



IVY LAUNDRY DETERGENT

INGREDIENTS

60 English ivy leaves

4.5 cups of water

Vinegar (optional)

EQUIPMENT

Gloves

A foraging basket

Large pan

A tea filter or cheesecloth



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Preparation Time: 25 min

Total Time: approx. 14 h

Source: permacrafters.com/english-ivy-laundry-detergent

INSTRUCTIONS

1. Go foraging for English ivy (*Hedera helix*)!
2. Put your gloves on and collect the leaves (for sensitive skin). Collect 60 English ivy leaves and place them in your foraging basket or bag.
3. Make a decoction.
 - Once home, rinse and scrunch the leaves in your hands – leave the gloves on if you have sensitive skin.
 - Put the leaves in a pan and add 4.5 cups of water.
 - Put the pan on your stove and bring the water to a boil. Let it boil for 15 minutes.
4. Wait and filter.
 - Let the ivy tea cool for about half a day.
 - Then, squeeze the leaves by hand (with gloves) so that their juices drip out into the tea. Discard the leaves into your compost pile.
 - Filter the tea into a jar by using a tea filter or cheesecloth.
5. Wash your clothes! For each load of laundry, add $\frac{3}{4}$ cups of this tea. This recipe makes enough for 6 loads of laundry.
6. Extend the life of the detergent. To make your English ivy laundry detergent keep longer, store it in your fridge or add a little bit of vinegar to it (at a 1:5 ratio).

This recipe makes enough for 6 loads of laundry. The English ivy laundry detergent is perfect for wool clothes and delicates! What it isn't meant for is your children's cloth diapers or clothes that are absolutely filthy and stained. Is it practical to make this laundry detergent? Nope! But does it feel great to get out in nature, learn about what gifts your local plants have to offer, and be resourceful?