

Luffa Sponge

HOW TO HARVEST & MAKE YOUR OWN

First: Pick the Luffa Pod when it's still green "before" the first frost!

Second: Allow the pod to dry in a warm, dry area (i.e. inside your house, sun porch, etc.

Third: When the pod is fully dry, (it will feel as light as a sponge & you can hear the seeds rattle inside.) Break off the blossom end & shake out the seeds.

Next: Soak in warm water until the outside shell is soft & peel off the brown skin.

Finally: To "whiten" the color of the sponge, if desired, soak in a clorox/water solution and rinse. For safety reasons, please use safety glasses and gloves when using clorox or bleach.

Now you can have your own "home grown" Luffa Sponge!

!