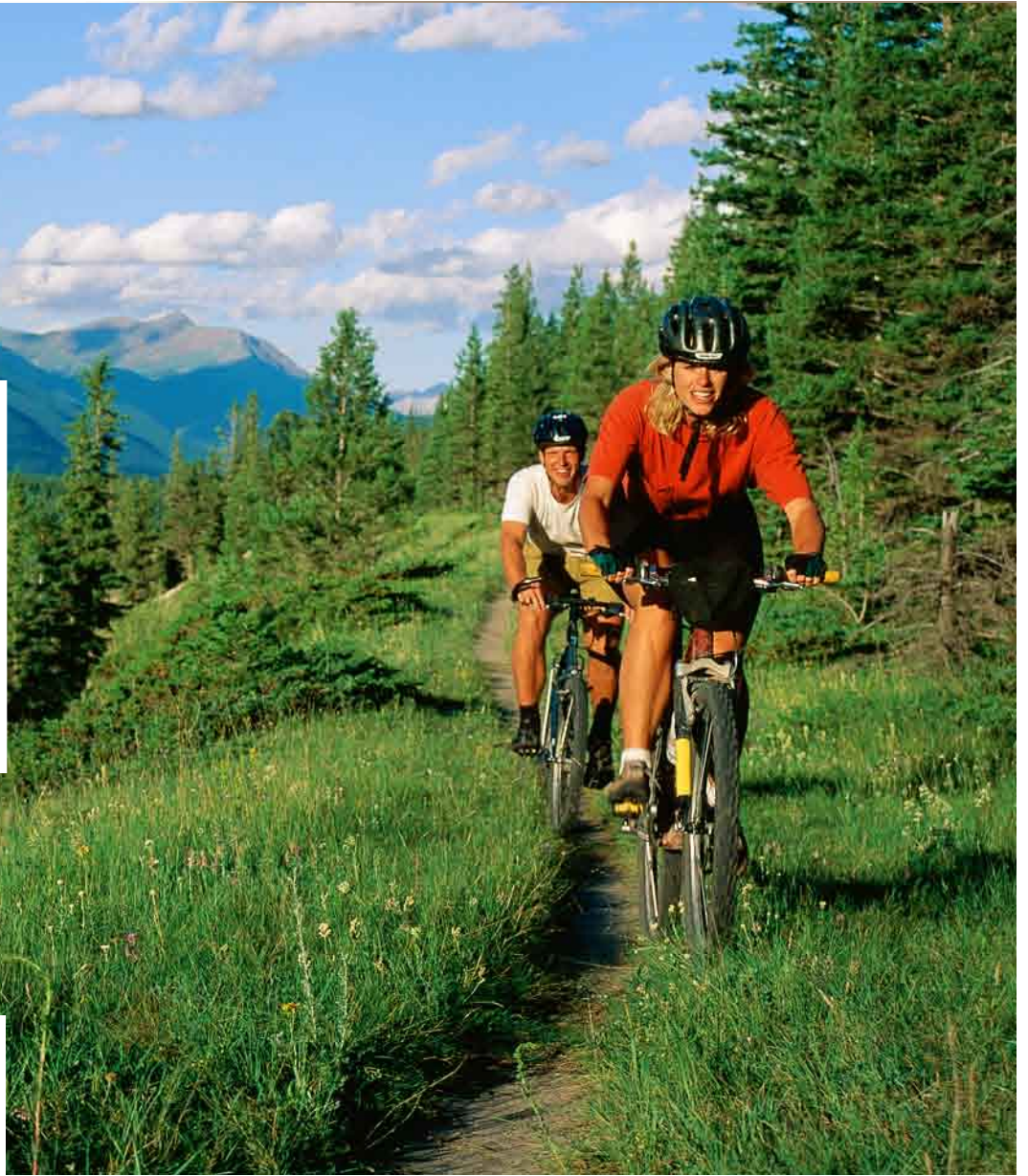




**GREEN FUN IN THE
SUMMERTIME**
Recipes



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GREEN FUN IN THE SUMMERTIME *Recipes*

Many of us have made the mistake of staying out in the sun too long. We underestimate the dangers, lose track of time, or use a sun-screen with SPF (sun protection factor) that's too low.

Too much sun can be dangerous. Be careful. Cover up. Wear a hat. Use sunscreens with mineral-based ingredients (zinc oxide or titanium oxide). And if you do get burned, consider these non-toxic remedies for quick relief.

For more info go to www.QueenOfGreen.ca.

Cool the Burn Smoothie *After Sun Soothers*

- 1 tablespoon plain, full-fat yogurt**
- 2 strawberries, mashed**

Choose local and/or organic ingredients. Mix them together using a fork to mash the strawberries.

Apply to affected areas and let sit for about five minutes. Gentle enough for the face. You can also use just yogurt (without fruit). The mixture cools the burn and restores the skin's natural acid balance to promote healing.



