Disclaimer: Please note that this recipes page was developed and tested by a previous consultant. However, since results may vary, we recommend you test the recipes on a small area before applying to the whole.

### KITCHEN

#### Spray Disinfectant Cleaner

- **½ cup borax**
- **1 gallon hot water**

Dissolve borax in hot water. Wipe down areas to be disinfected.

#### Abrasive Cleaner

Sprinkle *baking soda* or *borax*, add *juice of ½ lemon* and scrub.

#### Brass/Copper Tarnish Remover

- **Salt**
- **Flour**
- **White vinegar**

Mix together equal parts salt and flour, then add white vinegar to make a paste. Rub into the stain. Repeat if necessary.

#### Metal Cleaner

- **Fresh squeezed juice of 2 lemons**
- **1/3 cup baking soda**
- **1 teaspoon fine salt**
- **6 tablespoons clay powder**

Mix all ingredients together until pasty. Add water or more clay if needed. Rub paste onto metal with extremely fine steel wool and allow to sit for fifteen minutes. Wash off with a sponge and clear water. Polish metal with a soft cloth. Do not use on aluminum.

#### Silver Polish

Rub with paste of *baking soda* and water.

### Dishwasher Detergent

- **2 tablespoons baking soda**
- **2 tablespoons borax**

Mix baking soda and borax and put mixture in dishwasher.

### Window Cleaner

**Option 1:**

- **Juice from one fresh lemon**
- **2 cups water or club soda**
- **½ teaspoon peppermint essential oil (optional)**
- **1 teaspoon cornstarch**

Mix all ingredients and pour into plastic spray bottle. Shake well.

**Option 2:**

- **8 parts water**
- **1 part vinegar**

Mix ingredients, scrub and wipe with newspaper.

### Drain Cleaner/Opener

- **¼ cup vinegar**
- **¼ cup baking soda**

Mix ingredients and pour mixture down drain. Let stand for a few minutes and rinse with boiling water.

### Oven Cleaner

Mix equal parts of *castille soap*, *borax* and *water*. Apply mixture, let set for 20 minutes. Scrub with mixture of baking soda and salt.

### Glassware/Crystal Spot Removal

Dip spotted glassware into *water* to which a splash of *vinegar* has been added, dry with lint-free dishtowel.
### BATHROOM

**Bathtub/Sink Stains**
Scrub with paste made from **cream of tartar** and **hydrogen peroxide**.

**Soap Film on Fiberglass Surface**
Apply **baking soda** with damp cloth, rub and rinse off residue well.

**Soap Film/Mildew on Shower Curtains**
Pour full-strength **vinegar** on the shower curtain to remove soap film and mildew.

**Shower-Door Track Cleaning**
Pour full-strength **vinegar** into the track, let soak for a few minutes, rinse.

**Toilet Lime Deposit Removal**
Pour full strength **white vinegar** in the bowl, let sit for several hours. Scrub with sturdy brush.

**Toilet Bowl Cleaner**
- ½ teaspoon sodium lauryl sulfate
- 2 tablespoons baking soda
- 2 tablespoons vinegar
- 1 teaspoon orange grapefruit essential oil (optional)
- 2 cups water
Mix all ingredients. Vinegar and baking soda will foam when mixed. Let mixture stand for 10 minutes before pouring into a spray bottle.

### FURNITURE POLISH

**Lemon Scented Polish**
1 teaspoon lemon oil
2 cups mineral oil
Mix and apply with soft cloth.

**Dark Wood Polish**
1 teaspoon olive oil
Juice of one lemon
1 teaspoon brandy or whiskey
1 teaspoon water
Mix and apply with soft cloth. **Must be made fresh each time.**

**Unscented Polish**
3 parts olive oil
1 part vinegar
Mix and apply with soft cloth.

**Oak Furniture Polish**
1 quart of beer
1 tablespoon sugar
2 tablespoons beeswax
Boil beer with sugar and beeswax. When cool, wipe mixture on wood, allow to dry and polish with soft cloth.

