

**GOING GREEN AT OYC:**  
DECKS, GARDENS and HOMES

*Suggested Products and Practices  
for  
Shareholder Use*

**THE OYC STEWARDSHIP/UPLANDS COMMITTEE**

Rie Luft, Chair; Pauline Anderson, Steve Brannan, Brian Bressler, Cathryn Cushing, Annie  
Roberts, Wendy Swanson

**July 2012**

## INTRODUCTION

One aim of the OYC Stewardship/Uplands Committee is to learn more about sustainable products, safe alternatives and best practices that are eco-friendly and to provide such information to residents on the moorage for suggested use on their decks and in their gardens and homes.\* Use of such products and practices can eliminate or significantly reduce air, water, and land pollution, with the goal of inflicting minimal or no harm on the environment. The hope is that you will each take the time to peruse these reports and save them as is or in your Bylaws Booklet. Try out those that appeal to you and, in the process, help you and our community “**go green**”. Thanks to all OYC shareholders, environmental progress has been made on our common spaces through the Watershed Revegetation and Clean Marina Programs. Now the effort is to extend these practices to our own yards and homes.

The reports given carry the name of each committee member responsible for the research. Please contact the pertinent individual with suggestions, additional ideas or products, questions, criticism or praise. All general comments can be directed to Rie Luft, chairperson and editor. Cathryn Cushing and Pauline Anderson reviewed the final draft and made several valuable suggestions. Pauline’s report on Behavior of Moorage Cats was referred to the OYC Board for separate committee consideration.

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\* In the Marina Best Practices section, some entries are asterisked “Clean Marina Best Management Practice”, stipulations for OYC’s continued certification as a Clean Marina.

## **ECO-FRIENDLY STAINS AND FINISHES: Wood Decks and Walkways**

### **OVERVIEW**

OYC's wooden walkway fronts houseboats and tenders that have predominantly wood decks and commonly require annual care. A survey was undertaken of eco-friendly stain/finish products that would help maintain and enhance OYC's wooden walk and deck surfaces. A special focus was Portland urban area products whose local production helps conserve resources and therefore energy.

### **RECOMMENDED COMPANIES (Preliminary List)**

*Earthpaint:* Asheville, NC (website: [www.earthpaint.net](http://www.earthpaint.net)) is an outstanding "green" company that offers extensive products and services, plus important research and publicized resources for persons interested in sustainable practices.

*Timber Pro UV:* Portland, OR (website: [www.timberprocoatings.com](http://www.timberprocoatings.com)) is a highly recommended local company that specializes in wood deck stains/finishes whose product has been used on OYC's walkway with positive results since 2009. For detailed information on their products, see Final Recommendations: Detailed information below.

### **RECOMMENDED STEPS FOR CHOOSING AN ECO-FRIENDLY PRODUCT**

The list below provides helpful steps that OYC residents might follow in seeking quality eco-friendly products to apply on their wood decking:

- Use the internet and check with select OYC contractors about a product.
- Identify preferably local products with eco-friendly options and low-VOC formulas.
- Review the product's description, to include written technical data about the ingredients, and ask questions and discuss product with a company representative.
- Determine the product's length of time on the market.
- Read testimonials and review other evidence of customer satisfaction with the product.

### **GREEN THOUGHTS**

For the eco-conscious OYC resident, the use of "green" deck stains/finishes is a must. While it is important to protect ones wood decking, fencing, etc. from the elements, it is also important that one considers the chemical composition of the product to be used. The chosen product should be safe for both human health and the environment. **Go GREEN!**

### **RESOURCE ORGANIZATIONS CONTACTED**

Bureau of Planning & Sustainability, City of Portland  
Institute for Sustainable Solutions: PSU  
Bureau of Environmental Services, City of Portland  
Eco Trust: Eco Building in NW Portland  
Portland Sustainability Institute: PSU  
Center for Science Education: PSU  
Department of Environmental Quality, Oregon

