

## *Natural Garden Tips*

Why spray potentially poisonous pesticides where your family and pets play? Try these eco-friendly alternatives instead:



To control weeds, try applying corn glutton, available at most garden stores. It is a natural corn processing by-product and can reduce weed seedlings.

Leave grass clippings to decompose on the lawn

Limit the amount of grass and maximize the use of shrubs (varying heights), trees & flowerbeds.

Remove nonnative plants, replace with natives.

Good, native bugs include: butterflies, lady beetles (lady bugs), assassin bugs, green lacewings, big-eyed bugs, earwigs, spiders bats, etc.

If you are installing sprinklers, consider a drip irrigation system!

Adding mulch to your flowerbed slows water evaporation.

Rather than using a gas or electric lawn mower, try a push reel mower. Believe it or not modern push reel mowers are easier to use than they look.

Don't let your pets eat fertilized grass! Dogs exposed to herbicide-treated lawns have an increased risk of canine lymphoma & bladder cancer.

## *Kensington Garden Club*

The Kensington Garden Club, a non-profit Organization, was founded in 1955 and is a member of the Federated Garden Clubs of Connecticut.

Our purpose is to increase interest and advance knowledge in the culture and care of flowers, fruits and birds, and to assist in beautifying our public grounds and buildings.

The Kensington Garden Club continues to grow. Our members have discovered there is something of interest for everyone who enjoys gardening and floral design. Some of our projects include:

- Marjorie Moore Bird Sanctuary
- 500\$ Scholarship
- Planting and maintaining flowers at the Berlin & East Berlin Post Offices, Volunteer Park and Senior Citizen Center & Housing
- Provide seasonal arrangements at Berlin Town Hall, Berlin Peck Memorial Library
- Creating wreaths and flower arrangements for sale at the Berlin Fair
- Public educational programs on Gardening & Environmental Topics.



Resources: [www.dep.state.ct](http://www.dep.state.ct) [www.epa.gov/](http://www.epa.gov/)

## **Kensington Garden Club**

# **CELEBRATE EARTH DAY EVERY DAY**



## *Natural Cleaning Recipes Garden Tips*

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<http://kensingtongardenclub.net/>

# Natural Cleaning Recipes For Your Home

Over the past 40 years, the ever-expanding inventory of home cleaning products have been loaded with strong, artificial colors, fragrances and harsh cleansing agents like bleach, ammonia, alcohol and more. These chemicals are a major threat to indoor air quality, off-gassing toxic fumes that can irritate eyes and respiratory systems. Children and pets are most at risk, being smaller and closer to the floor.

The Environmental Protection Agency estimates that indoor air can be two- to five-times more polluted than the air outdoors. While EPA is primarily responsible for the outdoor air, the indoor air is largely the responsibility of the household family



We can learn from our grandparents and rediscover the natural cleaners. Even the biggest messes and toughest stains can be attacked effectively with baking soda, borax, lemon juice, vinegar and more.

**- Keep your bathrooms and kitchen tile spotless and hygienic without harsh commercial cleaners.**

Dust surfaces with baking soda, then scrub with a moist sponge or cloth. If you have tougher grime, sprinkle on some kosher salt, and work up some elbow grease.

**- Disinfectant: mix 2 cups of water, 3 tablespoons of liquid soap and 20 to 30 drops of tea.**

**- Conventional oven cleaning** .Coat the inside of your dirty appliance with a paste made from water and baking soda. Let stand overnight. Then, don gloves and scour off that grime. Make spotless with a moist cloth

**- A stopped up sink or tub** is a real hassle, . Pour 1/2 cup of baking soda into the problem drain, followed by 2 cups of boiling water. If that isn't doing it for you, chase the baking soda with a 1/2 cup of vinegar and cover tightly, allowing the vigorous fizzing of the chemical reaction to break up the gunk. Then flush that with one gallon of boiling water.

**- Reclaim counters** by sprinkling with baking soda, then scrubbing with a damp cloth or sponge. If you have stains, knead the baking soda and water into a paste and let set for a while before you remove. This method also works great for stainless steel sinks, cutting boards, containers, refrigerators, oven tops and more. If you need a tougher abrasive sprinkle on kosher salt, and scrub with a wet cloth or sponge.

**-Hardwood floors** are beautiful, hygienic, long lasting. They are easy to vacuum, but don't do well with wet mopping.



Whip up a solution of 1/4 cup white vinegar and 30 ounces of warm water. Put in a recycled spray bottle, then spray on a cotton rag or towel until lightly damp. Then mop your floors, scrubbing away any grime.

**- Natural Disinfectant:** To knock out germs without strong products, mix 2 cups of water, 3 tablespoons of liquid soap and 20 to 30 drops of tea tree oil. Spray or rub on countertops and other kitchen surface



**- Window cleaners :** Mix 2 tablespoons of white vinegar with a gallon of water, and dispense into a used spray bottle. Squirt on, then scrub with newspaper, not paper towels, which cause streaking.

If you're out of vinegar or don't like its smell, you can substitute undiluted lemon juice or club soda or add some lavender or rosemary from your garden

**- Got stains, mildew or grease streaks?** Spray or douse with lemon juice or vinegar. Let sit a few minutes, then scrub with a stiff brush.

**- Silver:** Commercial silver polish contains toxins, and manufacturers recommend you don't leave on skin too long.

- Line your sink or a bucket with aluminum foil, and drop in tarnished silver. Pour in boiling water, a cup of baking soda and a dash of salt. Let sit for a few minutes. The tarnish will transfer from the silver to the foil.

If you can't immerse your items , rub tarnished silver with toothpaste and a soft cloth. Rinse with warm water and dry. Instead of toothpaste you can substitute a concoction made of 3 parts baking soda to 1 part water.