



GREEN CLEANING

**Keep Monterey Bay
Sanctuary toxin free - clean
with natural products. Be part
of the solution.**

Compiled by: Sustainable Pacific Grove

**WARNING: use only
DISTILLER WHITE VINEGAR
(other vinegars will stain porous surfaces).**

**NEVER MIX any of these natural products with
BLEACH – the fumes cause respiratory distress**

THE KITCHEN

- mix salt and vinegar to clean **coffee/tea stains** from cups
- add one teaspoon of baking soda to a stained **cup or container**, fill with water, and let set for an hour or so before washing.
- let a cloth soaked in vinegar sit on **faucet** to remove hard water stains
- shine **brass, copper, and pewter** with 1 tsp salt in 1 cup of distilled vinegar
- unclog a **drain** with handful of baking soda with _ cup of vinegar. Rinse with hot water
- If water hasn't yet back up in your **drain**, pour 1 cup of baking soda followed by 3 cups of boiling water.
- If the water isn't going down the **drain**, pour a cup of washing soda over the drain and let it set for awhile. Then use the backing soda method above. You never want to use washing soda if a commercial acid drain cleaner has recently been used in the drain, as they will strongly react with each other. You also shouldn't overuse washing soda if you have PVC pipes, as the caustic nature of washing soda can slowly damage the plastic
- disinfect **wood cutting boards** with full strength vinegar or wash with 3 percent hydrogen peroxide alternated with straight white distilled vinegar. Let each material rest on the cutting board for 10 minutes or so before rinsing.
- blot away as much of the **grease stain** as you can. Then apply straight isopropyl

alcohol to the stain. Blot, then wash with warm water and liquid detergent. If that doesn't get it all, apply a few drops of fresh hydrogen peroxide and blot, then wash again with warm water and detergent.

- for **white porcelain stains**, soak in 1 part 3 percent hydrogen peroxide and 2 parts water.
- clean **tile grout stains** with hydrogen peroxide
- clean the **refrigerator** by washing with equal parts water and vinegar
- clean **stainless steel** by wiping with vinegar dampened cloth
- wipe down **oven grease** with distilled vinegar and water
- sprinkle or spray water generously over the bottom of the **oven**, then cover the grime with enough baking soda so that the surface is totally white (approximately $\frac{1}{2}$). Then thoroughly dampen the baking soda with more water (but don't flood). Before going to bed check to be sure that the baking soda is damp and let the mixture set overnight. With a sponge wipe out the loosened grime the next morning.
- **no-wax linoleum** can be shined with $\frac{1}{2}$ cup white vinegar in $\frac{1}{2}$ gallon of water
- clean **windows** with undiluted vinegar. Wipe with newspaper
- make a paste of baking soda and water for a **silver polish**. Apply with soft rag onto the silver. Let dry. Rinse and polish dry.
- sprinkle baking soda on **stainless steel** sink, pour in some vinegar and scrub with a cloth. Let it soak on stained areas of the sink, then rinse and buff dry.
- simply sprinkle baking soda into a **sink** and onto tiles then scrub.
- place an open box of baking soda in the back of the **refrigerator** and the freezer to "adsorb" odors.
- sprinkle the **cutting board** with baking soda, scrub, rinse.
- sprinkle baking soda on burned-on food in **pan**, cover with water, and soak.

THE BATHROOM

- kill germs on **bathroom fixtures** with one part vinegar to one part water in a spray bottle. Toilet Bowl Cleaner: Sprinkle baking soda around the inside of the toilet bowl and then clean with a toilet brush.
- mix 1 cup baking soda with $\frac{1}{2}$ cup borax and sprinkle to clean and deodorize the **sink**.
- remove soap buildup from **chrome fixtures** with 1 teaspoon salt and 2 tablespoons of distilled vinegar
- soap scum, mildew and grime can be removed from **bathtub, tile and shower curtains** by wiping with vinegar. Rinse after with water
- stubborn **toilet** stains can be sprayed with vinegar and brushing clean
- unclog **shower head** by unscrewing it, removing rubber washer and let simmer in equal parts vinegar and boiled water for five minutes
- corrosion on **showerheads** can be removed by soaking them in vinegar overnight. Or pour white vinegar into a plastic bag, tape to the showerhead and leave overnight. Brush the showerhead to remove remaining deposits
- vinegar helps to repel **hard water** stains. Clean shower with a solution of vinegar

and water and then rub dry with a clean cloth. This helps to form a seal against the water stains. Spray the shower after each use with a mixture of 1/2 C vinegar and 1 qt. water