## **FINDINGS/RECOMMENDATIONS: Detailed Information**

### **General**

- Research on eco-friendly practices is expanding rapidly, but it will take more time and study to determine the results/effects of products for houseboat communities.
- Oregon's Department of Environmental Quality (DEQ) provides a "laundry list" of environmentally friendly products but no eco-friendly wood deck stain/finish products. Website: [www.deq.state.or.us](http://www.deq.state.or.us)
- Eco-friendly or green are terms used today by a multitude of companies who advertise themselves as such in promoting their goods and services. It is difficult for many consumers to determine what is truly "green" versus what is marketing hyperbole. Consumers should understand that many companies restrict public access to information about the ingredients in their products. In determining whether or not a stain or paint is truly a "green" product, the company's data sheet on product ingredients should be reviewed. If such data is not available to confirm the product as being eco-friendly, it should probably be avoided.
- For deck stain/finish products to be eco-friendly they should have a low level of VOC (volatile organic compounds), usually solvents that emit fumes. Timber Pro UV's recommendation calls for a VOC level of 150 grams or less per liter minus water. The Environmental Protection Agency (EPA) regulations on lowering VOC levels have been good for the environment. But additives such as acrylic are usually added to stain and paint products to increase the bond and luster. Such additives are often toxic to the environment, but pure acrylic has been found to be a good additive that is non-toxic.

### **Timber Pro UV: Recommendation Based on the Following.**

- Waterborne stain/finishes made primarily from bio preferred plant-based oils blended with a small percentage of acrylic to boost durability.
- Environmental Leadership and Design (LEED) credits earned for sustainable practices using rapidly renewable, regional, and low emitting materials.
- Proven track record of success and reliability of over 20 years in creating and producing wood stains/finishes and cleaners which are eco-friendly.
- Received a BEST award from the City of Portland in 2009 for demonstrating an "extraordinary commitment to sustainability" in producing natural wood stains/finishes.
- Backs up its claims of being one of the greenest and most sustainable envi-safe wood deck stains and sealers on the market by providing full disclosure of product ingredients through its Material Safety Data Sheet.
- Product satisfaction documented by individual houseboat owners and companies on the Willamette and Columbia Rivers (e.g., Topper Industries, dock manufacturer).

**Stewardship/Uplands Committee Report: Steve Brannan July 2012**

**MARINA BEST PRACTICES:**  
**Homes, Boats/Cars, Fuel Storage, Pets and Fish Cleaning**

These Best Practices are suggestions only for the individual shareholder, but they are common sense suggestions that hopefully all of us at OYC, upon reflection and reminder, will acknowledge as valuable in extending OYC's effort to "go green" beyond our common spaces to our own yards and homes - our whole community.

**HOMES: HOUSE PAINTING/ EXTERIOR CLEANING**

- Check existing paint for lead: testing kits can be found at hardware stores.
- Use the following to keep dust, paint, scrapings, chemicals and debris out of the river:
  1. Drop cloths or tarps on decks\*;
  2. Pressure washer using water only for cleaning decks and siding or, if necessary, a biodegradable non-toxic phosphate free cleaner\*;
  3. Vacuum sander – more efficient in collecting dust\*;
  4. Water or alkali-based paint strippers rather than solvent-based products; limiting open containers will help avoid spills and excess fumes\*;
  5. Paint brush or roller rather than spraying unless contractor uses a specialized sprayer that limits overspray.
- If using abrasive blasting to remove paint do so within a tarp enclosure.\*
- Dispose of all solvents, paints, paint scrapings, dust and debris in the special bin in the garbage area or have removed by contractor – not in the garbage bins (See Hazardous Waste Products: Proper Disposal).\*
- Avoid sanding or scraping on windy days.
- Clean all tools away from the river.
- Paint/solvent rags in enclosed areas are highly combustible!
- Please share this information with all pertinent contractors.

**REMOVAL OF VEGETATIVE GROWTH: HOUSEBOAT/TENDER LOGS**

- The best practice is to remove by hand where possible.
- For less accessible areas, spray with a glyphosate-based product that is formulated for use in wetlands, such as Rodeo or Aquamaster.
- Use Round-up only if you can avoid over-spraying into the water.

