

# Organic Pest Control Made Easy

*How To Naturally Keep Your Home,  
Garden & Food Pest Free*



DR. JOHN STONE

# Introduction

More than ever, people today are seeing the issue of pest control on a different way to previous generations.

Many people are concerned with the use of chemicals to eradicate pests especially where children or pets are concerned and are turning to natural solutions to solve this age old problem with good reason.

Chemical pesticides have been linked with Alzheimer's, cancer, fertility issues and many more health problems. So-called "safe levels" still put chemicals in your anatomy, placing you at risk for many years and many poisons designed to control pests can cause immediate harm if consumed by children or pets.

This book has been designed to help you make informed discussions on how to deal with pests.

Of course, prevention is better than cure which is why have written this book to deals with how to detect pests and how to prevent infestations from occurring in the first place. Every aspect of this complex issue, from how to detect pests around your property to how to remove pesticides from you non-organic produce is covered.

I believe that pests are not a naturally occurring problem, everything in nature is finely balanced and it is only when humans try to "improve" on nature and try to solve one problem that they disturb this balance and end up causing more problems in the long term than creating solutions in the short term. Which is why, when possible, people need to find organic solutions and work with nature rather than against it

.....Dr. John Stone

## **DISCLAIMER**

Notice: The user of this information assumes all risks for personal injury or property damage.

Warning! All manner of pest control involves some level of risk to person or property, please use common sense and the best safety procedures when implementing any instructions found in this book.

Pesticides are traps can be harmful. Read and follow all directions and safety precautions on labels. Handle carefully and store in original labelled containers out of the reach of children, pets, and livestock. Dispose of empty containers right away, in a safe manner and place. Do not contaminate forage, streams or ponds.

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## **Chapter 1**

**The 11 Main Invasive Pests in The Home**

### **Rats**

Rats are medium sized rodents which can be mistaken for mice. The easiest way to distinguish the difference between a rat and a mouse is to note that the rat is the

larger of the two. The two most harmful rats to humans are the Brown Rat and the Black Rat. In many areas rats can be a deadly and destructive pest.



The fleas that a rat can carry can transmit many diseases the most well-known instance of this being the Bubonic plague which killed up to 25 million people in Europe in the Middle Ages. Rats are usually very intelligent and shy rodents which can make their presence difficult to detect. Places around the house to look for the presence of rat activity is behind walls, in roof cavities around garbage cans, and around pipes.

## **Mice**

Smaller than rats, mice can adapt to almost any environment.

Mice can spread disease via their excrement and fleas.

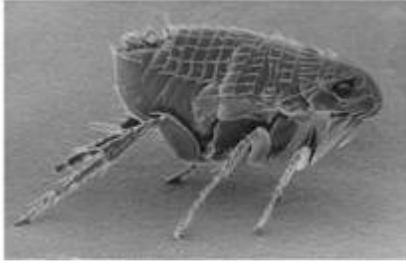


Mice are prolific breeders and if not controlled or eradicated, can quickly invade a home causing expensive damage.

Places around the house to look for the presence of mouse activity is in roof cavities, behind walls around garbage cans and around pipes.

## **Fleas**

Fleas are wingless, parasitic insects that can live within fur or hair of most living mammals including humans and feed off their blood.



As well as causing itching and painful bites, because fleas are blood suckers, they can spread disease especially when they migrate from one victim to another.

Fleas under ideal conditions such as a dog's back can breed at alarming rates. Flea infestations on many animals can easily be detected as the animal will usually try to remove fleas by scratching or biting themselves.

## House Flies



The common house fly vomits on its food in order to break the food down into particles small enough for it to digest. This and the fact that flies constantly deposit faeces means that flies can spread many diseases such as typhoid and dysentery.

## Ants

Ants form colonies which range in size from a few hundred large ants living in tree hollows to large colonies that consist of millions of small ants.



While ants don't generally pose much of a problem, in some instances, they can become a problem by raiding food (which can spread disease to humans), damaging

crops, and damaging indoor structures.

## **Cockroaches**

Cockroaches are among the most common household pests.



They can feed on both human and pet food and can leave an unpleasant odour. Cockroaches have been linked to human allergies and they can passively carry microbes which can be harmful to both humans and pets if deposited on food and then consumed.

## **Spiders**

Many types of spiders are harmless and may be of benefit around the home as they feed on other insects can therefore can help control insects such as flies and mosquitoes.