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Cool the Burn Tea *After Sun Soothers*

- 4 ounces fresh mint leaves (peppermint or spearmint will do)**
- 3-4 bags of black tea (plain black tea, orange pekoe or earl grey)**
- 1 litre boiling tap water**

Combine all ingredients in a tea pot. Let it steep for 10 minutes. Strain out herbs and tea bags, transferring the solution to a glass jar or jug to cool.

Apply the solution with cotton balls or a cloth. The tannic acid in the tea draws heat out of the burn and restores the skin's acid balance. Mint has a cooling effect, too.

Store the mixture in the fridge for future use.



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Aloe Gel *After Sun Soothers*

- Aloe plant leaf**
- or**
- Bottled aloe gel**

If you have an aloe plant, cut a leaf in half and squeeze out the gel. If you buy aloe gel from a health food or grocery store, be sure to read the ingredients. It should just be pure aloe with no additives (watch out for propylene glycol as the first ingredient).

Apply to affected areas as often as needed.

Store bottled aloe in the fridge.



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Sunburn Quencher

After Sun Soother

5 tablespoons aloe juice or gel

1 egg

½ teaspoon lemon juice

3 teaspoons sugar

2 tablespoons full-fat yogurt

Enough cornstarch or arrowroot powder to thicken

Beat egg and add sugar. Mix until sugar dissolves. Add plain yogurt and aloe juice or gel. To get the right consistency add a thickener like cornstarch or arrowroot powder. Make into skin paste and treat burned areas. Let sit 10-15 minutes and wipe off with warm cloth.



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Inside or Outside

Car Wash

1 gallon hot water

1 tablespoon baking soda

2 tablespoons castile soap or eco-friendly dish soap

1 tablespoon washing soda (optional – for heavy grease)

1 tablespoon Borax (optional – for mildew)

Fill bucket with the first three ingredients. Add the soap last. If you've got a really tough job on your hands, you can add washing soda (for heavy grease) or Borax (for mildew). Scrub with rags and cloths, then rinse well.



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Note: commercial car detergents are often too harsh for the finish.

Grease Clean-up

Garage Cleaners

Baking soda (love that stuff!)

Sprinkle baking soda onto grease spills. Scrub. Rinse with water.

Paint Brush Cleaner

Garage Cleaners

White vinegar

Put vinegar in a pot on the stove. Bring to a boil. Stick hardened paint brushes in the boiling vinegar. Rinse with water and let dry.



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Chrome Polish

Car Wash

Club soda

Spritz plain club soda onto chrome. Wipe dry/polish with soft cloth or rag.



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Dead Bug Remover

Car Wash

Baking soda (can't get enough!)

Water

Mix baking soda with enough water to make a paste. Scrub with a cloth and rinse well. Let dry. This mixture won't wreck paint or chrome and will even remove tar, but will remove dead bugs from paint, headlights and windshields.



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Windows

Car Wash

White vinegar

Water

Newspaper

Mix equal amounts vinegar and water together in a spray bottle. Spray mixture on windows and wipe clean with recycled paper towel or newspaper.



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Vinyl Surfaces

Car Wash

1/2 cup white vinegar

2 tablespoons liquid castile soap

Mix together and wipe down all surfaces. Rinse with water or wet cloth, then dry.



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Deodorizer

Car Wash

Baking soda

or

White vinegar

Sprinkle baking soda on carpets and upholstery. Let it sit to absorb odors, then vacuum.

You can also leave a bowl of white vinegar inside your car for the night. It will absorb nasty odors.



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No purchase necessary (almost....) BBQ Cleaner

Heat the grill alone and use a good grill brush to loosen unwanted grease and food bits. (Be careful not to burn yourself!)

Once you've finished cooking a meal, scrub with a brush while the grill is still warm, scrub with a brush.

Lightly season the grates with olive oil.



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Lemon and Salt

BBQ Cleaner

1 lemon
Salt shaker

Roll the lemon under foot to get the juices to part with the flesh. (Don't step on it too hard!) Cut the lemon in half and sprinkle the fleshy side with salt. Rub the lemon on greasy grill grates (they can be cool or warm). Wait a few minutes and scrub with grill brush.



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Yearly Maintenance

BBQ Cleaner

Baking soda (our old friend!)

or

Washing soda

Tub of water

Liquid castile soap or eco-friendly dish soap

Once a year, remove the grill from the barbecue, sprinkle baking soda or washing soda all over the grates, then immerse them in a tub of warm water. (Washing soda is more caustic than baking soda, so use gloves with that option). Soak overnight, if possible. Scrub with a sponge or scrubbie. Give them a final wash with liquid castile soap or eco-friendly dish soap. Rinse and dry.



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Just Dirty

Lawn Furniture Cleaner

¼ cup baking soda (again!)
1 litre warm water

Mix baking soda and water and apply it to furniture with brushes and rags. Rinse with water.

Rust Stained

Lawn Furniture Cleaner

White vinegar

Soak stains with full-strength white vinegar, then rinse with water. For furniture arms and legs (where liquids will run off), try wrapping them with vinegar-soaked rags.



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