- put a mildewed **shower curtain** in the washing machine with light-colored towels; add 1 cup white vinegar to the detergent and wash.
- combine 1/2 cup 3-percent hydrogen peroxide solution mixed with 1 cup water in a spray bottle for bathroom **mold or mildew**. Spray this on the moldy areas and do not rinse (will lose its power if exposed to air, make as much as you will be using).
- pour lemon juice over stains in **porcelain tubs**, sprinkle on alum powder (available in the spice aisle of the grocery store) and work into the stain thoroughly. If the stain doesn't come out immediately, let the mixture sit as long as overnight, then add more lemon juice, scrub and rinse.

THE LAUNDRY

- prevent **lint** from clinging to clothes by adding 1 cup of vinegar to each wash load
- clean the hoses and unclog soap scum from **washer** with 1 cup of vinegar in a load
- remove grease from **suede** with toothbrush dipped in vinegar – gently brush over spot
- remove fruit, mustard, coffee/tea **stains** from clothes with gentle vinegar rub. Wash as usual
- remove deodorant and **perspiration stains** by rubbing with vinegar
- clean steam **iron** using equal amounts of vinegar and water in the water chamber. Turn to steam, leave in upright position for 5 minutes. Unplug, allow to cool and loose particles will come out when you empty the water
- clean a **scorched iron** plate by heating equal parts vinegar and salt in a small pan. Rub the solution on the cooled iron surface
- fill dispenser with 1/4 cup white vinegar to **soften laundry** without leaving odors.
- soak clothes for two to three hours or overnight in one cup of baking soda to remove **odors**. Wash as usual.
- make up a paste of cream of tartar and lemon juice. After checking the fabric for colorfastness, apply the mixture to the fruit, rust or baby formula **stain**, let it set for 15 to 30 minutes. When the stain is lifted, launder as usual. For stains on white clothing - Apply the paste and lay the fabric in the sun to soak, checking periodically. Launder as usual. For stubborn stains pour equal parts white vinegar and lemon juice into a dish. Submerge the stain in the mixture and soak from 30 minutes to an hour. Launder as usual.
- add a quarter to a half cup of baking soda to the water and let it dissolve before you add your normal detergent to the washer to soften your clothes and give your detergent an extra boost of cleaning power. Adding baking soda to the **bleach cycle** means using less bleach on your whites. Add to the **rinse**

cycle to deodorize clothing.

- soak **smelly clothes** in a tub of water mixed with a $\frac{1}{2}$ cup of baking soda for at least a half an hour before you wash them the way that you normally would. To rid clothes of a **gasoline or motor oil smell**, sprinkle them with baking soda and then place them in a garbage bag and seal it tightly. Let the clothes sit in the bag for two days before washing the clothes.
- by adding baking soda, you can reduce the amount of commercial detergent. If you're using liquid detergent, add about $\frac{1}{2}$ cup of baking soda at the beginning of the **wash**. If you're using powdered detergent, add $\frac{1}{2}$ cup of baking soda during the rinse cycle. Baking soda softens the water, thus increasing the potency of your detergent.
- add a cup of peroxide instead of bleach to a load of whites.
- pour hydrogen peroxide directly on blood stained spots. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary
- do not use lemon juice on silk, but for bleaching socks, underwear and polyester clothing, add $\frac{1}{2}$ cup lemon juice or slices of two lemons to 1 gallon of the hottest water the fabric will tolerate and immerse the clothing from a hour to overnight. Pour the mixture in the washing machine and wash as usual