**Heat Blemish/Scratch Remover**
Rub in mayonnaise and wipe off. Buff with clean cloth.

**Water Spot Treatment Polish**
- Toothpaste (not gel)
- Baking soda
- Pecan
Apply equal parts toothpaste and baking soda with a soft, damp cloth. Rinse out the cloth and wipe off any residue. When the finish is smooth, buff with a clean soft cloth. Restore color and shine by rubbing the spot with the meat of half a pecan, then buff.

### PAINTS/REMOVERS

**Enamel Paint Drips/Spill Remover**
Wipe up spills and drips with a soft wet towel lathered with **pumice soap** (the sooner the better).

**Removing Paint from Skin**
Rub with **mineral oil**. Wash with soap and water.

**Arts and Crafts Paint**
- ½ cup cornstarch
- 2 cups cold water
- Food coloring
Mix cornstarch and water in a saucepan. Bring the mixture to boil and continue to boil until it thickens. Let cool slightly. Pour into jars and color each with food coloring.
### SPOT REMOVERS

<table>
<thead>
<tr>
<th>All-purpose Spot Remover</th>
<th>Ink Spot Remover</th>
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<tr>
<td>¼ cup borax</td>
<td>Cream of tartar</td>
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<tr>
<td>2 cups cold water</td>
<td>Lemon juice</td>
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</tbody>
</table>

Dissolve borax in cold water. Sponge it on and let it sit until dry. Wash with soap and water to completely remove spot. Works well on blood, chocolate, coffee, mildew, mud and urine.

**Club Soda**
Pour club soda on fresh spots and stains to remove wine and foods from clothing, carpets and linens.

### PETS

<table>
<thead>
<tr>
<th>Pet Stains</th>
<th>Dog House Flea Repellant</th>
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<tbody>
<tr>
<td>Soak stained area in warm soapy water. Sponge with equal parts of water and white vinegar. Blot dry.</td>
<td>Wash dog houses with salt water. Scatter fresh pine needles or cedar shavings under your pet’s sleeping pad. Keep bedding clean.</td>
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### PEST REPELLENT

<table>
<thead>
<tr>
<th>Mouse Repellant</th>
<th>Anti-Insect Air Spritzer</th>
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<tbody>
<tr>
<td>Stuff all cracks around gas and water pipes with steel wool to keep mice out.</td>
<td>2 cups vodka</td>
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<thead>
<tr>
<th>Ant Repellant</th>
<th>Moth Ball Alternative</th>
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<tr>
<td>Sprinkle red chili powder, cream of tartar powder, salt or sage near ant infestations.</td>
<td>Place cedar chips or blocks in desired area.</td>
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<tr>
<th>Roach Repellant</th>
<th>Insecticide</th>
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<tbody>
<tr>
<td>Place bay leaves in cracks around room.</td>
<td>Mix dishwashing liquid and water, spray infected area.</td>
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<tr>
<th>Bug Repellant, Body</th>
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<tbody>
<tr>
<td>Mix all oils together. Dab on clothing and skin. Avoid eyes and mouth.</td>
<td>2 tablespoons citronella essential oil</td>
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**Note:** Always test any cleaning solution on a small, inconspicuous area before use. Use only in well-ventilated areas. Wear protective clothing when using chemicals.
GARDEN

Chili-Vinegar Spray for Fruit Trees
4 jalapenos, habaneros or other hot chiles, seeded and chopped
2 cloves garlic
1½ quarts water
2 oz. Beer
½ cup vinegar
Mix chopped chiles, garlic, water and beer. Cover and bring to a boil for 5 minutes, then let the mixture steep in the pot for 24 hours. Add the vinegar, strain well and pour into a sprayer. Spray leaves (but not blossoms). Will help keep birds away.

Aphids on Rose Bushes
Mulch banana peels into the soil at the base of the rose bushes. This will strengthen them and ward off disease-bearing aphids.

Cucumber Beetles
Make beetle traps from open cans or milk cartons baited with melon or other garden targets. Place the traps around the garden and check them early in the morning and discard.

Earwig Repellant
Option 1:
Make rolls out of newspaper, soak them in water then set them out overnight. First thing in the morning the rolls will be full earwigs. Put the rolls in a tightly sealed bag and out with the trash. Keep at this for a while and you will be rid of your problem.

