



Oak and Thistle

Urban Farming & Frugal Living

The Laundry

Making your own products can be daunting so here are some tried and true products that you will be happy to use. Very practical and easy on your skin and the environment.

Washing Liquid

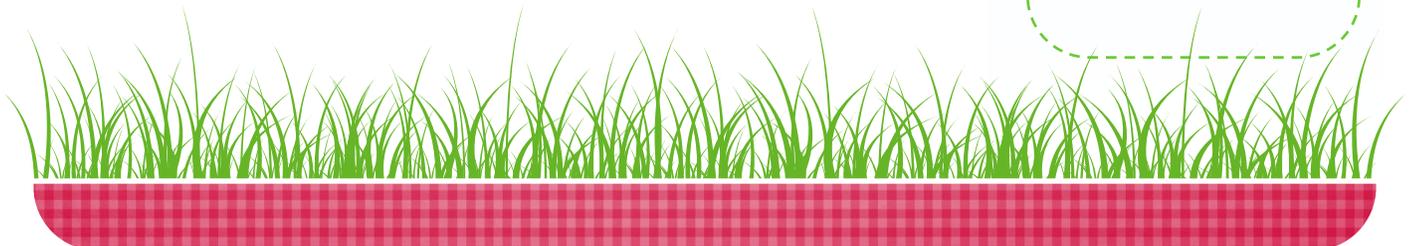
10 Litre Container (with lid)
1/4 Cup Washing soda
1/4 cup Lux Flakes
1 Tbs Borax
2 Litres Boiled water
7-8 Litres cold water
1 tsp Eucalyptus Oil

In the bucket place all the dry ingredients and add the boiling water. Stir until dissolved then pour in the cold water. Once mixed add the eucalyptus oil and leave for 5 minutes. Return and stir to ensure that any soap that has come to the surface is well integrated in the mixture.

Place the lid on and leave in the laundry to thicken to a gel.

Ingredients for the Laundry

White Vinegar
Eucalyptus Oil
Lemon Oil
Washing Soda
Castile Soap
Flakes (Lux)
Borax
Baking Soda
Washing Soda
Beeswax
Almond Oil
Dust Cloth
Almond Oil
Old T-Shirt
String or Hair Ties



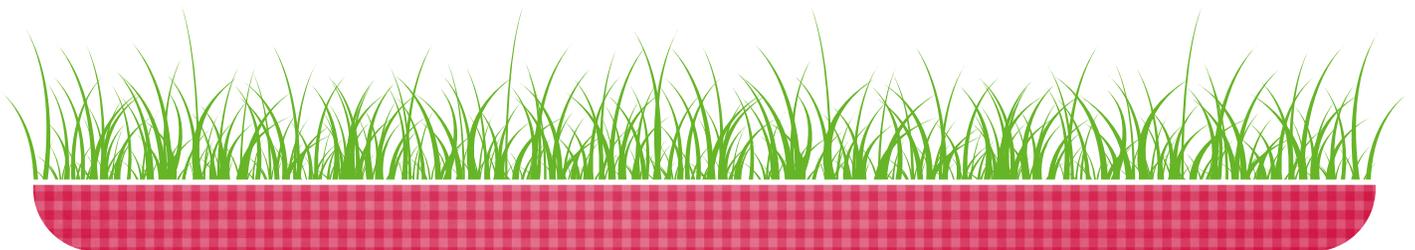


*"I wish you enough"
All you Need is an Attitude of Gratitude.*

Washing Powder

1/2 Cup Lux Flakes (Castille Soap)
1/4 Cup Baking Soda—Aluminium Free
1/2 Cup Washing Soda
15-20 Drops Pure Essential Oil
Put all ingredients into a blender and process until you have a lovely crumbly consistency. As this is blending slowly add any essential oils.
Place in a tightly sealed jar and label.
.Use 1—2Tbs per load.

Keep your washing powder in a jar with the right size spoon. Small things like this make it a delight not only to use but to look at. This recipe makes a lovely and thoughtful present.



Wood Polish

2Tbs Almond Oil

1/4 Cup white vinegar

1/4tsp Lemon Oil

Mix together and put into a bottle. An excellent wood cleaner and polish without beeswax.

General Purpose Cleaner

1/3 cup White Vinegar

2 Tbs Liquid Soap

1 tTbs Borax

Mix until dissolved & put in a spray bottle.

Cleaning doorways and entrances

Put a slightly damp cloth over the brush part of your broom and drip some lemon essential oil onto it. Use this to brush the walls and entrances of your rooms for a fresh and clean smell.

Glass, Window & Mirror Cleaning

1 250ml spray Bottle

50ml White Vinegar

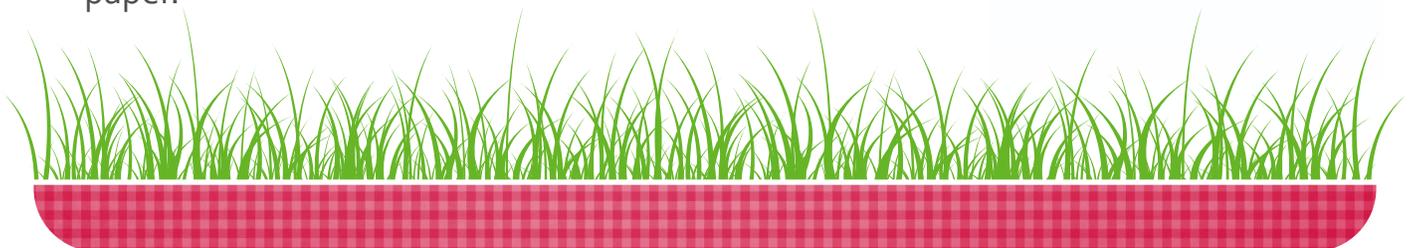
200ml Cold Water

Old newspaper

Spray the mixture onto your window or mirror and rub in circular motions with crumpled up old newspaper.

*Keeping your
Laundry
clear with
everything in
its place helps
you to stay
organised &
Motivated*

*The glass
cleaning mix-
ture is excel-
lent for putting
a shine on
metal surfaces
after they have
been cleaned.*





Toilet Bowl Bomb

1 cup Baking Soda
1/3 cup Citric Acid
Eucalyptus Oil

Mix together and store in a tightly sealed jar.
Use 1 heaped Tablespoon

Put the toilet bomb into the bowl. Allow to fizz and scrub with a brush. If you need an extra boost add a good dash of white vinegar to the toilet bowl water.

For more recipes and information go to:
www.oakandthistle.co.nz

Bath Scrub

1/4 cup Baking Soda
1 Tbs liquid Soap (use washing Liquid)
Warm Water

Make a paste with all the ingredients and only add enough warm water to get the consistency you require.

Add 1 Tbs of Salt if your bath ring is really hard to shift!

Infused Vinegar

500ml White Vinegar
Zest of 5 lemons

In a jar put the vinegar and lemon.

Place on the windowsill for 1 wee to infuse.

When making your cleaning recipes, use this infused vinegar infused with lemon oil for a Fresh and Frugal option.

