baking Soda

- Naturally occurring mineral
- Deodorizer
- Gentle abrasive cleanser
- Drain-clog remover

Liquid Soap (Castile Soap)

- A Surfactant - helps water and water-based products penetrate oil like substances (like soap scum or grease)

Citric Acid

- A weak organic acid derived from lemons and limes
- Has preservative qualities
- Main ingredient in natural dishwashing detergent

Hydrogen Peroxide

- Mild alternative to chlorine bleach. Used for stain removal, mild bleaching, and killing germs.

Cream of tartar (potassium bitartrate)

- This common baking ingredient is a mild acid which can be used as a sink and bathtub stain remover.
- Also used for removing stains from aluminum cookware.

Essential Oils

Essential Oils have great scents that you can incorporate into homemade cleaning products. In addition, some are disinfectants.

Lavender - antimicrobial, tension relieving

Pine - disinfectant, air freshener, bronchial health

Tea tree - broad spectrum antimicrobial

Lemon - antiseptic, antiviral

Bergamot - Refreshing, relaxing

Eucalyptus (radiata) - antiviral, expectorant

Peppermint - stimulating, smells good

Thyme (linalol) - broad spectrum action against infectious illnesses

Web Sites containing more information:

<http://www.greenerchoices.org>

<http://householdproducts.nlm.nih.gov/index.htm>

<http://tipnut.com/cookware-cleaning-stain-removal-tips/>

<http://earthhome.tripod.com/stains.html>

Books used as references:

Organic Housekeeping by Ellen Sandbeck

Greening Your Family by Lindsey Carmichael, MPH