Option 2:
Fill old tuna or petfood cans with ½ inch of vegetable oil; place several cans around the infested area. When full—just dump bodies in trash and refill.

Fungus and Mildew
1 bulb of garlic (about 20 cloves), chopped
1 quart of hot water
Place chopped garlic in the water and let steep for at least 24 hours. Strain and spray on plants to eliminate fungus and mildew.

Pest Spray
1 cup grated castile soap
1 cup coarsely chopped tobacco leaves, fresh or cured
3 cups boiling water, divided
1 entire bulb garlic, peeled and crushed or chopped
1 cup of chopped fresh tansy (optional)
In a bowl, dissolve soap in 1 cup boiling water and set aside. In a blender, pour remainder of boiling water over tobacco leaves and let set for ten minutes or so. Add garlic and tansy (if available) and whirl until smooth. Strain through cheesecloth and discard solid materials. Add herbal liquid soap to mixture and stir; pour into a spray bottle. To use, spray the herbal liquid on insects and their environs at early morning and dusk for three days in a row. Because this mix drives most bugs away, but does not kill them, apply as needed.

Deer Repellant for Fruit Trees
To repel deer, roll several pounds of soft, scented herbal soap into balls. Tie the balls into small bundles, using cloth or net and string. Hang several bundles from each fruit tree. The deer won’t come near the trees. As a bonus, rain will eventually melt the soap bundles and lend a bit of alkalinity to the soil below.

Snail Repellants
Bury a small bowl or can flush with the ground and fill it with beer to attract and trap snails.

Fertilize Naturally
Use compost to return needed bacteria, enzymes and nutrients to the soil. Include clover or other nitrogen-fixing plants in the lawn to make it self-fertilizing.

Dry Out Lawn Fungus
Dethatch; add soil bacteria and re-seed. Fungus grows only in wet, thatchy, overfertilized lawns.

Beneficial Bugs
Lady Bugs (Ladybird Beetles) – eats Psyllids, aphids and eggs of the Colorado Potato Beetle.

Green Lacewings – eats aphids, mites, mealybugs and other small insects.

Ground Beetles (Carabid Beetles) – eats cutworms, grubs, root maggots and other soft-bodied pests.

Parasitic Wasps – kills whiteflies, moths and Mexican bean beetles.

Beneficial Plants
Basil – planted alongside tomato plants helps control tomato hornworms.

Thyme – planted with cabbage helps control flea beetles, cabbage worm and white cabbage butterflies.

Marigold – planted in vegetable gardens produces a scent that repels many garden pests.

Mint – repels mosquitoes and produces an odor that aphids and cabbage pests dislike.

Garlic – planted close to roses it can protect bushes from black spot, a fungus disease; can be grown in rings around a crop to repel aphids; spray garlic tea (see above) on plants to eliminate fungus and mildew.
BEAUTY PRODUCTS

Hair Dye Alternatives

Lighten hair:
1 tablespoon lemon juice
1 gallon warm water
Rinse hair with mixture.

Red tones:
Rinse with strong tea of rosehips or cloves, or use strong black coffee.

Cover gray:
½ cup dried sage
2 cups water
Boil sage for thirty minutes, then steep for several hours. Apply tea to hair after it cools. Allow to dry, then rinse and dry hair again. Apply weekly until you have the shade you want and then monthly to maintain color.

Darken hair:
Rinse hair with a strong black tea or black coffee.

Hair Shampoo Alternatives

Everyday shampoo:
Castille bar soap
Water
¼ cup olive oil, almond oil or avocado oil
½ cup distilled water
Grate castille bar soap and mix it with water in a blender or food processor. Blend 1 cup of castille liquid with olive oil, avocado or almond oil and distilled water.

Dandruff remedy:
Wet hair and rub in a handful of dry baking soda, then rinse.

Hair Spray

1 chopped lemon (or 1 orange for dry hair)
2 cups pure hot water
1 ounce vodka
Place lemon and hot water in a pot, and boil until only half remains. Cool and strain. Place in a fine spray bottle and test on hair. If too sticky, add more water. Store in the refrigerator, or add 1 ounce vodka per cup of hair spray as a preservative (with vodka, hair spray may be stored unrefrigerated for up to two weeks).

