

Carpet Cleaner

Having pets and carpets means stains. Use this cleaner to clean up anything you, your pet, or your housemates get on your carpet.

Yields approximately 1¼ cups

¼ cup white vinegar

1 cup warm water

1 teaspoon clear dish soap

As needed: Baking soda
(dependent on size of area to be treated)

1. Mix vinegar, water, and soap in a spray bottle.
2. Sprinkle a generous layer of baking soda over the stain to completely cover the area.
3. Allow the baking soda to dry. Then vacuum.
4. Spray the liquid solution over the stain.
5. Use a clean, damp white cloth to blot the stain until no baking soda residue remains.
6. Rinse with warm water and blot with a cloth repeatedly until all residue is gone.
7. Repeat the above process as needed to completely remove the stain.
8. If any soap or baking soda residue remain, use a mixture of three parts water, one part white vinegar to rinse and blot.

Remember to Vacuum: We love this green carpet cleaner, but you should also vacuum any carpet in your house at least once a week to remove the dust mites, dander, cockroach allergens, pollution, mold spores, pesticides, and toxic gases that stick to carpets and settle in them. All of these increase your risk of developing mild cognitive problems, allergies and irritation, and asthma.

The American Lung Association and US Environmental Protection Agency (EPA) also recommend using a high-efficiency particulate air (HEPA) filter on your vacuum and having a professional deep clean your carpet annually.