



## **Cleaning With Whole Lemons.**

You might be familiar with homemade household cleaners calling for lemons and lemon juice, but, did you know these super fruits, whole and in the raw, can help you clean too?

Yep, there are numerous ways to use whole lemons to quickly clean and polish-up around the kitchen. And, believe me, they really make cleaning enjoyable and up-lifting. The smell alone can make me forget I'm actually scrubbing pots and pans!

Take a bit of time to look over these lemon themed tips and give them a try - Pick up a lemon and see for yourself how simple it really is to get rid of crud without any harmful chemicals or commercially bought products.

### **How to clean a cutting board or butcher block**

Grab a lemon and a bit of salt. Cut the lemon in half and sprinkle the salt on top of the cutting area you're cleaning. Scrub the cutting board with the lemon - flesh side down. As you scrub the salt acts as a natural absorbent and sterilizing agent and the acidity of the lemon works as a cleaner and degreaser. Even if you have been cutting fatty or greasy foods on your chop block, this one-two punch will clean the mess right up.

### **Greasy dishes**

Lemons are one of the best degreasers, hands down, and cheap.

Lemons are also free of toxins and chemicals unlike most dish detergents. This makes lemons the no-brainer go-to cleaner for what we eat off. Yep, lemons are absolutely perfect for cleaning dishes. The Juice from one lemon, along with your choice of natural dish soap will get your dishes sparkly clean. Lemon juice also does wonders on greasy pots and pans and wipes the grime from bowls and utensils right away. The nice thing about this trick is you don't ever have to worry about eating cleaning chemicals when you eat your food. Now that's peace of mind!

### **How to remove rust spots from kitchen cutlery**

Cutlery, when neglected, definitely shows the signs. Many folk put their knives in the dishwasher or allow water dry on them, resulting in unsightly rust and water spots. Fortunately, there is an easy fix, and, you guessed it, you only need lemons. Simply juice a lemon, grab a sponge, and rub those stains right off.

### **How to remove odors from pans or ovens**

It's ok, you can admit it. You, like me, have baked cookies on baking sheets that still smell from last weeks bacon. I know, it's gross. So what to do? Simply juice some lemons into the baking sheet or pan and add a bit of water depending on the depth of the baking sheet or pan you're cleaning. If it is a deep pan, go ahead and toss in the lemon rinds too. Let this lemon solution sit for a few hours or put the pan in a hot oven for twenty minutes and bake the scents right on out - then scrub. This method will remove all the lingering smells from the baking sheet or pan and any lingering odors in your oven. You also get the added bonus of a home that smells like a luscious lemon balm.

Lemons are such wonderful gifts- they are so versatile and make cleaning and cooking more joyful. I believe that every kitchen should have a lovely bowl of lemons on the counter - to add cheer, beauty and to make eating, drinking, cooking and cleaning a more healthful and sensory experience.

These little yellow fruits are a small sunny blessing all through the year and especially during the cold and grey winter months. I hope you can find your way to some lemon cheer today.