Jewelry Cleaning

Rub a small amount of toothpaste on jewelry with finger, rinse well and polish with a soft cloth.

Skin Freshener/Soother

Add pulp-free aloe vera juice to water in a spray bottle and spritz arms, legs, back and face.

Skin Astringents

Option 1:
Lettuce leaves
Water
Boil green lettuce leaves for 10 minutes in enough water to cover. Let cool and strain.

Option 2:
Vodka
Strong chamomile or mint tea
Mix 1 part vodka with 9 parts strong chamomile or mint tea.

Option 3:
2/3 cup pure water
2 tablespoons vodka
¾ cup borax
Combine ingredients in a blender until borax is dissolved.

Option 4:
¼ cup lemon juice
¼ cup lime juice
¼ cup pure water
1/8 cup vodka
Blend ingredients. Strain to remove pulp.

Deodorant

Pat baking soda under arms after showering. Skin should be slightly damp, but not wet. If too abrasive, mix with cornstarch or white clay.

Talcum Powder

Use cornstarch, rice starch or oat flour on skin.
MISCELLANEOUS HOME MAINTENANCE

Homemade Glues
Option 1:
6 tablespoons gum arabic
1 cup water
½ cup plus 2 tablespoons natural glycerin
Dissolve gum arabic in water, add glycerin, and mix well. Apply to both surfaces with a toothpick or tongue depressor. Hold together for 5 minutes. Make fresh batch each time.

Option 2:
4 tablespoons wheat flour
6 tablespoons cold water
1 ½ cups boiling water
Blend flour into enough cold water to make a smooth paste. Boil water and stir into flour mixture until mixture is translucent. Use when cold.

Option 3:
3 tablespoons cornstarch
4 tablespoons cold water
2 cups boiling water
Blend cornstarch and cold water to make a smooth paste. Stir paste into boiling water, continue to stir until mixture becomes translucent. Use when cold.

Bleach
Use vinegar or baking soda as a substitute.

Air Freshener
Set potpourri or fresh oranges with cloves in a dish.

Car Wash Soap
3 cups grated castille soap
½ cup sodium lauryl sulfate
3 cups boiling water
1 tablespoon borax
1 tablespoon balsam fir essential oil (optional)
Dissolve castille soap and sodium lauryl sulfate in boiling water; add borax and essential oil and mix well.

Upholstery Cleaner and Rug Shampoo
4 cups water
1 cup white vinegar
3 tablespoons sodium lauryl sulfate
2 teaspoons baking soda
1/8 teaspoon lavender essential oil (optional)
1/8 teaspoon ginger essential oil (optional)
Mix all ingredients together and fill a handheld rug/upholstery shampoo bottle half full. Shake the bottle vigorously and shampoo furniture using small circular motions. Scrub sudsy area well.

Laundry Soap
¼ cup clay powder
2-3 tablespoons essential oil of choice (optional)
13 cups borax
12 cups baking soda
4 cups sodium lauryl sulfate
Mix clay powder and essential oil. Add remaining ingredients and mix well in a 2-3 gallon pail. Use 1/8 cup of laundry powder per load.

Spray Starch
1 tablespoon cornstarch
1 pint cold water
Dissolve cornstarch in cold water. Pour mixture into a spray bottle and squirt to apply (shake before each use).

Carpet Deodorizer
Baking soda
Sprinkle baking soda liberally on area for treatment. Wait fifteen minutes or longer, then vacuum. Repeat if necessary. Carpet should be completely dry before application. Please note: several pounds of baking soda are needed for a nine-by-twelve-foot room.

Removing Grease Spots from Walls
Make a paste of baking soda and water. Apply thick paste to the grease stain and let it dry. Brush the residue off with a soft brush or cloth.
AUTOMOTIVE CARE

Windshield Cleaner
Club soda
Spray on the windshield and wipe dry. Not recommended for use in the vehicle’s windshield-spray reservoir because it could freeze.

Battery Cleaner (Removes built-up acid)
Baking soda
Water
Sprinkle baking soda onto battery terminals. Spritz with water to dampen. Let set for about one hour. Sponge off with water. Air dry.