Jim Schiller, Watershed Supervisor  
Watershed Revegetation Program  
City of Portland  
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**BOATS/ CARS**

**Maintenance**

- When adding gas or oil avoid spills in the water.\*
- Keep the absorbent pads distributed to each household in or near your boat and use immediately in the event of a spill.\*
- All oils need to be disposed of in the special bin in the garbage area for recycling.\*
- If the bilge water has a sheen to it avoid discharging it in the river.\*

\* Clean Marina Best Management Practices, a stipulation for OYC's continued certification as a Clean Marina.

**Cleaning**

Choose a biodegradable, non-toxic, phosphate free cleaner with which to wash your car.\* Water runoff from the top of the ramp goes directly into a landscaped vegetative barrier; the cleaner the water, the healthier our shrubs and trees.

### **PROPANE TANKS/ GAS CAN STORAGE**

- Store all propane tanks outside of house and tenders.
- Limit filled gas can usage and store outside. Empty as soon as possible into boat tank.

It is for the safety of our moorage that we recognize that fuel tanks of any kind are a potential fire hazard.

### **PETS**

- Clean up after your pet and dispose of cat litter and waste in the garbage bins, not in the river.\*
- Place cat waste and litter in plastic bags, rather than biodegradable bags which break down too quickly. Keeping waste bagged protects garbage collectors and sanitation workers from harmful bacteria.

### **FISH/ CRAB CLEANING PRACTICES**

It is illegal to dispose of fish carcasses in Oregon waterways. When cleaning fish or crab dispose of waste in garbage bins; please share this information with your guests that fish here.\*

### **ENVIRONMENTALLY FRIENDLY PRODUCTS FOR BOATS**

- *Starbrite SeaSafe Products*  
Biodegradable; includes hull cleaner, bilge & deck cleaners, boat wash
- *West Marine Pure Ocean Products*  
Boat soap, hull cleaner, mildew remover
- *Simple Green Marine*

### **OIL AND ENGINE MAINTENANCE**

Pure Oceans TC-W3 Oil

West Marine's new Pure Oceans Biodegradable TC-W3 outboard oil is touted as a better-performing, more eco-friendly lubricant. Manufactured by StarBrite, the two-stroke oil is one of West Marine's many "green" offerings in its Pure Oceans line of cleaners and engine maintenance products.

**Stewardship/Uplands Committee Report: Wendy Swanson July 2012**

\* Clean Marina Best Management Practices, a stipulation for OYC's continued certification as a Clean Marina.

## **HAZARDOUS WASTE PRODUCTS: Proper Disposal**

Many household products you use in your yard and home can hurt people, fish and wildlife if used or disposed of incorrectly. You may be surprised at the products in your home that have the words "warning" and "caution" or even "poison" on the label. **You should never dispose of your household toxic trash down the sink, on the ground, down a storm drain or in your garbage can.**

Bring these kinds of items to Metro facilities for disposal, ***or put them in the marked bin in our garbage area.***

- Paints and stains, including all debris from these
- Pesticides, herbicides, fertilizers and poisons
- Motor oil, antifreeze and other automotive fluids
- Thinners and solvents
- Household cleaners and disinfectants
- Batteries – household, automotive, marine
- Propane tanks or bottles from barbecue grills
- Compact fluorescent light bulbs or CFLs, fluorescent tubes and ballasts
- Spa chemicals
- Medications
- Mercury containing items such as thermometers and thermostats
- Art and hobby chemicals
- Aerosol spray products
- 

The above information is from the Metro website: <http://www.oregonmetro.gov/index.cfm/go/by.web/id=644>

Metro Recycling Information 503-234-3000

**Stewardship/Uplands Committee Report: Wendy Swanson      July 2012**

**LOVE YOUR RIVER:  
Environmentally Safe Alternatives to Garden Chemicals**

In our houseboat community the excess toxic chemicals from pesticides, herbicides and fungicides get carried into our river when it rains or as we water our plants, polluting our river and threatening our fish, wildlife and pets as well as use of our river for human recreation. In choosing safer alternatives to garden chemicals, the following are recommendations for the health and well being of both plants and river.

