



Zero Waste Cleaning with vinegar

Kombucha Vinegar

Kombucha* that has fermented for 30-60 days will become a low-acidic vinegar (1-2% acetic acid as compared to 5% acetic acid found in most store-bought apple cider and white vinegars). As a cleaner for your shower and counter tops it can be used full strength in a spray bottle. A few drops of your favorite essential oil (e.g. lavender, tree, rosemary) will add a natural anti microbial material and pleasant aroma to your cleaning solution. Note: You can use in place of lemon juice

Apple Scrap Vinegar

Collect apple peelings and cores. You can store in freezer until you have enough to fill a clean glass jar $\frac{3}{4}$ of the way to the top.

Mix 1 tablespoon sugar into one cup of non-chlorinated or filtered water -
-prepare as needed to accommodate the size of your jar. Pour sugar water over apple scraps until they are completely covered --leaving a couple of inches at top of jar. Cover loosely with coffee filter or cheesecloth--secure with rubber band and store in a warm, dark place for approx. two weeks. Give it a stir every few days. Strain the scraps from the liquid and discard scraps--set aside for another 2-4 weeks or until vinegar has desired smell/taste. Note: If a "gelatin blob" (aka vinegar SCOBY) develops at the top of your vinegar it can be used to jump start a new batch. You can store it separately or leave it on top of your vinegar.

Zero Waste Cleaning

Kombucha Cleaner



RECIPE & USES

- Use full strength in a spray bottle on all surfaces. Wipe clean with a soft cloth – no rinsing needed. Add a drop or two of tea tree oil or lavender oil for anti microbial properties and a pleasant scent.
- Spray down showers and tubs to reduce soap scum.
- Add 1/2 cup of Kombucha vinegar to the wash to brighten colors and soften clothes.
- Remove mineral deposits from your coffee maker or dishwasher – run 1 cup of Kombucha vinegar through a cycle.
- Add 1/2 Kombucha and 1/2 water to a bowl. Boil in microwave. Wipe microwave clean.
- To keep the drain running – Pour baking soda down a drain, follow with Kombucha vinegar. When foaming stops, rinse with hot water. Repeat until clog is loosened.