



KITCHEN

All Purpose Cleaners (See General Home section)

Caffeine Stains

- Soak cups with coffee/tea stains in **hot water** and a teaspoon of **baking soda**.

Chrome Cleaner (See Bathroom section)

Coffee Maker Cleaner

- Pour a pint of **vinegar** into the reservoir of the coffee maker and add enough **water** to fill it to capacity. Turn on the coffee maker. Allow it to brew one cup of the solution, then turn off coffee maker. Let it stand for a 1/2 hour, then turn coffee maker back on. When finished brewing, rinse out the pot, then fill the reservoir with water and let it brew. Repeat the last step. (After brewing, the water/vinegar solution can be poured around a clean stainless steel sink to make it sparkle!)

Degreasers

- Wipe or spray area with **vinegar** or **fresh lemon juice** or use a **citrus-based cleaner** and wipe clean.
- Sprinkle **baking soda** on grease splatters, use a moist sponge to scrub and wipe clean. Rinse well as baking soda does leave behind a gritty (but clean) residue.

Deodorizers

Cooking odors

- Set out a dish of **vinegar**. Or boil 1 tablespoon of **vinegar** in one cup of **water**. The vinegar smell will dissipate within an hour and take all other smells with it as well.
- Add a few drops of clove oil to a simmering pot of water.

Garbage disposal odors

- Grind **lemons** in the disposal.
- Grind **ice** and **citrus fruits** (it is ok to just use the peels) in the disposal. Not only does this freshen, but the ice will clean and sharpen the blades as well.

Onion odors

- Add a few drops of **vinegar** to **soapy water** and use as needed. Can be used on hands, utensils, and cutting boards.

Dish Washing Soap

- **Commercial non-toxic products to try:**

Mountain Green makes a great smelling, hard working dish soap in 3 natural scents.

Try **Seventh Generation** for an automatic dishwashing soap.

Disinfectants (See General Home section)

Drains

Clog Prevention

- Put a **strainer** in all drains. Never pour any type of grease down them.
- Pour **boiling water** down the drains on a weekly basis to prevent grime buildup.
- Pour a 1/4 cup of **baking soda** down the drain, followed by two ounces of **vinegar**. Cover the drain and allow it to sit for 15 minutes. Rinse with 2 quarts of **boiling water**. Use this treatment regularly. *Don't be alarmed- the chemical reaction that takes place creates a lot of noise.
- Pour equal parts **salt** and **baking soda** (about a 1/2 cup each) down the drain and follow with plenty of **hot water**.

Clearing a clog

- Place a **plunger** over the drain to form suction and push and pull vigorously. Only do this with water in the sink/tub.
- Remove the drain cover and look to see if you can see the source of the clog- remove it manually with your hand or a wire hanger.
- Use a drain snake if the above methods don't work. These are affordable and available at most hardware stores. Or better yet borrow or rent one.
- For more information, read "Know How to Clear a Slow Sink Drain" from Planet Know How or go to GuideTo-Plumbing.com

Floors (See General Home section)

Glass (See General Home section)

Mold & Mildew Removers (See General Home section)

Oven Cleaners

- Mix one part **vinegar** to four parts **water**. Pour into a spray bottle. Spray onto (cool) oven surfaces and scrub the oven clean.
- Use **baking soda** or a **citrus-based cleaner** on problem spots.
- Pour 2 tablespoons of **liquid soap**, 2 teaspoons of **borax** into a spray bottle and add **warm water** to fill it (about one quart). Shake to ensure the borax is completely dissolved. Spray on oven surfaces and leave the solution for 20 minutes. Return and scrub with steel wool and/or non-chlorine scouring powder (such as Bon Ami or even straight borax).
- Combine **baking soda**, **salt** and **water** to form a paste. Scrub the oven surface and rinse clean.
- **Non-Chlorinated Scouring Powder** (e.g. Bon Ami) is also an effective and safe cleaner for the ovens interior and glass oven door.
- Use a razor blade or spatula for tough spots.
- Sprinkle **water** generously over the bottom of the oven, then cover the grime with enough **baking soda** so that the surface is totally white. Sprinkle **more water** over the

top. Let the mixture stand overnight. You can easily wipe up the grease the following morning. Once the better part of the grease is removed, dab a bit of **liquid soap** on a sponge or nylon scouring pad and wash the remaining residue from the oven.

- To remove spots, use a very fine steel wool or a wet cleaning pumice bar.

Pots & Pans

Burned-on Food

- Soak the pots/pans in hot water with a teaspoon or two of baking soda.
- If the above does not work, try pouring equal parts of vinegar and water to cover the burnt area. Boil and remove from heat, soak overnight and then wash as usual.

Stainless Steel Polish

- Create a paste using **baking soda** and **water** and rub onto the stainless steel surface to polish.
- Apply **vinegar** (through a spray or on a sponge) to a clean surface, wipe and then rinse with warm water.
- A cleanser like **Bon Ami** is also a safe and effective polish.

Tea Kettle

- Boil one part **vinegar** with two parts **water** in kettle for 15 minutes. Rinse thoroughly, then boil full kettle of water for 15 minutes.

How to Detox Your Kitchen

Taken from Planet Green

- **Become a Greener Gourmet.** Eating organic food is the best way to weed herbicides and pesticides from your diet. Some foods with the highest levels of pesticide residues include milk, apples, potatoes, and ketchup.
- **Drink it up.** Bottled water may be tempting with its allure of purity, but in truth, it's usually no better—and can often be worse—than the stuff that comes straight out of the tap. Have your tap water tested to determine if you need to use a filter, then give bottled water (and unnecessary plastic) the boot for good.
- **Stick it to non-stick pans.** Non-stick cookware can contain low-levels of chemicals known as perfluorochemicals, which have been linked to a host of health disorders. A more durable and safer alternative is cast-iron cookware. Stainless-steel pans are another good option. For those who just can't do without the modern non-stick stuff, GreenPan offers pots and pans made without the harmful chemicals.
- **Storing up trouble?** Studies have shown that contaminants from plastics may leech into foods. Keep it safe by storing food in glass containers. In particular, avoid using any containers made from type three (PVC) or seven (a mix of or unidentified) plastics. PVC-based plastic wrap, which can contain hormone-disrupting chemicals, should also be placed on the don't-use list. Pyrex's reusable glass, food storage containers not only offer a safe, non-toxic alternative to plastic, they also help cut down on use of disposable wrappings.

