

Recipes for Safer Alternatives to Household Products



Shasta County cannot assume any liability for the effectiveness or the results of the procedures or materials described. Use caution with all cleaners, solvents, pesticides and other household chemicals, and keep them out of reach of children and animals.

Safer Alternative	Recipe
Air Fresheners	For carpets: Baking soda will absorb smoking, cooking, pet and other odors that settle into carpeting.
	For cutting boards: Use a baking soda paste and let stand 15 minutes to remove odors such as onion and garlic.
	For the refrigerator: Leave an open box of baking soda in the refrigerator.
	For a room: Pour vanilla on a cotton ball in a saucer. Place in car, room or refrigerator.
	For a room: Set out a dish of vinegar or boil 1 tablespoon of white vinegar in 1 cup of water to eliminate unpleasant cooking odors.
	For a room: Simmer cinnamon and cloves.
All Purpose Cleaner	For general cleaning: Mix vinegar and salt together for a good surface cleaner. Use vinegar at full strength to remove grease.
	For general cleaning: Dissolve 4 tablespoons baking soda in 1 quart of warm water.
	For general cleaning: Fill a spray bottle with hot water, mix 1 teaspoon liquid soap or borax. Add 1 teaspoon white vinegar or lemon juice to cut grease. Shake bottle before using.
	For an abrasive cleaner: use baking soda or a non-chlorinated scouring powder.
	For general cleaning: Use a mixture of ½ cup vinegar and 1 cup to 1 quart of warm water.
	For general cleaning: Use soap and water, baking soda and lemon juice.

<p style="text-align: center;">All Purpose Cleaner (cont.)</p>	<p>A pumice stick, available at many hardware stores, contains no harsh detergents or other chemicals. It effectively cleans ovens, racks, barbecues and grills; removes rust from garden tools and iron stains from toilet bowls; and handles many other tough cleaning jobs.</p>
<p style="text-align: center;">Carpet Cleaner</p>	<p>For general cleaning: Use a soap-based, non-aerosol rug shampoo. Vacuum when dry.</p>
	<p>For spills: Act fast! Quickly blot up (don't rub) as much as possible. Cotton towels and rags are more absorbent than synthetic fabrics.</p>
	<p>For spills: Club soda or clear water are effective on some types of stains, particularly from alcoholic beverages, coffee, or tomato-based food.</p>
	<p>For spills: Grease stains may require a solvent. Try a citrus-based product. Also see Stain/Spot Removers.</p>
<p style="text-align: center;">Disinfectant</p>	<p>Rubbing alcohol is a disinfectant, although it is extremely flammable. Use in a well-ventilated area far from possible sources of ignition. Wear nitrile gloves. Apply with a sponge and allow drying.</p>
<p style="text-align: center;">Drain Opener</p>	<p>Use a drain strainer to trap food particles and hair. Collect grease in cans instead of pouring it down the drain. Pour a kettle of boiling water down the drain weekly to melt fat that may be building up.</p>
	<p>Remove the trap and clean out the obstruction with a plunger and/or a plumbers snake.</p>
	<p>For clogged kitchen drains, pour ½ cup of baking soda, followed by ½ cup of vinegar, down the drain. Cover drain and let sit 15 minutes. Rinse with 2 quarts of boiling water. The pressure created by the heat of the chemical reaction is often enough to open a clogged drain. A good preventative measure is to give your drains a weekly baking soda and vinegar treatment. It will also keep them smelling fresh.</p>
<p style="text-align: center;">Stain/Spot Removers</p>	<p>Wet Spotter: 1 part glycerin 1 part liquid dishwashing detergent 8 parts water Removes all kinds of stains. Store in a labeled plastic squeeze bottle. Shake well before each use.</p>

Stain/Spot Removers (cont.)	Ballpoint pen ink: Dab with glycerin or rub with a paste of cream of tartar.
	Fruit/berry stains: Hold tea kettle 3 feet above the fabric and pour boiling water on the stain. Place item in sink of basin to prevent splashes.
	Grass stains: Difficult to remove. Try first with alcohol, follow with dishwashing liquid or Wet Spotter recipe.
	Mildew stains: Try vinegar.
	Pet urine: Act quickly. Dried urine is hard to remove and can leave a persistent odor. Blot as much as possible. Rinse thoroughly with cool water. Apply dishwashing liquid or Wet Spotter and rinse again.
	Protein stains (milk, cream, ice cream, mayonnaise, egg, fruit, and blood): Avoid warm or hot water, which will set stain. Soak for at least half an hour in a laundry enzyme product, and then launder in cool water. If blood stain persists after the enzyme treatment, try hydrogen peroxide before laundering.
	Red wine: Blot up as much as you can as quickly as possible. Apply a thick layer of salt and rinse out after salt has absorbed the spill. In a pinch, white wine also does an adequate job, as does club soda.
Shower Cleaner	Mix 1 teaspoon borax, 3 tablespoons white vinegar, and 2 cups of hot water. Place in spray bottle. Keep bottle in shower and mist shower after each use. Helps prevent mold, mildew and hard water from developing.
Toilet Cleaner	Mix 1 cup borax, ¼ cup vinegar or lemon juice. Pour the ingredients into the toilet bowl. Let them site for a few hours, then scrub with a toilet bowl brush and flush.
	Open one or two capsules of 1000mg Vitamin C into the toilet bowl before you go to sleep at night. Use a toilet brush in the morning and then flush.
Window Cleaner	Mix 1/8 cup white vinegar and 1 cup water and place in spray bottle.

Sources:

Shop Smarter: Humboldt County's Guide to Alternative Household Products

Clean & Green: The Complete Guide to Nontoxic and Environmentally Safe

Housekeeping, Annie Berthold-Bond

U-Mix-It Safe Spray, www.safespray.com

For more information search the Internet, visit a bookstore or your local library.

Recipes for Safer Alternatives to Garden Pests



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Safer Alternative	Recipe
All purpose insect spray	In a blender, mix ½ garlic bulb, ½ small onion, and 16 oz. Water. Add ½ teaspoon powdered cayenne pepper and steep one hour, strain well. Add 1 tablespoon liquid dish soap. Pour into spray bottle and spray plants thoroughly. Use on leaf eating insects.
Aphid Control	Fill a spray bottle with warm water. Add ½ to 1 tablespoon potato flower (or cornstarch). Gently shake bottle to dissolve minerals. Spray solution on top and underside of leaves. Aphids will suffocate in this gummy solution. Gently rinse any residue from leaves after treatment in finished.
Anti-Fungal	Fill spray bottle with warm water. Dissolve ½ teaspoon baking soda in spray bottle. Add 1 teaspoon liquid dish soap. Spray infected areas thoroughly, including underside of leaves.

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