Some can pose a danger as they are venomous and the webs they create can be unsightly. Also, many people have a phobia of them and their presence can cause panic.

## **Termites**

Termites mainly feed on cellulose or plant fibre. In the wood or forests this is not a problem, however they can do a great deal of damage to unprotected wooden

structures.



Because they remain concealed their presence usually is not detected until the structure has been badly compromised. Once termites have invaded a house they often don't only damage the timber structure, but will also damage paper cloth materials.

## **Bed bugs**

Bedbugs are insects that feed on blood. Bed bugs prefer warmer climates and like to hide in, but are not limited to soft furnishings.



Bed bug bites can cause a few adverse health problems including allergic symptoms and skin rashes.

## **Mosquitoes**

Mosquitoes are a family of small fly like insects. A few species are of no harm and some are even useful to humans, most are considered a potentially dangerous neuroscience as they feed on blood mainly from mammals including humans.



Because they feed on blood, along with a painful itchy bite, many can transmit harmful diseases to both humans and livestock, like yellow fever, malaria and filariasis. When the female mosquito bites its victim to extract their blood she also injects her saliva into the wound, this saliva contains an anticoagulant which prevents the blood from clotting. It is by this transfer of fluids that mosquito is not only able to feed, but also to transmit diseases.

## Chapter 2

### Five Easy Steps to Prevent Pest Infestations

Detection is an important part of the approach to controlling agents of deterioration, which involves these five steps:

**Avoid:** Reduce the incentive for pests to live or multiply in a particular place. For example: improve cleanliness; discard refuse and clutter.

**Block:** Further reduce the chance of infestation blocking possible entry points whereby pests can enter your property. For example: Screen off ventilator outlets or fill holes in walls install insect covers over windows which will let the draft in, but keep the pest out. Inspect surrounding areas to determine the extent of the infestation and to locate its source.

**Detect:** Take measures to determine if there are pests present (for example, collect specimens). Inspect the look for frass dropping from active pests.

**Respond:** If an infestation is detected, apply control methods to the area for example, increase sanitation, low or high temperature exposure, set traps or apply pesticide. Assess control measures by continuing detection practices.

**Restore:** Clean affected area to prevent false alarms on later inspections. Perform necessary consolatory and restorative work.

## **Block & Avoid Sources of Infestation**

Rodents and insects and can be difficult to avoid, however the threat of infestation can be reduced by ensuring the place is kept clean and removing anything which may attract the pests. Pests can enter a building through existing holes or spaces or by digging their own. They can also be carried in by people or objects. Proper building maintenance can prevent pests from entering your property, while inspecting and treating item (by exposure to low temperatures) can help prevent pest entering in object.

Pests can enter your property through air vents, open or poorly sealed windows, walls or doors. Lack of proper maintenance of your property can allow water to penetrate the structure which causes dampness, decay, and eventual attack by pests.

Accumulated dust, dirt, and hair from poor housekeeping and improperly stored foodstuffs and animal nests in eaves, walls and attics provide the perfect homes for many pests. Many pest problems can be traced to common sources of food and warm conditions.

Maintaining proper housekeeping practices greatly contribute to preventing infestation.

The more protective layers around and object (box, case, room or building) the safe they are from infestation during transport and storage. Food stored in solid food containers will deny pests of a source of food which will help prevent an infestation.

Temperatures which humans find comfortable are usually ideal for pests, too. Cooler temperatures and, in certain cases, lower humidity can help slow infestations.

## **How to Detect the Source Of Infestation**

Irrespective of the condition of the building, sanitation and procedures it is a good idea to routinely inspect the property for signs of infestation. This is especially true around temporary storage or high traffic areas where pests are likely to hide when the block and avoid strategies fail.

Early detection allows you to assess the risks and take preventative action.

If infestations are not detected and dealt with promptly, they can cause extensive damage that may require laborious and expensive work to stop and repair.

For insect activity, look for dead or living insects at their various stages of development. Look for damage to the building or object such as loss of hair or fibres, chewed feathers or quills, perforated skins or holes in the surfaces of timber.

Termite larvae is rarely seen on timber, however their entry and exit holes are noticeable. Cast remains of moulting larvae are common indications of a termite attack.

Dead adult clothes moths, webbing, cocoons, and faecal pellets are often evident around a moth infestation. Insect eggs are not so easily seen with the naked eye.

