

# Green Household Cleaners and Gardening Recipes

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## **Barkeepers Friend (BKF) or Bon Ami (Note: BFK is Stronger)**

For ALL NON-POUROUS MATERIALS, kitchen, bathroom tile, toilets, outdoor. *Do not use on Granite, Wood, Silver/Copper/Brass, Stainless Steel Appliances!*

- Wet Surface first and sprinkle with BFK to make a paste and scrub
- Rinse well with water so no residue is left!
- To make a bottle of paste, fill ½ a squeeze bottle with BFK and slowly add water. to consistency of runny toothpaste, shake well, label and store.

## **Spanish Translation - Amigo del Camarero**

Para todos los materiales no porosis. Para Cocina, bano, azulejos, aseos y exterior. No lo uses en granito, madera, plata cobre, laton y electrodomesticos de acero inoxidable

## **Simple Green Spray Bottle**

**General Purpose** – 2 poz Simple Green to 2 cups water, label and store

**Heavy Duty** 1 oz to 1 oz water or full strength

## **Dawn Spray Bottle**

1 t Dawn in spray bottle and slowly add water, label and store

## **Stainless Steel Appliances**

### **Electrodomesticos de acero inoxidable**

Use Simple Green or Dawn General Purpose Recipe

- To shine and polish dab Mineral or Olive oil on a cloth and polish with the grain

## **Granite/Tile Counters**

Use Simple Green or Dawn General Purpose Recipe **or:**

### **For Counter/Disinfectant:**

- Spray hydrogen peroxide directly on granite or tile or floors, wait one minute then wipe off

## **Composite or Laminate Floor Cleaner**

- ½ cup Simple Green
- 1gallon hot water
- Mix in a bucket and mop floor

## **Floor Disinfectant**

- ½ cup hydrogen peroxide because hydrogen peroxide is so mild, **it's safe for any floor type**, and there's no need to rinse.
- 1 gallon of hot water
- Mop and let dry

## **Wood Floor Cleaner (Or use Bona wood floor cleaner)**

- 2 oz Simple green
- 8 cups distilled water to prevent streaks and deposits
- Mix in a bucket and mop

## **Wood Floor Polish (Or use Bona wood floor cleaner)**

- ¼ cup olive oil
- 5 cups of **distilled** hot water to prevent streaks and deposits
- Few drop's essential oil (optional)
- Mix ingredients in a bucket
- Dip a mop in the solution and polish floors

## **Pet Stain and Odor Remover for Carpets and Wood**

- Use Enzyme Eliminator according to directions
- Mix in a spray bottle and shake, label and store
- To use, spray on stain, let sit a few minutes, blot dry

## **Lemon Oil Furniture Polish**

- ¾ cup cheap olive oil, NOT VIRGIN!
- ¼ cup of mineral oil, baby oil is the same thing and can act as a preservative
- 3-4 drops lemon or orange oil essential oil or rind of ½ a lemon or orange
- In a squeeze bottle or spray bottle, layer rind in the bottom and fill with other ingredients and allow to sit for 3 days before using, **label and store**. Use as you would regular furniture polish, **POLISHING WITH THE GRAIN**.

## **Dryer Sheets**

- Cut up old rags, sheets, cotton socks, t-shirts into appx 4“squares
- Stuff them into a quart container with a lid. Do not use metal, vinegar corrodes.
- Fill container with white vinegar, a few drops essential oil (optional), label,store.
- To use, grab a square, don't wring it out, pop it in your dryer with your clothes.
- After use, stuff rag back into container, add more vinegar/essential oil as needed

## **Laundry Stain Remover**

- Use Enzyme Eliminator and follow directions
- Mix in spray bottle, label store, shake for use

## **Window Cleaner**

- 2 cups of **distilled water** to prevent streaks
- ¼ cup alcohol to help it dry faster

- ½ t Dawn
- 2 t lemon juice or vinegar
- Combine in a spray bottle, label and store, shake for use

## **Garden Soil/Plant Additives Recipes**

### **Revive Old Potting Soil**

- Mix 70 to 75% new soil into used soil
- Add compost, moisten and use or store

### **Leaf Mold**

- Rake and mow over leaves to shred them and move to a storing area,
- Moisten with water, tie off bag, slice slits in the bag, use in 3 to 6 months

**Fertilizers** – Calcium, Magnesium for seed germination, deter pests, improve moisture

**Calcium** – *Use separately from Magnesium to avoid a chemical reaction”.*

- 1 tbsp lime to a gallon water
- Water the bare area of soil, add mixture to area and let it absorb.

