

Ethics Trading Soap nut information.

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Information

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Soap Nut Information.

Imagine you could get away with using no chemicals in your Laundry. Now imagine there is a single product that would help you with all the cleaning in your house – with no chemicals. Now take the leap and imagine the product I am describing is natural and grows on trees, *Sapindus mukorossi*, the soap berry tree. Soapnuts are also known as Soap berries or soap pods - as seen in Autumn 2007 on channel 4's How Toxic are you?

Soap Nuts are actually not nuts, they are a shelled seed or berry - it's the shells that we use. They grow wild in Nepal and India and are a natural source of high quality Saponin.

The wrinkly brown part is the berry or shell, and is also known as the soap nut, or soap berry. That is the part that is dried and is packed full of natural saponin for you to use round your home. You shouldn't find any of the round black seeds in your delivery of soap nuts because I believe that if you pay for a cleaning product then you should get that product with nothing else taking up the weight of your purchase. They have no saponin and are useless for cleaning, but great if you want to grow a Soap Berry tree. The seeds are useless unless you want to grow a soap berry tree, although they do have uses other than cleaning, but they contain no saponin.

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To use them you take about half a dozen soapnut shells and chuck them in a draw string cotton bag. Bung the bag in the washing machine drum with your dirty washing and set it going. They are odourless so if you want fragrant washing then add a few drops of an essential oil of your choice to the bag. Soap Nuts contain no bleaching agents and no optical brighteners - so if you like your whites dazzlingly white you might want to add a box of Ecover Laundry Bleach to your basket!

Soap Nut Juice

Pour approx 1 litre of water into a cooking pot; add about 50g cracked soap nuts; cover and boil, then simmer for approximately 10 minutes. The boiling process extracts the saponin from the nut shells and combines with the water. Let the infusion cool and you can use it immediately, or let it steep overnight. The soap nut infusion is theoretically suitable for every kind of cleaning - even wash your car with it!

100 grams of soap nut will make approximately 2 litres of Soap Nut Juice.

Soap nut juice can be used for many purposes. Laundry (approx. 3 tablespoons full per laundry load); In your dishwasher (approx. same amount & you can use vinegar instead of rinse aid); Your floors ; Bathroom ; Instead of shampoo ; Use as window cleaner together with vinegar (2 tablespoons Soap Nut Juice to 3 tablespoons vinegar).

When you think you've extracted all the saponin, throw the Soap Nuts in the blender with a bit of water and you'll have a wonderful 'liquid' soap for the hand basin. Leave the shells in to get the exfoliating effect after blending - add essential oils if you wish.