

Conker Laundry Liquid

Prep

1. Collect your conkers and peel off the prickly casing.
2. Finely chop the conkers using a big knife and chopping board. This is the hard bit!
3. Spread out the cut conkers on a baking tray and bake in an oven at 150 degrees for 90 minutes until they are rock hard and crumbly. Drying the conkers means you can store them indefinitely.

To Use

4. Take 40g of the dried conkers and put them in a 500g jar.
5. Fill the jar with boiling water and soak for between 10 to 30 minutes.
6. Sieve the mixture into another jar – this liquid is your first batch of laundry detergent. Put the soaked conkers back in the jar and store in the fridge*.
7. Add the whole jar of liquid to your wash (in the dispenser drawer) - at this point you can add a few drops of an essential oil. If you don't want to use straight away, the laundry liquid will last one week in the fridge.
8. Wash as normal.
9. The used-up conker pieces can be added to your brown bin (garden waste) or blue food-waste bin.

Why it works. Conkers contain saponins, a soap-like chemical compound which is both water and fat soluble. The laundry liquid won't remove stains, these are best treated with borax or vinegar/citric acid solution.

*You can use this batch of soaked conkers again a second time (following steps 5-8). You will notice that the liquid will look a little thinner and is a little less strong than the first solution.



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