

Disinfectant Spray

The citric acid in lemons is a natural biocide, but if you don't want your house to have that lemony fresh scent, you can swap lemon rinds for thirty drops of an essential oil such as rosemary or clove oil. You can even use the two in combination (fifteen drops of each). Both rosemary and clove oil—alone and together—possess significant antimicrobial effects against the bacterial strains *Staphylococcus epidermidis*, *E. coli*, and *Candida albicans*.

Yields approximately 1¼ cup

Rinds of 6 fresh lemons (or 2–3 tablespoons of lemon juice from each lemon)

2 cups rubbing alcohol (70 percent)

Optional: 30 drops of lemon essential oil

1. Add lemon rinds to alcohol.
2. Infuse for 3 weeks in a tightly covered container to prevent evaporation.
3. Pour off liquid into spray bottle.
4. *Optional:* If you like a stronger lemon scent, add 30 drops of lemon essential oil to the bottle after infusion.

