

KRISSY BALLINGER



NATURAL DIY

*favourites*

kitchen essentials

eBook



## LET'S TACKLE THE *kitchen*

This eBook has information and recipes designed help you reduce your exposure to toxins with a few simple tips and super achievable DIYs.

Do you agree, the kitchen is the heart of the home? Most of us spend a considerable amount of time in there, and sometimes it feels like all we ever do, is clean up after prepping and eating meals!

It's important to keep your kitchen hygienic and clean, but we don't want to be using harsh, and often questionable, chemicals to do the job.

Most of the products we use to clean this space get washed straight down our drains. That's not good for aquatic animals. And our skin is in contact with these products for a fair bit of time, and that is most definitely not good for us.

So let's green up our kitchens! The recipes and tips in this eBook typically take only a few minutes to make and the results really do speak for themselves.

Happy making!



## HANDY INFORMATION FOR

## *DIY success*

**Here is a list of the ingredients you'll need:**

Bicarb soda

Borax

Carrier oil

Castile soap (liquid)

Citric acid

Essential oils (various)

Hydrogen peroxide

Lemon

Salt

Soapberries

Sodium carbonate

Vegetable glycerine

Water

White vinegar

Looking for DIY  
supplies &  
ingredients  
(plus a few  
discounts)?

**[CLICK HERE!](#)**

**I recommend you read the following information to ensure  
DIY success:**

[DIY recipe hints, tips & information](#)

[Preservatives, shelf life & safety information](#)

[Essential oil information and inspiration](#)

[Tips on cleaning up after a DIY session](#)



## Dishwasher Tablets

Makes: 850g | Prep: < 5 min.

### Method

Add **300g sodium carbonate**, **250g citric acid**, **200g borax** and **100g salt (fine)** to a bowl and mix until combined. Spoon mixture into moulds and press down firmly until full. Leave to set for 12-24 hours in a cool and dry place. Then turn moulds upside down and gently tap the bottom - tablets should fall out easily. Place on a tray to dry for 24 hours. Then store in a container of choice.

### To Use



Add **1-2 drops essential oils** (like lime and lemon) to one tablet and place in the dispenser of your dishwasher prior to operation. Replace rinse aid with a ramekin of vinegar on the top shelf of your dishwasher.





## DIY DISHWASHER TABLETS

### *tips for success*

**Get the best possible results from your DIY dishwasher tablets with these simple tips**

- 1** Keep your dishwasher clean - seals, filter and spray arms. A periodic hot cycle, with **1/2 cup of bicarb soda** on the floor and **1 cup white vinegar** in a bowl on the top rack, works wonders.
- 2** Scrape off bulk food scraps before loading dishes.
- 3** Pre-soak any dishes with baked on food (especially cheese!).
- 4** Don't crowd your dishwasher.
- 5** You might like to hand-wash glasses and plastics. Up to you, but I prefer it.
- 6** Open your dishwasher as soon as the cycle is complete, if you can. It'll help everything to dry faster.
- 7** Adjust your expectations. Sometimes a little compromise is all that's required!



## Soapberry Master Stock

Makes: 1.2lt | Prep: 30-60 min.

### Method

Add **5-6 soapberries** and **1.25 litres water** to a saucepan and heat until boiling (leave lid on), then reduce temperature and simmer for 20 minutes (with lid partially off). Allow mixture to cool (with lid on), then strain liquid through a muslin cloth or nut milk bag over a clean bowl, squeezing soapberry shells before discarding (in your garden). Transfer into a container of choice.

### To Use



**Wash dishes** – add 1/2 cup of stock to a sink of running water.

**Wash clothes** – add 1 cup of stock to your washing machine and run a cycle.

**Clean surfaces** – add stock to a spray bottle with a few drops of lemon or eucalyptus essential oil, then spray and wipe.

**Shampoo hair** – massage 1/2 cup of stock into wet hair and rinse.





## Dishwashing Liquid

Makes: 290ml | Prep: < 5 min.

