

# GREEN TIPS / **SPRING CLEANING**

➤ Clearing out winter's detritus to make room for spring's sunshine is a rejuvenating ritual for many of us. Unfortunately, most conventional cleaning products do more harm than good to our health and the environment. This season, throw open your windows to a truly clean, green spring. **BY RHEA MAZE**



## TEA TIME

Green tea is a healthy drink, and its antibacterial properties work wonders to clean and deodorize your home. Use liquid green tea to clean any washable surfaces, or sprinkle dried tea leaves in the litter box or on the carpet before vacuuming. Absorb bad fridge odors with brewed tea bags placed in a bowl.

## SIMPLE SOLUTIONS

Save money and clean green with old-fashioned cleaning solutions. Here's one simple all-purpose recipe: In a spray bottle, mix three parts organic apple cider vinegar or distilled white vinegar to one part water. Add 3 to 10 drops of lemon oil. Grab a rag and go crazy!

Mix two teaspoons of pure tea tree oil and two cups of water in a spray bottle, spritz on mold spots, and walk away. No rinsing required.

## MOLD BUSTER

## DRAIN STRAIN

The next time your drain is clogged, pour baking soda and vinegar into it and watch as it fizzes itself free the non-toxic way.

## running dry

Most dry cleaners utilize the carcinogen perchloroethylene for cleaning, which pollutes air and groundwater. Patronize dry cleaners who use carbon dioxide or citrus cleansers instead of toxic chemicals, or those who offer a wet cleaning option.

## LEMON LIFT

Lemon's acidity makes it perfect for dissolving stains and disinfecting surfaces. A swipe with half a lemon can sanitize your cutting board, wipe up a greasy mess on the stove top, or polish copper or chrome. Use the peels to refresh your garbage disposal.

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