MISCELLANEOUS TIPS

- clean **eyeglasses** with drop of vinegar
- soak new propane **lantern wicks** in vinegar for several hours. Let dry and when lit, will burn longer and brighter
- remove **decals and bumper stickers** by soaking a cloth in vinegar and let it sit until the vinegar soaks in
- mix 1 teaspoon of liquid detergent with 1 teaspoon of distilled vinegar in a pint of lukewarm water to remove non-oily stains from **carpets**.
- sponge off grease and dirt from **exhaust fans** with vinegar
- soak a **paint brush** in hot vinegar to soften it up
- clean **wood paneling** with 1 ounce of olive oil, 2 ounces distilled vinegar in 1 quart of warm water. Wipe after with a dry cloth
- sprinkle baking soda on your **carpet or upholstery** wait 15 minutes, then vacuum. This will decrease the stench caused by cigarettes, old cooking odors, and pets
- pour lemon juice on a cloth, add cream of tartar and massage into the stained **shoe leather**. When the stain is removed, rinse and buff.
- to remove discoloration and **pet stains**, apply a generous amount of lemon juice to the area and let it soak for 15 to 30 minutes. Reapply if needed. Once the stain is removed, rinse and blot
- mix 2 quarts warm water with $\frac{1}{2}$ cup cornstarch. Apply with a sponge and buff dry to clean **windows and mirrors**.
- clean **wood paneling** with a solution of 1 ounce olive oil, 2 ounces white vinegar and 1 quart warm water. Wipe on with a soft cloth, then remove with a clean cloth

- remove cloudiness on **varnished wood** with 1 tablespoon vinegar
- **remove wallpaper** easily by using a paint roller soaked in equal parts of vinegar and hot water. Spray on until saturated a peel wallpaper off.
- scrub **fireplace bricks** with vinegar to remove soot
- clean **piano keys** with soft cloth dampened with cup vinegar to 2 cups of water. Wring the cloth practically dry and wipe on keys.

IN THE GARDEN

- kill **grass** on sidewalks and driveways with full strength vinegar
- kill **weeds** with full strength vinegar in spray bottle
- deter **ants** by spraying vinegar around doors and window frames, and along ant trails
- use to **feed acid loving plants** by mixing 2 table quart of water. Azaleas, rhododendrons and gardenias will put out more blooms and the blooms of hydrangeas will turn a deep blue

HEALTH

- relieve **sunburn** by lightly rubbing skin with vinegar
- sooth a **bee sting** or mosquito bite with cotton ball soaked in vinegar
- add 2 tablespoons vinegar to bath water for **dry, itchy skin**
- fight **dandruff** by rinsing hair with vinegar and water
- add 1/4 cup vinegar to vaporizer to clear **sinuses**
- apply vinegar to **warts**
- wash hair with vinegar to loosen nits from **lice**. Then cover the hair in mayonaise, wrap the coated hair with cellophane and let “marinate” for hour. Wash normally.
- dab vinegar on **athlete’s foot or any nail/foot fungus**
- **Cat urine**: Alternate sprinkling baking soda, which will neutralize acid odors, with white distilled vinegar.
- **Dog odors and urine**: Sprinkle with baking soda. Let set for a few hours before sweeping up.

- GROW FRESH AIR - TOP TEN HOUSEPLANTS THAT CLEAN THE AIR

Common sources of indoor air pollution are volatile organic compounds (VOCs) from cleaning products and outgassing from carpets, upholstery, draperies and building

materials. Choose low-VOC paint, insulation and green bio-friendly products.

Indoor plants can dramatically improve air quality. All plants convert carbon dioxide to oxygen, but some remove chemicals from the air. Ideally, a home should have 10 plants for every 1000 sq ft.

The TOP TEN HOUSEPLANTS that clean the air are:

- **ARECA PALM** - This is the top eco-friendly houseplant. It removes ALL indoor toxins tested. It removes xylene and toluene at 19 mg/hr and formaldehyde at 10 mg/hr
- **REED PALM**
- **DWARF DATE PALM**
- **BOSTON FERN**
- **JANET CRAIG DRACAENA**
- **ENGLISH IVY**
- **AUSTRALIAN SWORD FERN**
- **PEACE LILY** - removes formaldehyde at 9 mg/hr
- **FICUS** - removes formaldehyde at 10 mg/hr
- **SPIDER PLANT** - removes formaldehyde at 7 mg/hr