**POTTING SOIL AND AMENDMENTS**

All potting mixes are not created equal. Your container plantings need soil that holds some moisture but drains well offering plants a rich supply of nutrients. Purchase a reliable, high-quality commercial potting mix. Read the label or ask the garden shop which soil amendment is best for your individual needs.

• Black Gold Natural & Organic Potting Soil	2.0 cu.ft	\$13.50 (Homestead)
• Organic Earthworm Castings	1.0 cu.ft.	11.00 (Homestead)
• Teufel Compost	3.0 cu.ft.	7.80 (Homestead)
• E.B Stone Planting Compost	1.5 cu.ft.	10.99 (Portland Nursery)
• Fox Farm Ocean Forest	1.5 cu.ft.	14.99 (Portland Nursery)
• Kellog Garden & Bloome Organic Compost	1.5 cu.ft.	6.99 (7 Dees)
• Dr. Earth	4 lbs	8.99 (7 Dees)

**ORGANIC FERTILIZER**

There are many types of organic fertilizers (fish powders, bat guano, earthworm droppings, blood and bone meal, kelp and seaweed) available in bulk or packaged boxes.

• Fish Powder	3 lbs	\$14.50 (Homestead)
• Kelp Meal	5 lbs	7.00 (Homestead)
• Kelp Extract	1 lb	12.50 (Homestead)
• E.B. Stone kelp meal	3 lbs	9.99 (Portland Nursery)
• Fish Bone Meal	6 lbs	11.99 (Portland Nursery)
• Soluble Fish Powder	1 lbs	7.99 (Portland Nursery)

**LIQUID FERTILIZER**

Since fish emulsion is naturally derived, it is considered an organic fertilizer.

• Liquinox	gal	\$12.99 (Portland Nursery)
• Fish Emulsion	gal	19.99 (7 Dees)
• Alaska Fish Fertilizer	gal	12.80 (Ace & Home Depot)

**RIVER WATER**

We have an abundance of water available from the river. Use it often as it is filled with nutrients that your plants will love. Many members have found they can use less fertilizer than called for on the package when using river water.

**LOCAL STORES**

• Portland Homestead Supply	8012 SE 13th Ave	(503) 233-8691
• Portland Nursery	5050 SE Stark	(503) 231-5050
• Dennis' 7 Dees	6025 SE Powell	(503) 777-1421
• Naomi's Organic Farm Supply	2500 SE Tacoma	(503) 517-8551
• Pearl Ace Hardware	1621 NW Glissan	(503) 228-5135

**BUY LOCALLY, COMPLAIN GLOBALLY**

I have done a lot of research both on line and visiting local stores and have found that Homestead Supply was the best bang for this buck. Shawn is most helpful and knowledgeable. Bonus: it is the closest. Both Portland Nursery and 7Dees were also helpful and had many brand name products. Homestead and Portland Nursery have a good selection of bulk bins as well. Most products are also available on line for a slightly better price; however, the personal service is lacking.

**Stewardship/Uplands Committee Report: Brian Bressler      July 2012**

**PLANT REFUSE BAGS**  
**Biodegradable for Disposal**

**PRODUCT**

- Kraft Paper Refuse Bags are ideal for leaves, weeds, plant/garden clippings, small branches, etc.
- Can be disposed of in OYC's garbage area in the plastic brown bins labeled for such materials or next to the bins, if full.
- 30-gallon size, 2-ply wet strength and 100% biodegradable.
- Packs of 5 for \$2.99.

**LOCAL STORE**

True Value Hardware

6506 SE Milwaukie

(503) 231-5355

**Stewardship/Uplands Committee Report: Steve Brannan July 2012**

## **GREEN PEST REMEDIES FOR THE GARDEN: Environmentally Safe and Simple**

So often the home garden pest control remedies work as well or better than the chemical counterparts, and with the added bonus that with these formulas made of kitchen cupboard ingredients, you don't need to worry about poisoning yourself, your pets, or your garden!