Cleaning Polish (shiny, protective finish similar to wax)
½ cup flakes of grated hand soap
½ cup water
½ ounce beeswax
½ cup jojoba
Mix soap flakes and water in a bowl or jar and allow the soap to dissolve over night. Combine the beeswax and jojoba in a double boiler over medium heat until the wax is melted. Remove from the heat and add the soapy water. Mix with an electric hand mixer until creamy. Dab some onto a soft cloth, then buff to a shine with a soft cloth. Excess polish can be stored in a container for future use.

Vinyl Smell Reducer and Natural Engine Degreaser
¼ cup washing soda
1 gallon warm water
Dissolve washing soda in warm water. Saturate a sponge with the mixture and wash the vinyl or pour on engine areas that need degreasing. Rinse thoroughly. Excess should not be stored -- discard all leftovers.

Leather Wash
¼ cup vodka
¼ cup distilled vinegar
3-4 drops of jojoba or olive oil
Combine all ingredients in container. Shake to blend. Pour mixture onto a soft rag and rub into leather. Do not rinse.

Bug Remover
½ cup baking soda
Liquid soap
Combine baking soda with enough liquid soap to make a paste. Scoop the paste onto a sponge and scrub over splattered bugs until they are loosened. Rinse well. Safe to use on painted surfaces and chrome.

Upon 72 hours notice, the Department can provide program information and publications in alternate formats or make other accommodations for people with disabilities. In addition, program documents are available at our main office in Alhambra (900 S. Fremont Ave.), which is accessible to individuals with disabilities. To request accommodations ONLY, or for more ADA information, please contact our departmental ADA Coordinator at (626) 458-4081 or TDD (626) 282-7829, Monday through Thursday, from 7:00 a.m. to 5:30 p.m.
RETAILERS OF UNCOMMON INGREDIENTS

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Pompano Beach, FL 33064
888-816-4441 (8-5 M-F EST)
Fax 954-946-4144
www.chemistrystore.com

KIC Chemicals
451 Main St.
P.O. Box 437
Armonk, NY 10504
914-273-6555
914-273-6760 Fax
E-mail: chem@kicgroup.com
www.kicgroup.com

SunFeather Natural Soap Co.
1551 Hwy 72
Potsdam NY 13676
315-265-3648 (9-5 M-F EST)
Fax: 315-265-2902
Email: sunsoap@slc.com
www.sunsoap.com

David Cookson & Co., Inc.
Large Quantities Only
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Kinnelon, NJ 07405
973-283-1500
Fax: 973-283-1860
Email: info@cooksonco.com
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Miami, FL 33155
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Fax: 305-740-8242
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www.essentialoil.net

OurPetsNet
Monmouth, IL
Email: info@our-pets.net
www.our-pets.net/store_primate3.htm

A Garden Eastward
Ludowici, GA 31316
912-545-0085 (8-5 M-F EST)
Email: brinkley@accessatc.net
http://addy.com/brinkley/supplies.htm

Rainbow Meadow Inc.
8433 South Ave., Suite 2
Poland, OH 44514
800-207-4047
Fax: 330-729-0685
Email: andy@rainbowmeadow.com
http://rainbowmeadow.com

Legend Gift Shop
3095 Jefferson Street
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707-224-7707
Email: legend@gateway.net
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Waterbury Ct. USA 06702
800-222-6133 (7-5 M-Sat, Th til 8 EST)
Fax: 203-753-9042
Email: seth@tools-plus.com
www.tools-plus.com

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1754 Central Park Drive
Okemos, MI 48864
888-387-3451 (10-9 M-F, 10-6 Sat, 12-5 Sun EST)
Fax: 517-349-5473
Email: sales@ess-oils.com
www.ess-oils.com

Taste Of Britain
73 South Peachtree Street
Norcross, GA 30071
800-749-0739
Fax: 770-242-0551
Email: tob@tasteofbritain.com
www.tasteofbritain.com

