

Imelda's Tips

It isn't too early to think about spring cleaning! Along with including free sunshine and fresh air, take a natural approach to cleaning rather than using the often harmful, sometimes polluting, and usually expensive cleaning products. The Eco-Justice Committee offers to you some planet-friendly, healthy alternatives compiled by Sister Imelda Schmidt, OP newly returned to ministry at Heartland Farm. We will share her wealth of wholesome hints throughout the seasons.



March

SPRING CLEANING CAN BE HELPED BY USING:

House Plants: a balm for ourselves and our home.

Bedroom: Aloe Vera -- releases oxygen and absorbs carbon dioxide at night.

Kitchen: Spider or Airplane Plant-- consumes cooking fumes, removed carbon monoxide and nitrogen dioxide and other pollutants.

Living Room: Peace Lily—gives extra moisture to indoor air, works as a filter.

Other good house plants: Dracena Snake plant and Rubber plant—these plants are low maintenance and remove smog, formaldehyde and trichloroethylene from the air.