

enviro

Clever little nuts a great alternative

It may be called a nut, but in fact it's a fruit. However, this fruit is not of the eating variety. For hundreds of years, the people of India and Nepal have been cleaning their homes and laundry with soapnuts.

Soapnuts are small berries from the Ritha tree (commonly known as the soapnut tree) which grows wild in Northern India.

Berries are gathered by hand, dried in the sun and then deseeded.

Soapnuts contain saponin that releases mild soapsuds when wet, and are a 100% natural alternative to normal detergents.

Te Kuiti's alternative health store Papatuanuku stocks The Soapnut Shop soapnuts and owner Melissa Manawaiti says it's an amazing product.

"They can be used in the washing machine to clean your clothes or in the dishwasher.

"You can even make up a liquid soap to use as a general household and glass cleaner, shampoo or body wash, pest repellent or use soapnuts to wash your car.

"Basically soapnuts can be used for cleaning anything."

She says soapnuts are highly-effective and gentle at the same time.

Soapnuts leave your laundry fresh and clean

and compared to other detergents, their mild cleaning properties keep colours bright, and maintain the fabric structure of your clothes for longer periods. They can be used on all fabrics and, at all temperatures.

Simply put six soapnuts in the wash bag provided and place inside your washing machine. Essential oils can also be added to the wash bag to scent your laundry.

"Soapnuts are a 100% natural product, says Ms Manawaiti.

"Using soapnuts is a completely natural way of cleaning with no chemicals making it better for you, and the environment."

Soapnuts are allergy-free and are especially good for babies or people with eczema and sensitive skin.

As well as being kind to the environment, soapnuts are very economical when compared to other detergents.

A 250g bag of soapnuts will wash up to 90 loads of laundry, using six soapnuts per load, and can be reused four times.

And, once you've finished your washing simply put the soapnuts into the compost bin to decompose.

For more information, visit the website – soapnuts.co.nz



ECO FRIENDLY: Papatuanuku owner Melissa Manawaiti says soapnuts can be used for all manner of household cleaning including laundry.

Go nuts at home with our reader giveaway

The *Waitomo News* and Papatuanuku have eight bags of The Soapnut Shop soapnuts and two SoapNut sachet boxes to give away. To enter the draw write your name, address and contact number on the back of an envelope marked 'Soapnut Giveaway' and drop into our offices in Otorohanga or Te Kuiti, post to PO Box 279, Te Kuiti 3941 or email us with the subject line 'Soapnut Giveaway' to editor@waitomonews.co.nz with your contact details by May 31.



Soap nut berries are a safe, non allergenic and eco friendly washing solution for you and your family

THE SOAPNUT SHOP
This 250g bag of SoapNuts will wash up to 90 loads of laundry

Available from your local stockist

Papatuanuku
209 Rora St, Te Kuiti
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