Insect frass can sometimes be mistaken eggs. Frass is usually larger in size than individual eggs and is present in greater quantity. Frass often matches the object in colour and appears in the form of chips, fine powder, or pellets. Eggs are deposited singly, in small groups, or in orderly clusters. Insects usually choose to deposit eggs in sheltered spots such as protective egg cases or in crevices.

Rodents can be detected by urine stains, faecal pellets, gnawed surfaces corpses and nesting activity.

## **How to Arrange For Easy Detection**

Keep areas free of obstacle to reduce the possibility of pest habitation and allow for easy inspection.

These precautions will allow quick visual detection of pests. Many commercial establishments will often fill perimeter trenches with landscape cloth or pea gravel to prevent plant growth and to reduce rodent burrowing.

Creating clean perimeters on floors through organized layout of cabinets and shelving is imperative to decreasing the labour of inspections and increasing the chances of detection. Many pests will follow along the joint between walls and floors, making this a prime site for traps, and detection.

## Examining Objects and Structures

Thoroughly examine wooden objects and structures. Examine joints, knot holes, hinges, the bottom of legs, reverse sides, and hidden areas. Many types of termites will gain access to wooden structures through end grain or through joints and cracks. The emerging adults will usually avoid painted and varnished surfaces, choosing to emerge through the raw back faces of wood.

Frass that is packed in holes may be loosened by handling, but may also indicate that there are or were active insects in galleries within the wood. To check if termites are still active check the area and leave the area alone for a few days, if in second inspection insect frass continues to pile up beneath insect holes. Old frass oxidises with time to become darker or grey, which can be a good indication that the termites are no longer present.

In areas where fallen dust would be dispersed by foot traffic, wind or routine cleaning, tape polyethylene swatches over suspected active holes of wood borers to collect ejected frass. However, only do this if you can later remove the tape without damaging the surface and be sure you remove the tape within two weeks of application.

Some types of termites can be detected by Acoustic detection, but will be ineffective during times when larvae are not active. Radiography over several months can detect further excavation by wood borers, but may not be possible in all places.

Examine textiles, curtains, sheets, clothing, and accessories front and back; inside and out for insect and rodent activity.

Examine paper goods such as cardboard boxes, stacks of paper, and foodstuffs such as bread and cereal for chewing, and grazing.

## Chapter 3

### The Best Organic Sprays to Keep Pests Under Control

In this chapter I will be discuss the best pest control sprays available.

#### Veggie Pharm



This natural fungicide and insecticide is made of pure garlic extract. Garlic is a natural insect and small mammal repellent.

It also contains potassium bicarbonate, which means it works great as an organic fungicide.

So it is one on the most natural pest control sprays in the market.

Other natural oils in Veggie Pharm organic, natural pest killer and fungicide work as miticides, which will completely protect your vegetables from most common problems.

Veggie Pharm does not leave strong or overpowering odours that humans can detect after being applied, but is effective enough to keep pests away.

There is a slight garlic odour when initially applied but this smell quickly dissipates while leaving your fruit and vegetable protected.

This product can be used freely on vegetables and fruit until the day you harvest them. It is natural and is safe for your pets, family and the environment.

#### Bon-Neem Insecticidal Soap



Neem is a type of tree that is native to India, known for its drought resistance and natural ability to repel pests. The oil from the Neem seed lets you use the power of the Neem tree to fight pests on your own plants.

Neem Controls a wide variety of insects on house plants, herbs, vegetables, nuts, fruit, flowers, trees, roses, lawns and shrubs.

## Orange Guard



Orange Guard kills on contact. It may be used around food, humans, and pets. Fresh Citrus Scent. Indoor-Outdoor. EPA Registered. Broad Range Contact Insecticide & Broad Range Residual Repellent. Works on ants, fire ants, roaches, fleas, silverfish, plant pests, and other insect pests.

The active ingredient in Orange Guard orange peel extract destroys the wax coating of the insect's respiratory system. When applied directly, the insect suffocates.

This can be applied directly to carpet to kill fleas but only if you steam clean afterwards.

## **St Gabriel Laboratories All Natural Mosquito/Gnat/Flea/Tick Repellent**



St Gabriel Mosquito Repellent is made from natural oils including garlic and black pepper. Any garlic odour fades within minutes and the other natural ingredients have no lasting smell. St Gabriel Mosquito Repellent Provides up to 60 days of mosquito control.