White Foods Market
various locations
888-945-3637
www.wholepeople.com

Paint, home improvement or hardware stores
MotherNature.Com
360 Massachusetts Avenue
Suite 103
Acton, MA 01720
800-517-9020 (8am-11pm M-F EST)
Email: legend@gateway.net
www.mothernature.com

Chemron Corp.
93447 Paso Robles, CA
Tel: 805-239-1550
Fax: 805-239-8551
www.cosmos.com.mx/chem/chemron

Note: Retailers listed here should not be considered as being endorsed by Los Angeles County. They are presented as a convenience to locate less common ingredients. Any retailer of ingredients of these recipes that would like to be listed here should contact HHW Public Education Coordinator at 888-CLEAN-LA or eganda@ladpw.org.
## INGREDIENTS NOT AVAILABLE IN MOST GROCERY STORES

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<td>look in the laundry supply section of most grocery stores</td>
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<tr>
<td>aloe vera juice</td>
<td>(1 oz.)</td>
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<td>-</td>
<td>0.37</td>
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<tr>
<td>gum arabic</td>
<td>(1 oz.)</td>
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<td>-</td>
<td>3.20</td>
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<tr>
<td>natural glycerin</td>
<td>(1 oz.)</td>
<td>0.12</td>
<td>yes</td>
<td>2.00</td>
<td>-</td>
<td>0.23</td>
<td>0.33</td>
<td>0.36</td>
<td>-</td>
<td>-</td>
<td>0.55</td>
<td>0.73</td>
<td>-</td>
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<tr>
<td>almond oil</td>
<td>(1 oz.)</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>0.78</td>
<td>-</td>
<td>-</td>
<td>0.78</td>
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<tr>
<td>avocado oil</td>
<td>(1 oz.)</td>
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<tr>
<td>various essential oils</td>
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<tr>
<td>peppermint</td>
<td>(2 oz.)</td>
<td>-</td>
<td>6.50</td>
<td>yes</td>
<td>3.50</td>
<td>5.05</td>
<td>7.73</td>
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<tr>
<td>grapefruit</td>
<td>(2 oz.)</td>
<td>-</td>
<td>9.00</td>
<td>yes</td>
<td>3.28</td>
<td>3.36</td>
<td>3.82</td>
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<tr>
<td>rosemary</td>
<td>(2 oz.)</td>
<td>-</td>
<td>8.00</td>
<td>4.00</td>
<td>6.73</td>
<td>6.43</td>
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<tr>
<td>cedar</td>
<td>(2 oz.)</td>
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<tr>
<td>citronella</td>
<td>(1 oz.)</td>
<td>-</td>
<td>-</td>
<td>yes</td>
<td>yes</td>
<td>1.95</td>
<td>2.79</td>
<td>0.76</td>
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<tr>
<td>eucalyptus</td>
<td>(2 oz.)</td>
<td>-</td>
<td>6.00</td>
<td>yes</td>
<td>1.54</td>
<td>3.33</td>
<td>1.62</td>
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<tr>
<td>geranium</td>
<td>(2 oz.)</td>
<td>-</td>
<td>76.00</td>
<td>yes</td>
<td>10.93</td>
<td>9.76</td>
<td>23.12</td>
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<tr>
<td>orange</td>
<td>(1 oz.)</td>
<td>-</td>
<td>-</td>
<td>yes</td>
<td>yes</td>
<td>1.38</td>
<td>1.88</td>
<td>0.80</td>
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<tr>
<td>lemon</td>
<td>(2 oz.)</td>
<td>-</td>
<td>6.00</td>
<td>yes</td>
<td>3.63</td>
<td>4.50</td>
<td>5.78</td>
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<tr>
<td>lavender</td>
<td>(2 oz.)</td>
<td>-</td>
<td>15.00</td>
<td>6.10</td>
<td>11.87</td>
<td>6.64</td>
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<tr>
<td>ginger</td>
<td>(1 oz.)</td>
<td>-</td>
<td>-</td>
<td>yes</td>
<td>4.21</td>
<td>5.03</td>
<td>3.86</td>
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</table>

Note: Some volumes will not be available as specified in this chart, the quantity have been adjusted for comparison purposes. Prices listed are subject to change. A dash "-" box means the ingredient is probably not available at that retailer.