



# happy homes monthly

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CynthiaHash.com  
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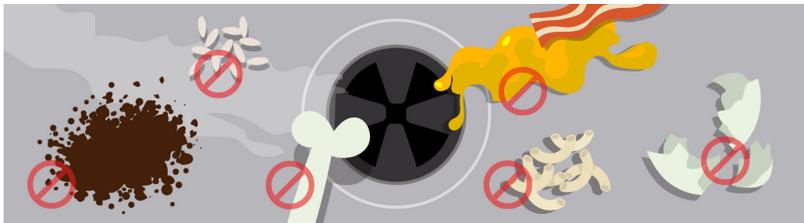
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## What Should Go in a Garbage Disposal?

Do you know what's good and what's bad for your kitchen's garbage disposal? There are varying opinions about what our garbage disposals can handle—here's what you need to know to keep your disposal running smoothly.

### Things you should NEVER put down your garbage disposal

- Stringy and/or fibrous veggies. Onion skins are a particularly infamous culprit, but corn husks, celery stalks, artichokes and other stringy vegetables shouldn't go in a garbage disposal.
- Vegetable peels. Similarly, don't ask your disposal to grind up too many vegetable peels.
- Grease and oils. If you dump grease down your drain the only result will be a large, solidified mess.
- Egg shells. Shockingly, the membrane found on the inside of an egg shell can wrap around the blades of your garbage disposal.
- Pits, seeds and bones. These items are too tough for your garbage disposal, so don't even try to grind them up.
- Coffee grounds. The small grounds will build up over time, acting just like dirt and other sediment.
- Rice and pasta. Rice and pasta continues to expand whenever they're exposed to additional water.
- Non-food items. Garbage disposals are designed to shred food, not trash. Save the napkins and other non-food items for the trash can or compost bin.

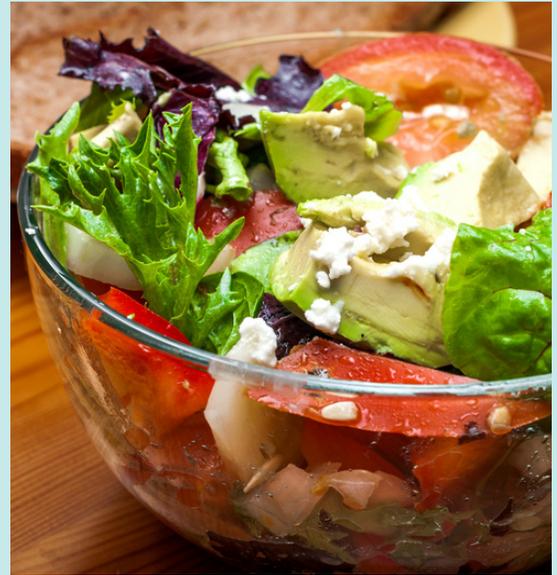


### What CAN go down your garbage disposal?

- Citrus rinds. Small sections of citrus fruits clean your garbage disposal and leave it smelling fresh and clean.
- Soap. Pour some dish soap into your sink, turn on the cold water and let the garbage disposal run for a minute or two. Consider doing this every time you're done washing dishes to keep your disposal in good health.
- Fruit and veggie scraps. As long as the fruit doesn't have a large, hard pit and the veggies aren't overly fibrous.
- Vinegar and baking soda. Another great way to clean your garbage disposal is to freeze vinegar in ice cube trays and then run them down the disposal. Your blades will stay sharp and odor-causing bacteria will be killed. If your sink is getting extra smelly, pour baking soda into the drain and let it set for several hours. Then, run the water and the garbage disposal.

## Labor Day

## Avocado Feta Salsa



### Ingredients

- 2 plum tomatoes, chopped
- 1 ripe avocado - peeled, pitted and chopped
- 1/4 cup finely chopped red onion
- 1 tablespoon snipped fresh parsley
- 1 tablespoon chopped fresh oregano
- 1 tablespoon olive oil
- 1 tablespoon red or white wine vinegar
- 4 ounces crumbled feta cheese

### Directions

In a bowl, gently stir together tomatoes, avocados, onion, and garlic. Mix in parsley and oregano. Gently stir in olive oil and vinegar. Then stir in feta. Cover, and chill for 2 to 6 hours.

Recipe courtesy of [iheartnaptime.com](http://iheartnaptime.com)

## WARRANTY WISDOM

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