### **SOLUTIONS FOR APHIDS, SPIDER MITES AND WHITE FLIES**

- **Simple Soap Solution**

2 Tbs. Pure vegetable soap flakes dissolved in 2 liters warm water

- <http://puresoapflakes.com/> 1 lb \$16.00
- DIY Soap Bar (need cheese grater)
  - Conti 4 oz 3.29
  - Olivella 3.25 oz 2.19

Apply directly to infested areas every 5 - 7 days. Note: Too much soap can cause burning on plants.

- **Garlic Oil Spray**

- 10 - 15 cloves of minced garlic
- 2 tsp. mineral oil
- 600 ml water
- 1 tsp. liquid dish soap

Soak garlic in mineral oil for 24 hours. Strain garlic out and add 600 ml water and 1 tsp. liquid dish soap. Mix thoroughly. Spray plants with this solution.

### **FUNGICIDE FOR MILDEW AND BLACK SPOT**

- 1 tsp. baking soda
- 1 liter water
- 1 tsp. soap flakes

Dissolve baking soda in 1 liter of warm water. Add soap flakes to help solution cling to leaves. Remove infected leaves from plant, then spray top and bottom of remaining leaf surfaces to control spread of the disease.

### **STICKY TRAPS FOR FUNGUS, GNATS AND WHITE FLIES**

- 1 - 2 Tbsp. Un-petroleum Jelly
  - Alba 3.5oz \$5.99 Walgreens
- 4"x 8" plastic cards or cardboard
- Waterproof yellow paint

Apply paint onto both sides of the card and let it dry. Once the paint is dry, apply Jelly liberally over both sides of the card. Place the card just above the plant canopy.

### **SOW BUG TRAPS**

- 1 small plastic container with lid
- 2 T. cornmeal

Cut a small hole at the base of the container, large enough and close enough to the bottom to

allow sow bugs to climb in. Place cornmeal in container. Place container in area infested with sow bugs. After feeding on the cornmeal, the bugs will drink and then explode! (Replace cornmeal frequently.)

### **SLUGS**

- Cultural Control: Reduce Favorable Habitat by removing plant remains and leaves in the fall.
- Trapping: The use of beer or fermenting food (such as a mixture of sugar, yeast and water) put in cups in the ground.
- Commercial Slug Baits: Probably the most consistent and efficient method of slug control.

### **MOSQUITOS**

**Listerine:** Put into a spray bottle and use as a personal repellent as well as a deck spray.

(Tested by two canoeists in the Florida Everglades; not suggested for use in malarial areas.)

### **FLIES**

Put 4 copper pennies inside a Ziplock Bag half filled with water and hang where you don't want flies.

(Tested on the doorway of a house trailer right next to a horse trailer. No more flies in the house trailer. Plenty still in the horse trailer. No one knows why this works; the best guess is that water molecules present their own prism reflections aided by the pennies. The flies with their multifaceted eyes see all this dizzying movement and don't want to be around that much perceived action in the event of being preyed upon. Check out on Google.)

### **DETAILED INFORMATION**

<http://extension.oregonstate.edu/catalog/pdf/ec/ec1586.pdf>  
[www.unpetroleum.com/](http://www.unpetroleum.com/)

**Stewardship/Uplands Committee Report: Brian Bressler July 2012**

**KEEPING YOUR GARDEN GREEN:  
Avoiding Non-native and Invasive Plants**

**OREGON NON-NATIVE/INVASIVE PLANTS**

Sometimes plants used in landscapes are actually invasive plants and noxious weeds which will crowd out native plants. Avoid planting these plants. It is illegal to plant or transport plants which are listed as Oregon Noxious Weeds.