It Controls: Mosquitoes, Gnats, Fleas, and Ticks, for a truly pest-free yard will treat 5,000 square feet and will become odourless within minutes once applied.

## Hot Pepper Wax



Hot Pepper Wax is pest repellent made from a blend of extremely hot cayenne pepper extracts and combined with a food grade wax will last even after rainfall. Garden produce, such as a ripe tomato.

Hot Pepper Wax Insect Repellent stops insects as well as rabbits, squirrels, gophers, hedgehogs, prairie dogs, chipmunks and more. Yes, this bottle of Hot Pepper Wax works on both critters big and small. It contains the same ingredients as the Hot Pepper Wax Animal Repellent.

Once sprayed with the Hot Pepper Wax in the morning, can be picked and eaten the same day.

## Chapter 4

### How to Make Your Own Organic Pest Control



This general purpose insect control spray combines garlic, onion, and hot pepper to repel insects with the insecticidal properties of soap.

## **What Protection Does It Offer?**

This solution can be used on almost any leaf eating pest in the garden.

## **How to Make**

- Grind or chop one garlic bulb and one small onion.
- Add 1 teaspoon of powdered cayenne pepper with 1 quart of water and mix well.
- Allow mixture to sit for one hour, strain through piece of fly wire or cheesecloth, then add 1 tablespoon of liquid dish soap to the strained liquid and mix well.
- Pour the liquid into you spray pack.

## **How to Use**

Completely spray your plants, including under the leaves.

## **Storage**

Can be stored in a sealed LABLED container for up to one week in the refrigerator.

## **Warning**

The ingredients in this solution can cause painful eye and skin irritation.

Wear gloves when preparing this solution and keep it away from your nose and eyes.

## **Other, Natural Pest Control solutions**

### **Soft Bodied Insects I.E Mites & Mealy bugs**

To one quart of water, add a few drips of Ivory soap and one tablespoon of Canola oil, mix well and pour it into your spray pack. Completely spray the plant including the undersides of the leaves. The oil is designed to smother the insects.

### **Soft Bodied Pest I.E Slugs & Snails**

Sprinkle Diatomaceous Earth over your plants and in the garden bed. The Diatoms particles are very small and sharp, but only harmful to the exo-skeletons of small insects,

snails and slugs. This is a mechanical killer not a chemical one so insects cannot become immune.

## **Fungal Diseases & Insects**

To one quart of water, add two tablespoons of cooking oil, a few drops of Ivory soap, and two tablespoons of baking soda, mix well pour the solution into a spray pack and completely spray the plant including the undersides of the leaves.

## Chapter 5

### How to Protect the Inside of Your Home

#### Organically From Pests

One of the best way for protecting your home against pest is to make sure they never enter your home in the first place.

Just like humans, pests need shelter, food and moisture to live and thrive. By eliminating or properly storing your food supply and getting rid the pest's favourite hiding spots, you can reduce the risk of pests infesting your home. The best way to prevent infestation is try to keep pests out entirely. To do this, you'll need to seal up the cracks and gaps in your home's exterior. Carefully examine your home, you'll likely be surprised by the number of unsealed gaps you will see, which makes an easy entrance path for pests. To prevent pests from crawling under your doors, install an aluminium threshold under the door. For even better protection, combine this with a door sweep. A sweep is a cheap device that can be found at most hardware stores, and helps to cover the gap between a threshold and the door bottom. For the best protection against pests, choose nylon brush sweeps as they will offer the best protection against pests.

Add weather stripping to the outer edge of the door frame to prevent insects from entering along the sides or top of the door. Use caulking compound along the bottom of the frame at the area where it meets the ground and to seal between the door frame and the wall.

Consider installing a door closer. This will close and latch your door automatically after it's been opened and you can adjust the closing speed and power. These are very simple to install using basic tools.

Summer is the worst time of the year for flies, mosquitoes, and other pests to invade your home, however many people like to open their window and door for ventilation. To enjoy fresh air without being annoyed by insects, install screens in your windows and doors. Remember pest can still sneak in through damaged screens so it's important to insure you keep your screen in good condition and repair or replace damaged screens.

Mosquitoes need moisture to breed so ensuring there is no pooled water in your yard is one of the best ways to prevent mosquitoes from breeding.

It's important to maintain drainage channels such as drains and gutters. Insure they are free of obstructions such as leaves and derbies so they can flow freely. If you have a pool, keep it filtered and chlorinated, even when you're not using it. Frequently

change the water in your birdbaths and fountains to keep mosquito eggs from hatching in them.