**Magnesium** - *Use separately from Calcium to avoid a chemical reaction”.*

- Add 1 tbsp of fragrant free Epsom salt to one gallon water
- Water the bare area of soil, add mixture to area and let it absorb.

### **Insect Repellent/Mildew REGULAR MAINTENANCE CONTROL**

Monthly Deterrent for white fly, aphids, fungus and mildew.

- 1 part Dawn
- 5 parts water
- Mix in a sprayer and label and store
- Spray all over and under the plant leaves as maintenance

### **Super Duper Pest Control – BIG Infestations white fly, aphids, fungus, mildew**

- 1 garlic head peeled
- 1 tbsp Dawn,
- 2 tbsp vegetable oil
- 2 cups water
- Puree garlic, oil, water and let sit overnight. Strain pour into a 2 quart spray bottle and fill with water. **Gently add soap and stir, do not shake!** Label and Store
- Spray all over and under the plant leaves. Use weekly till infestation is eliminated

### **Super Duper Mildew/Fungus Control – BIG PROBLEMS**

- 2 Tablespoons tea tree oil
- 2 cups of water
- Mix in a spray bottle, label and store.
- Spray over and under plants leaves. Use weekly till infestation is eliminate

## **Localized Pest Treatment – Aphid , White Fly**

Spread Vaseline on Yellow plastic tape and hang on limbs of affected plants

## **Regarding Using Recipes:**

**First:** If you are changing to natural products, communicate with your family and cleaning service! Label bottles with Name of Cleaner in English and Spanish. Just a 3 minute chat will explain the safety, savings and practicality! See Below

**Second:** Save all your old cleaning, squeeze and spray bottles! Communicate with your housekeeper or cleaning service so they don't throw them away! See below

### **Here is a simple explanation for Spanish speakers:**

We will be changing to mostly natural products for cleaning. They are safer, cheaper and much more practical. Each bottle is labeled so you know what to use it for. When bottles are empty, please do not throw them away, put them on the washing machine so I know to refill them. Thank you for understanding and I appreciate all your hard work.

### **Translation to Spanish**

Nos cambiaremos a productos principalmente naturales para la limpieza. Son más seguros, más baratos y mucho más prácticos.

Cada botella está etiquetada para que sepas para qué usarla. Cuando las botellas estén vacías, por favor, no las tires y colócalos en la lavadora para que sepa rellenarlas.

Gracias por tu comprensión y aprecio todo tu arduo trabajo!

## **Transition Takes Time**

Take your time in transitioning as this is a gradual process and an **Unlearning** of reliance on **Unneeded** products. We have been **ADVERTISE TRAINED** to buy products that we really don't need. Now we can use safe, simple products.

If you decide that you want to transition right away, you can donate your unused cleaners to a charity or someone in need. This is such a fun process and will have you feeling so empowered! You're going to find that your house will be just as clean, it will smell fresher, you will not have dangerous chemicals leaching into your air or our atmosphere and you will **FEEL SO GOOD ABOUT YOURSELF!**

## **Labels for Containers/Bottles**

**Barkeepers Friend (BKF)**

**Amigo del Camarero**

For ALL NON-POUROUS MATERIALS

***Do not use on Granite, Wood, Silver***

**Copper/Brass, or Stainless Steel Appliances!**

\*Para todos los materiales no porosis,  
para Cocina, baño y exterior. **No lo uses en granito,  
madera, plata cobre, laton y  
electrodomesticos de acero inoxidable**

**Stainless Steel Appliances**

**Electrodomesticos de acero inoxidable**

**Agitar Bien antes de usar**

**Granite/Tile Counters**

**Mostradores de baldosas de granito**

**Agitar Bien antes de usar**

**Composite or Laminate Floors**

**Pisos compuestos o laminados**

**Agitar Bien antes de usar**

**Lemon Oil Furniture Polish**  
**Abrillantodor de muebles de aceite**  
**Agitar Bien**

**Dryer Sheets - Sabana de la secodora**  
**Anade Vinagre y dana bajo**

**Laundry Stain Remover**  
**Quitamanchas para la ropa Agitar Bien**  
**(Do not use on items that are not colorfast – use Dawn only)**

**Windows - Limpiacristales**  
**Agitar Bien**

**Wood Floor - Limpiador de pisos de madera**  
**Agitar Bien**

**Wood Floor Polish - Pulido de suell**