**PARTIAL LIST**

**Shrubs**

- |                    |                |                     |
|--------------------|----------------|---------------------|
| • Buddleia davidii | Butterfly Bush | Oregon Noxious Weed |
| • Ilex aquifolium  | English Holly  | Oregon Noxious Weed |

**Groundcovers and Vines**

- |                    |                 |                     |
|--------------------|-----------------|---------------------|
| • Clematis vitalba | Old Man's Beard | Oregon Noxious Weed |
| • Hedera helix     | English Ivy     | Oregon Noxious Weed |
| • Hedera hibernica | Irish Ivy       | Oregon Noxious Weed |

**Annuals and Perennials**

- |                          |                  |                     |
|--------------------------|------------------|---------------------|
| • Centaurea macrocephala | Bighead Knapweed | Oregon Noxious Weed |
| • Alliaria petiolata     | Garlic Mustard   | WMSWCD Noxious Weed |

**Aquatic and Wetland Plants**

- |                       |                  |                 |
|-----------------------|------------------|-----------------|
| • Eichornia crassipes | Water Hyacinth   | Aquatic Invader |
| • Iris pseudacorus    | Yellow Flag Iris | Aquatic Invader |

(The Yellow Flag Iris is acceptable **as long as you remember to dead-head it**)

**Complete list of Oregon and Portland Invasive plants available upon request.**

**Sources:**

- |  |  |
|--|--|
| • West Multnomah Soil & Water Conservation District                  | <a href="http://www.wmswed.org">www.wmswed.org</a>                                   |
| • Jim Schiller, Watershed Supervisor, Watershed Revegetation Program | <a href="mailto:jim.schiller@portlandoregon.gov">jim.schiller@portlandoregon.gov</a> |
| • Dr. Mark Sytsma, Portland State University                         | <a href="mailto:sytsmam@pdx.edu">sytsmam@pdx.edu</a>                                 |

**Stewardship/Uplands Committee Report: Brian Bressler July 2012**

## GREEN CLEANING SOLUTIONS FOR THE HOME:

### Environmentally Friendly Non-toxic Household Products That Work!

#### MAIN CRITERIA

- **Life is a Balance** - cleaning products are no exception. Look for greenness, effectiveness and cost in time/labor.
- **Test Products First** - manufactured or homemade. Use in an inconspicuous area, apply, wait and evaluate.
- **Never, Ever Combine Bleach and Ammonia** - makes deadly, noxious gas.

#### PRODUCTS – Homemade (H) and Commercial (C)

##### All-Purpose Cleaner

- (H) 1 c distilled white vinegar, 1 ½ c water, 1 tsp liquid soap (optional). Mix in spray bottle.
- (C) Bionik Super Concentrate (cleanvia.com or Whole Foods) \$15.00
- (C) Seventh Generation All-Purpose Cleaner 32 oz 8.00
- (C) Seventh Generation Multi-Surface Spray (with thymol)  
20% solution for heavy-duty; diluted more for  
all-purpose & glass 26 oz 5.00

##### Drain Opener/Cleaner

- (H) ½ c baking soda, 1 c vinegar, 3 c boiling water. Pack the drain with baking soda & add vinegar. Keep drain covered 10 min. Flush with hot water.
- (C) ZEP Drain Care - natural enzymes - intervention & prevention (Home Depot) \$8.99

##### Laundry Detergent

- (H) 1 c \*soap flakes, ½ c washing soda, ½ c borax. Grate pure vegetable soap for flakes. Store in glass. 1 T. per load in cold or warm water. Clean grater well, or carrot & raisin salad will have an Ivory flavor!
- (C) Seventh Generation Free and Clean outperformed 6 others overall (eco-claim, stain removal, low or no scent and cost) <http://grist.org/article/its-a-wash/> 50 oz \$8.00

##### Dishwasher Soap (bleach and phosphates bad!)

- (H) 2 c borax, 2 c washing soda, 1 32 oz covered plastic. Combine borax and washing soda & seal tightly. 2 tablespoons per load.
- (C) Method Smarty Dish Detergent, Ecover Dishwater Tablets, Citri-dish Natural Dishwashing Detergent, Seventh Generation - powder or gel, BioKleen Automatic Dish Powder, Trader Joe's Automatic Dishwasher Detergent.