Make sure you remove any leaves or debris in your yard as these are perfect places for pests to live and multiply.

As a rule, if a pencil can fit in a small crack or hole, so can a young mouse or many types of insects, so it is imperative to insure all possible openings are blocked or filled.

Use cement to patch foundations and masonry walls. Replace damaged brick and fill the joints with mortar. Replace rotting wood and repair sections of cladding which are damaged. Pay attention to the roof line, where wasps frequently like to build nests.



*Caulking compound is one of the simplest and most affordable ways to seal cracks around the home.*

Caulking compound is a cheap and effective method of filling in many cracks and small holes use it around window frames and air vents.

If you need to fill larger openings try using a fine wire mesh similar to fly wire, as this can be stapled over holes to keep pests out and can also be installed over basements, crawl spaces and vents.

No matter how well your home is sealed, it will still make a tempting heaven for pest if they have easy access to food and places to hide so always keep an uncluttered house and make sure food is kept in sealed pest-proof containers. Clean spills as soon as they occur and remove pet food as soon as meal time is over or use a pest proof container which will allow your pet to eat but keep pests out.

To keep pests from eating or living in your trash proper handling and storage is vital.

Make sure food waste is kept in the kitchen and not in waste baskets around the house. The trashcan should have a lid, and should be emptied every day. All interior and exterior trash bins and recycling bins should be cleaned and sanitized regularly, especially if spills have occurred in them.

If you like to compost your waste make you use a bin with a lid and that it is emptied every three to six months.



A

A Sturdy plastic compost bin complete with lid

Encourage predators to frequent your yard; many bird such as swallows will eat small insects such as mosquitoes and flies.



The best way to encourage birds to your yard is make sure you have plenty of trees and bushes where they can establish their nests and make sure there is plenty of fresh water for them to drink, just make sure the water is frequently replaced to prevent it from becoming stagnant or allowing mosquitoes to breed.

Of course, if pests do enter your home, you will need to control them. Aside from natural or non-toxic pesticides, trapping them is also a great way to control them.

Some of the best traps for a variety of pests are:

- **Adhesive traps** can be covered with a cardboard shelter which attracts the pests inside but protects the adhesive from falling debris and dust. Adhesive traps should be checked at least every month. Replace adhesive traps every six months as this is about as long as the adhesive is designed to last. Dead insects in the traps may also be used for bait to attract insects that eat protein which may increase the success rate of these traps.



*Typical Adhesive Trap*

- **Light traps** can attract many types of flying insects. Always try to aim light traps toward external doors to attract insects away from your home. Inspect and clean light traps frequently to prevent infestations by protein eating insects.



*Light trap or Bug-Zapper*

- **Mechanical Traps** can help control rodent infestations. These can include live release traps, snap traps or wind-up traps which reset after the rodent is caught. Place traps along floor to wall junctions rather than exposed areas. Because rats and mice can become skilled at removing baits without setting off the trap, it is necessary to bait the trap in a manner which makes it difficult to remove the bait without setting off the trap, while there are baits designed with this purpose in mind one of the best bait found around most homes is peanut butter.



*A Mechanical Snap Trap*

There are many companies selling plug-in pest repellents which are supposed to repel the pests by emitting an electro sonic or electromagnetic frequency which the pest cannot tolerate. However, there is little or no scientific evidence that these actually work.

## Chapter 6

# How to Prevent Invasion Of Your Garden By Pests Whilst Keeping Your Plants Safe

Organic gardening involves working with nature to get the best results rather than working against it. It involves both preventative measures and supporting eco system found in nature.

In a healthy eco system a healthy balance is the answer NOT annihilation. Insects are vital to a health garden and should not be annihilated. Insects provide food for birds and other wildlife, help the pollination process, help break down soil nutrients and eventually become nutrients themselves when they die.

Every eco-systems balance is delicate and completely removing one insect only encourage other types of pest to infest.

It is important to eliminate chemical pesticides from your gardening.

Plants sprayed with pesticides lack the same nutrients which only occur when a plant comes in contact with insect. Pesticides kill useful soil microbes, which create an unhealthy environment with no means of protect itself against disease.

Chemical pesticides have been linked with Alzheimer's, cancer, fertility issues, and many more health problems. So-called "safe levels" still put chemicals in your blood stream placing you at risk many years from now.

