Your Guide to Soap Nuts

Using Simply Earth Soap Nuts in Your Laundry

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simply earth



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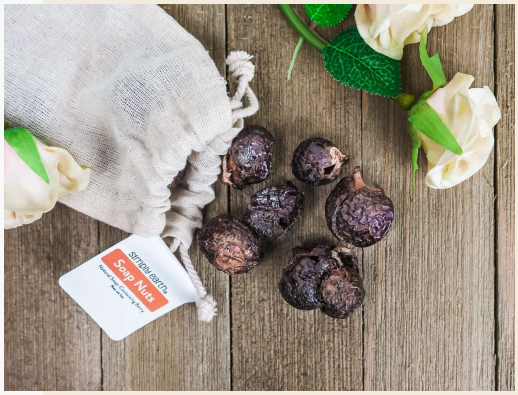

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This easy recipe creates a liquid detergent that's easy to use.

WHAT ARE SOAP NUTS?



Contrary to its name, soap nuts are actually berries!

The dried shells – or husks – of soapberries contain a natural cleaning agent that works like a detergent called Saponin. Saponin works as a surfactant. Surfactants are a common ingredient even in commercial detergents. But unlike chemical surfactants, these are 100% natural and biodegradable making them an amazing alternative to store-bought detergents.

Surfactants, or surface-active agents, lower the water's surface tension making the particles slipperier and helping remove dirt from your clothes.

All-Natural, All-Organic
One notable characteristic of soapberry trees is that they grow even in hard conditions. They don't need fertile soil or any kind of chemicals, fertilizers, or pesticides to grow. Meaning they are grown organically!

Since these are harvested fresh from the trees and are dried directly from the sun, they do not undergo any chemical process and are guaranteed to be 100% natural.

With these being all-natural and all-organic, it makes a great substitute for various synthetic chemical-filled cleaning products (not only detergents).



BENEFITS OF SOAP NUTS

Mild and Gentle
Soap nuts are very mild and gentle on the clothes and on your skin, making them perfect for those with sensitive skin, eczema, allergies, psoriasis, and even with babies.
Soap nuts are nut allergy-safe, since they are only berries after all! Soap nuts have been successfully used by people that are allergic to nuts. However, it is still best to take proper precautions and do a patch test especially if you are prone to allergies, have sensitive skin, or have a compromised immune system.
Because soap nuts are low sudsing, they can be used with high efficiency (HE) washing machines.

Environment-Friendly
Production and processing of these nuts are all done organically which means it does not affect the environment in any negative way. In fact, it even protects areas in which they are planted from the risk of erosion. Also, using these in household cleaning is deemed to be environment-friendly.
With the “suds equal clean” false advertising, commercial detergents use artificial foaming agents that are not good for the septic and grey water systems. Soap nuts, on the other hand, do not produce lots of foam yet are just as effective in cleaning.

Clean Smell
I love how my clothes smell after using soap nuts. They’re not covered in an artificial fragrance that makes my brain feel foggy. They smell sharp, fresh, and clean.







HOW TO USE SOAP NUTS





Soap nuts are so easy to use! For Simply Earth Soap Nuts, you can place the bag right inside your washing machine (just remove the label).

With this method, be sure you use a hot water cycle. This will allow the soap agents in the berries to be extracted to clean your laundry.

You can use 1 bag of berries for about four wash cycles, or until you notice that their color has faded. When their color has faded, that means the saponin has been removed from the berries.

Don't want to use hot water for your load of laundry? No problem, check out our Liquid Soap Nut Laundry on the next page!

With this recipe you can do clean your laundry at any temperature. You also don't have to fish the bag of berries out of your clothing before loading them into the dryer or keep track of how many loads of laundry you've done using them.

SOAP NUT LIQUID LAUNDRY SOAP RECIPE



IINGREDIENTS

- 1 oz soap nuts
- 2 cups water
- 1/2 cup vinegar
- 20 drops essential oil

INSTRUCTIONS

1. Combine soap nuts and water in a pan. Bring them to a boil, reduce heat to a simmer, and cover. Allow the soap nuts to simmer for 1 hour or until the soap nuts turn a light color.
2. After the soap nuts have finished simmering, turn off the heat and allow them to cool. Strain out the soap nuts and discard the soap nuts.
3. Stir in vinegar and essential oils with the soap nut-soaked water.
4. To use, store in a sealable container. Add 2-4 Tbsp per load of laundry.

SHELF LIFE

This product is best used within two weeks, but can last up to six. This recipe creates a small batch which should be able to used within its expected shelf life. When this product has expired it will smell sour.

SHELF LIFE TIPS

- To support your laundry soap's shelf life you can store it in the fridge.
- To have a longer shelf life, you can pour the mixture into an ice tray and freeze.
- Simply Earth Geogard ECT preservative can be added to this recipe to improve shelf life.

MORE TIPS

- This recipe is low sudsing. It can be used with HE laundry machines.
- Natural laundry recipes should make your clothes smell clean. But they won't have same strong smell as detergents using synthetic fragrances.
- Test this recipe using a a pre-soak cycle. Depending on your machine, you may find this works better with this recipe.

SOAP NUTS FAQ

Can I use soap nuts if I have a nut allergy?
Soap nuts are actually berries, they are considered safe to use if you have a nut allergy.

Can I use the soap berries in back-to-back loads or do I need to dry them out in between?
You can use soap nuts in back-to-back loads. If it's going to be a while before your next load of laundry they should be dried out in between.

Will soap nuts stain my clothes?
No, soap nuts will help clean your clothes.

Can I use soap nuts with essential oils?
When using soap nuts with essential oils I recommend using them with a recipe like our Soap Nut Liquid Laundry Soap Recipe or a laundry booster recipe. This is a better method for getting the most out of your essential oils in your laundry. Tip: Essential oils are best used with a cold wash cycle.

Is it okay if the gray water from my washing machine runs into my garden?
Yes, soap nuts can actually help repel insects away from your garden and they shouldn't harm your plants.