(See Consumer Report review <http://www.consumersearch.com/dishwasher-detergent/green-dishwasher-detergent> )

### Window Cleaner

- (H) BASIC - 1/2 c white vinegar, 2/3 gal water. Mix in 1 gal container and fill spray bottle as needed.
- (H) SUPER - 1/3 c white vinegar, 1/4 c rubbing alcohol, 3 1/2 c water. Mix in spray bottle. Dry with crumpled newspaper.
- (C) Seventh Generation Free & Clear Glass Cleaner 32 oz \$5.00

### Bathroom Cleaner/Disinfectant

- (H) Creamy soft scrub - 2 c baking soda, 1/2 c liquid castile soap, 4 T vegetable glycerin, 4 drops anti-bacterial essential oil (tea tree, lavender or rosemary). Mix & store in glass container. Shelf life of 2 years.
- (C) Seventh Generation Disinfecting Bath Cleaner – contains thymol, a compound from oil of thyme in lieu of (poisonous) bleach. 26 oz \$9.00
- Scouring Powder:
  - (H) Baking soda
  - (C) Bon Ami (from earth minerals) 100% biodegradable 12 oz 5.00

\* Soap Flakes are difficult to find. Puresoapflakes.com OR grate your own from any good castile soap (Conti, Olivella, Kirks) - all 4 oz for \$4.  
(No Asian Palm Oil - from large-scale clearing of tropical forests for re-planting of oil palm plantations)

### Sponge Versus Dish Cloth

To kill germs in a kitchen sponge with *no* metal in it, microwave it *wet* at full power for 2 minutes each day, which reduces microbes by more than 99%. Sponges are a common source of microbes, including Salmonella, especially when they remain wet. Air-drying is inefficient and a dishwasher doesn't sufficiently decontaminate them. Be careful when removing a sponge from the microwave as it is *very hot*. An alternative to a sponge is a dishcloth that you change out each day and launder after use.

University of Berkeley – Wellness Letter, July 2012

### Cleaning with Cucumbers!

- Faucets, sinks or stainless steel
- Emergency shoe polish
- Erase pen, crayon & markers from walls
- Fogged up shower

(Not recommended for use in salads after cleaning frenzy! Bonus uses already distributed to shareholders wrapped in cucumber)

### MFG. COMMERCIAL PRODUCTS:

Clean Via  
Simple Green

Seventh Generation  
Ecover

## METRO WEBSITES:

Household Products: <http://www.oregonmetro.gov/index.cfm/go/by.web/id=1400>

General. Info: <http://www.oregonmetro.gov/index.cfm/go/by.web/id+1400#documents>

## BOOKS:

- **HOMEMADE**, Ch. 10 “Spit and Polish Cleaning Products”, Reader’s Digest 2008
- **MRS. MEYER’S CLEAN HOME: No-Nonsense Advice That Will Inspire You to Clean Like the Dickens**, Thelma A. Meyer, Wellness Central
- **BAKING SODA**, Vicki Lansky 2004
- **VINEGAR**, Vicki Lansky 1995

## WHY CLEAN GREEN?

The federal Environmental Protection Agency identifies six reasons to clean green:

- **Skin Irritation:** Some brand-name cleaning products may contain chemicals that cause redness or swelling of skin.
- **Air Pollution:** Those same products may contain volatile organic compounds (VOCs) that can cause irritation of the eyes, nose, throat and lungs, cause asthma attacks and contribute to smog.
- **Fragrances:** Choose natural odors in cleaning agents. Citrus-based cleaners are good options. Added fragrances have little cleaning value and may be harmful to your health by creating indoor air pollution.
- **Dyes:** Avoid unnecessary dyes, which also may contribute to indoor air pollution.
- **Reduced/Recyclable Packaging:** Packaging constitutes about 17 percent of the garbage stream. Choose cleaning products that are minimally packaged or packaged in recyclable materials.
- **Exposure to Concentrates:** While concentration may reduce the use of packaging and other resources, concentrated products can pose a greater health and pollution risk than a ready-to-use product. Read ingredients carefully.

From *The Oregonian* January 6, 2012

**Stewardship/Uplands Committee Report: Annie Roberts      June 2012**