



live green expo

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DO-IT-YOURSELF ROOM Earth Friendly Recipes



(IMPORTANT: Be sure to label all homemade cleaning products, and keep them away from pets and small children.)

EXFOLIATING PRODUCT

Mix $\frac{1}{4}$ cup of olive oil with sugar crystals (you can use granulated brown sugar), and add a few drops of lemon juice. Add a drop of essential oil (lavender) or some lavender leaves for a nice, fresh scent. Leave on face or arms for 15-20 minutes; gently wash off.

ALL-NATURAL MOISTURIZING KITCHEN HAND SCRUB (cuts odors!)

Combine in a bowl 1 $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup kosher salt, zest of 1 extra-large lemon, 1 cup olive oil, $\frac{1}{4}$ tsp. and pure lemon extract (optional). Mix well. Spread a little of scrub on both hands. Massage gently. Let set for a few minutes, and then wash off. Spoon into a jar, tighten the lid. Alternatively, you can use orange or lime zest for a different, fresh-citrus smell. Makes enough for a 1-pint canning jar.

HAND WARMERS

Cut soft fabric into four (4-inch) closely-woven cloth squares. Sew right sides together, leaving about $\frac{1}{2}$ open. Turn inside out, fill with beans, and sew shut. Pop into the microwave for 30 seconds to keep hands nice and toasty! For added safety, make two cases – one for the inner pouch, and the one your hand touches.

This same idea could be used for NECK WARMERS as well. Fill long (clean!) socks with beans, sew the end shut, and use as described above.

BASIC FURNITURE POLISH)

Mix $\frac{1}{4}$ cup vinegar with $\frac{3}{4}$ cup olive oil (OR, mix $\frac{1}{4}$ cup lemon juice with $\frac{1}{2}$ cup olive oil). Wipe down furniture with a soft cloth and the solution.

FIRE STARTERS

Ingredients: Discarded candle stubs, scraps of wax, $\frac{1}{2}$ pint, pint or quart-sized paper milk/cream cartons, paper egg cartons. Small scraps of wood, sawdust, nut shells.

Remove metal from bottom of candles, if any. Fill cartons or egg cartons with scraps of wood, sawdust, nut shells. Melt candle stubs and scraps very slowly on low heat (a metal coffee pot or pitcher works well for this). Pour melted wax into containers, filling to top. When wax has hardened, use a saw to cut the cartons into $\frac{3}{4}$ to 1-inch sections, or break egg carton sections apart.

CLEANING AND POLISHING LEATHER

To clean, buff, or moisturize leather, pleather, vinyl, or any shiny outerwear: use a banana peel!!!! Simply rub the inside of a banana peel over the item to be cleaned, and buff with a soft cloth. Takes off dust, and buffs out small scuffs and scratches. Use on kids' shoes, purses, boots, suitcases, etc.

HOMEMADE DEODORANT

Combine 1 part baking soda, 1 part cornstarch, and tea tree oil. Mix well. Put powder mixture into a shake box or a container with a powder puff. Use daily, or as needed. NOTE - tea tree oil ratio: about 10 drops per 1 cup of total powder mix. Adjust to your preference. If skin is very sensitive, and store-bought deodorants are irritating, this is a good remedy. Tea tree oil is antifungal, a disinfectant, a powerful antiseptic, and fights odors unbelievably well.

AIR FRESHENER

1 1-lb. box baking soda
20 drops of essential oil, lavender

Mix ingredients together and store in lidded container. Take lid off to let scent permeate room. When air freshener has outlived its odor-absorbing, air-freshening life, it can be used as a sink or drain cleaner!

HOMEMADE SMELLY-JELLY

Ingredients: 2 cups water, 4 packages PLAIN gelatin, 15-20 drops essential oil (adjust to personal preference, 1-2 tablespoons of salt, and food coloring (your choice). Directions: In a small pot, mix 1 cup water, essential oil, and food coloring. As soon as mixture starts to boil, remove from heat. Completely dissolve gelatin and salt in the hot water, then add the other cup of water (COLD). Stir well (but gently, so it doesn't foam). Pour into jars and set aside for a couple of days before using so the gelatin has a chance to completely set. (You can refrigerate to speed up the process.) Once cooled, cover with lids that have a few holes punched in them to allow fragrance to escape. You can layer the colors. Simply allow one color to set completely for a few days before pouring the next layer of color. NOTE: The salt in this recipe is used to help combat mold. Be sure to add it. Make sure the jars are completely clean before pouring in the hot liquid.

EYEGLOSS CLEANER

Fill a spray bottle with $\frac{3}{4}$ rubbing alcohol, and $\frac{1}{4}$ water. Put in a few drops of dish soap. Run warm, not hot, tap water over both sides of each lens to wash away any particulates that may have settled on the lenses. Then spray both sides of each lens with the alcohol/water mix; rub clean with a soft cloth. (Wash cleaning cloths often.) Silk is the best cloth material to use (old ties are great!). NEVER use anything that started as wood to run lenses clean: paper towels, toilet paper, or Kleenex because they contain harsh abrasives that can scratch your lenses.

NOTE: Do not use this mixture for anti-reflective lenses.

WINDOW/GLASS/MIRROR CLEANER

Take an empty spray bottle, add 2 tbsp of vinegar, about 5 drops (or one squeeze) of dish soap, and the rest water. Shake well, and use to clean all glass surfaces. (OPTIONAL: add 3-5 drops of essential oil or vanilla extract.)

TIP: Use old newspapers to wipe down windows instead of a cloth. Newspapers leave no lint and give a streak-free shine.