Indiscriminate use of pesticides kills all insect both the useful ones and the harmful ones and however harmful, insect populations such as aphids will recover much quicker than useful insects and will attack your plants in much higher numbers without predators to stop them. Unfortunately at this stage many gardeners will again spray their plants with pesticides thereby aggravating the vicious cycle.

Before pests infest your garden or before you decide to use chemical pesticides here are a few things you should try to prevent pests from becoming a problem:

- **Companion Planting** should be an important part of organic gardening. For example you can use basil to protect tomatoes. Plants should be planted close together to encourage a permaculture type environment as opposed to a monoculture type environment.
- **Silver Reflective Mulch** This is a relatively new tool in the context of organic gardening. It's a silver thin sheet which is laid down on the garden bed around the plants, this help prevent pest infestation in two ways.
  - 1) It shines light on the underside of the plant's leaves, thereby deterring shade seeking insects and
  - 2) Shining light scares away all pests from the garden bed and

the plants in general.

- **Keep Your Soil in Healthy Condition** One of the most important step to insure a healthy garden. Keep your plants properly watered. Make sure your soil is properly fertilised using only natural fertiliser and position your plants properly so they are getting the right amount of sun and shade. Compost tea is a great way of ensuring your plants are healthy and introducing good bacteria to your soil. It is also a good idea to test the nutrient levels in your soil, affordable testing kits can be purchased from most gardening supply shops or you can have the testing done professionally.
- **Natural pesticides** Try some of the great natural products mentioned in previous chapters.
- **Encourage Natural Predators to Live in Your Garden** Most birds, frogs and lizards will be more than happy to eat your bugs for you. Create a healthy safe habitat for these animals. Keep cats and dogs indoors, add some trees and some bird houses and a source of water which can easily be cleaned of mosquitoes.
- **Allow Beneficial Insects To Thrive** Lady bugs, Praying Mantis and Lacewigs pray on many other types of insect so they can be a great asset to have in your garden. These beneficial insects can be attracted by certain plants such as dull and fennel.
- **Salt & Copper** If you have a slug problem, you can place copper strips around the base of your plants. Slugs will avoid the copper as it gives them a shock. If salt is used in high enough quantities it can kill slugs, but be careful using salt as to much my harm your plants.
- **Adhesive Traps** Similar to flypaper the traps attract bugs to their sticky surface and keep them there. These are excellent for removing large amounts of insects during the first of the season. Simply throw the traps away after use.



If you have previously used chemical pesticides give your garden time to rebalance itself. Initially you may notice an increase of insect attacks, and may even lose a few plants. Don't sit back and hope that nature will sort things out. Routinely apply these organic pest control methods; you've created this imbalance and you and

nature will have to work together the re-establish a proper balance. Don't expect this to happen overnight or even in six months. Restoring an unhealthy garden takes time, work and lots of patience.

## Chapter 7

### How to Remove Pesticides from Your Non-organic Produce

Many people want to eat organic food, however organic food is more expensive than and many people cannot afford to go all-organic. Also, a full selection of organic food is not always available in all grocery stores all year round, so there may be no choice but to buy non-organic fruit and veggies. For whatever reason it is good to know how to remove some of the pesticides that are left on your non-organic food.

Here are three simple methods to remove pesticides from your non-organic fruit and veggies:

**1) Pesticide-removal Spray** this simple pesticide-removal spray can easily be made using ingredients you probably have around the house.

- One cup of water
- One tablespoon of lemon juice
- Two tablespoons of baking soda

Mix all the ingredients together until the baking soda has dissolved and pour the solution into your spray pack.

Spray your non-organic food with this mixture and let it sit for twenty minutes.

Completely rinse with clean water and enjoy.

**2) Pesticide-Removal Produce Wash** This solution will not only remove most of the pesticides from your food, it will also help preserve your food so it can be stored longer without rotting. Simply combine one part vinegar to four parts water. Soak your produce for one hour (for apples allow one and a half hours). Remove the food and rinse with clean water.

**3) Store-Bought Produce Washes** These days, there is a wide variety of products which are designed specifically for the purpose. Make sure before you purchase any of these products that you read the active ingredient list because if the product has a list of chemicals of its own, it defeats the purpose of using the products to remove chemicals in the first place.

**4) Peel Your Produce** Where practical after washing, peel or remove the skin from your produce before consuming.

