

The Ultimate Guide to Multi-tasking with Vinegar

in the kitchen

Boiling Eggs. Add 2 Tbsp. of vinegar to the water before boiling to help prevent the eggs from cracking.

Fluffy Rice. Add 1 tsp. of vinegar to the water when boiling rice for fluffy grains of goodness.

Prevent Brown Veggies. Prep your veggies by cutting them in advance, then soak in a half water, half vinegar solution right after you cut them to prevent browning.

Chopping Boards. Sprinkle baking soda on cutting boards & spray with white vinegar. Let sit for 5 minutes then rinse thoroughly to clean & deodorize.

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in the garden

Kill Weeds. Spray undiluted vinegar over weeds. Re-apply at the first sign of re-growth. This is best done in areas other than your veggie garden, as it does increase the acidity of the soil.

Re-Potting Plants. Clean your garden containers by rinsing with vinegar to remove excess lime.

Deter Ants. Spray vinegar around ant trails to keep away pesky picnic intruders.

Cut Flowers. Keep cut flowers perky by adding 2 Tbsp. of vinegar & 3 Tbsp. sugar per liter of warm water in a vase. Stems should sit in 3-4 in. of water.

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for first aid

Wasp or Jellyfish Stings. Rinse the affected area with vinegar to promote healing.

Heal Bruises. Soak a cotton ball in white vinegar & apply to bruise for an hour. The vinegar will reduce the blue color & speed up the healing process.

Relieve Sunburn. Relieve the lobster-look & heal your skin by lightly rubbing the affected area with vinegar. Coconut oil also works well for sunburns.

Mosquito Bites. Reduce itching by using a cotton ball & dabbing bitten areas with vinegar. Or you can apply a paste of vinegar & cornflour.

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for health

Probiotics & a Balanced pH. Drink 1 tsp. of apple cider vinegar in a glass of water each morning to take advantage of the probiotics & alkaline-producing effect on the body.

Sore Throat. Gargle & swallow water with a tsp. of vinegar mixed in. Also try mixing a 1/4 c. vinegar with a 1/4 c. of honey & taking 1 Tbsp. 6 times a day.

Coughing. Mix 1/2 c. vinegar with 1/2 c. water, 1 tsp. cayenne pepper, & 4 tsp. honey. Drink before bed to help you sleep.

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