### Method

Add **1 cup Soapberry Master Stock** (recipe on previous page), **2 tablespoons vegetable glycerine** and **20 drops essential oils** (like lemon, lime and grapefruit) directly to a bottle with a pump dispenser or flip top. Shake to combine.

### To Use



Add a good squirt of liquid into a sink of running water and wash dishes as usual.

**Note:** You could also just squirt a little castile soap onto a sponge and wash dishes as usual.





## Cleaning Paste

Makes: 245g | Prep: < 5 min.

### Method

Add **1/2 cup bicarb soda**, **1/4 cup liquid castile soap**, **2 tablespoons salt (fine)** and **30 drops essential oils** (like lemon and clove) directly to your container of choice and mix until combined.

### To Use



Add 1 tablespoon of paste and **1 tsp hydrogen peroxide (3%)** to a separate bowl, and mix until combined. Apply to surface and scrub with a cleaning cloth. Rinse with water and polish with a clean, dry cloth.



## MORE WAYS TO 'GREEN UP'

### *your kitchen*

**Here are a few extra (and really simple) tips that will help you reduce your impact on our beautiful planet**

**1**

When you are waiting for hot water to run from your kitchen tap, pop a bucket under the tap and catch the water. It's a waste otherwise, and this can be used to water your plants, lawn, garden etc.

**2**

Turn your stove and oven off a few minutes before you need to, the residual heat will continue to cook your food and you'll save a little energy every time.

**3**

Be wary of non-stick pans (like Teflon). They emit some questionable gases and are best avoided. PTFE and PFOA are the most common culprits. Cast (or wrought) iron and stainless steel are better choices.

**4**

Consider replacing plastic cling wrap with beeswax wraps. In a nutshell, simply iron beeswax onto a cotton fabric square with sheared edges (between two sheets of baking paper) and BOOM, that's it! Full recipe can be found [here](#).

**See - easy!**





## Clean your chopping boards

Time: < 5 min. plus drying time

### Method

Sprinkle **coarse salt** over your clean chopping board, paying attention to areas that are used often. Grab **half a lemon** and use the cut side to rub the salt into the board, scouring the surface. Add more salt if required and keep scrubbing. Repeat on the flip side. Rinse well in hot water. Spray your board lightly with either **white vinegar** or **hydrogen peroxide (3%)**. Place the board upright in the sun for a few hours - only store when very dry. Condition your board by rubbing a little **carrier oil** (grapeseed or olive oil) onto the surface, and leave it for a few hours before use. Rancidity shouldn't be a problem if you use your boards frequently.

### To Use



Repeat this process every 2 weeks or so. You can clean your plastic board with this method - no need to condition with oil.





## Clean your oven

Time: 6-8 hours

### Method

Pop the racks into your laundry sink (or the bath tub) and sprinkle on **1/2 cup bicarb soda**, then pour **1/2 cup white vinegar** over the top. Cover with **boiling water**, and leave overnight. Heat oven for 20 minutes at 200°C then switch off. Add **1 litre boiling water, 2 tablespoons bicarb soda** and **1 lemon** (halved and squeezed) into an ovenproof dish and place dish on floor of oven, then shut the door (1 hour or so). The steam will help to soften any build-up. Wipe down walls and door with a cleaning cloth (you may need a scouring sponge), rinsing with water between wipes. Repeat these steps if required. Another option would be to smear oven with the **Cleaning Paste** (on page 8 of this eBook), leave overnight, and spray with **white vinegar** before wiping and rinsing. Don't forget the racks! After a good soaking overnight, attack them with a scouring sponge or a scrubbing brush. It shouldn't take long for them to sparkle again. It's important you wipe down your oven thoroughly before using it.






## Descale your kettle

Time: < 5 min.

### Method

Add **1 cup water** and **1 tablespoon white vinegar** to your kettle and boil it. Discard water, and give it a rinse with fresh water. Done!



**These recipes are a collection of my favourites from [www.krissyballinger.com.au](http://www.krissyballinger.com.au),  
and my book, Naturally Inspired**

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