



Living Clean and Green - Cleaning Solutions

Green Cleaning can have many interpretations, but the main goal of green cleaning is to use cleaning solutions and methods that keep our environment healthy. There are many ways in which we can achieve this goal:

- Using substances like baking soda, vinegar, and lemons to clean the home surfaces.
- Seek out commercial cleaners that are healthy for the environment. By avoiding phosphates, chlorine, artificial fragrances, and artificial colors. Many cleaners on the market now are marketed as being biodegradable.
- Cleaning products that use recycled packaging or donate a portion of their profits to environmental causes.

Whatever choices you make about your cleaning supplies, there is a huge variety of environmentally friendly choices for those interested in green cleaning.

One of my favorites is **Lemon Juice**:

Lemon juice is a natural substance that can be used to clean your home.

Uses:

- Lemon juice can be used to dissolve soap scum and hard water deposits.
- Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and or baking soda to make cleaning pastes.
- Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains.
- Mix 1 cup olive oil with $\frac{1}{2}$ cup lemon juice and you have a furniture polish for your hardwood furniture.

My favorite use for the fruit is to put the peel of a whole lemon through the garbage disposal. It **will** freshen the drain and the kitchen. Orange peels can be used with the same results.