



Home, Health & Garden Line®

Greetings!

After a winter filled with wildly fluctuating temperatures, spring has arrived along with lovely flowers and bright green foliage. Make your turf even greener with gorgeous, care-free groundcovers. And get ready to welcome the sunshine by cleaning your windows with a streak-free DIY potion. Then check out the rest of my terrific tips!

Jerry Baker

In the News...

It's 2016—of Course There's an App for That! Your garden has finally entered the smart-phone age with apps that do everything but dig! Bee Smart gives you the inside scoop on your local pollinators' favorite plants. The Essential Garden Guide gives detailed info on the entire growing season, from soil prep to harvesting. And if you're trying to diagnose a pest or disease, the Garden Compass Plant/Disease Identifier app lets you send a photo to an online team of horticulturists who'll ID the problem and recommend a solution. Some of the apps will cost you a little green, but many of them are free. <http://bit.ly/1PIABbe>

“Every spring is the only spring—a perpetual astonishment.”

—Ellis Peters

This Season's Hot Topic:

Groundcovers Are Perfect Problem Solvers!

If you find that your patience for lawn-care chores grows shorter with each passing year, do yourself a favor: Replace some—or all—of your turfgrass with groundcovers. Starting small and growing your own inventory allows you to turn 25 plants into 100 in a single growing season! Here's all there is to it:

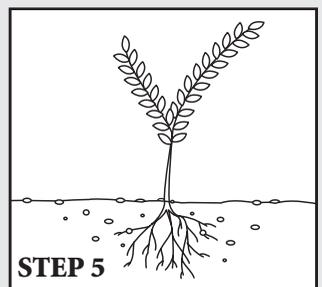
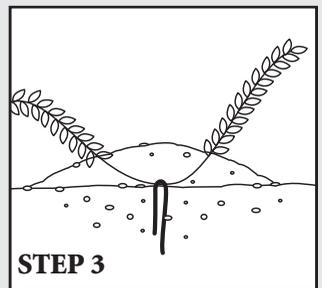
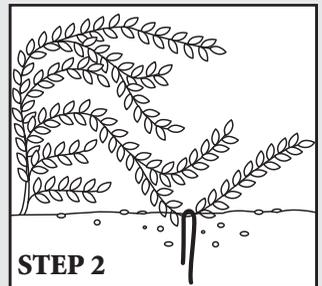
STEP 1. Choose a spreading stem on one of your groundcovers, and use a small sharp knife to gently scrape away the outer bark. Dust the scraped area with rooting hormone.

STEP 2. Hold the scraped area down so that it touches the soil surface, and anchor it in place with a wire pin. (Bend 6-inch pieces of wire hangers into a “U” shape to make the pins.)

STEP 3. Mound 1 to 2 inches of soil over the stem. Repeat this procedure with as many stems as you can. Keep the mounded soil moist, but not saturated.

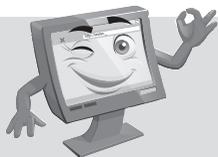
STEP 4. After a few weeks, tug on the layered stems. If you feel some resistance, that means that roots have formed. Use hand pruners to cut the stem between the mother plant and the baby plant.

STEP 5. With a trowel, lift the rooted plantlet out of the soil, and then replant it in the area you want to cover.



If you'd like more incentive to invest a little time planning and caring for your lawn, consider this: Surveys of home buyers indicate that a well-maintained yard adds as much as 15 percent to the value of a house!





Check out our gallery of DIY videos at www.jerrybaker.com/how-to-videos to get the most out of your hose-end sprayers, aerating lawn sandals, and more!

3 Dangerous Delusions about Treating Cuts

If you're still patching up cuts the same way your grandma did, here's big news: Those time-tested techniques can actually do more harm than good.

Delusion #1: You should clean a cut thoroughly with hydrogen peroxide or rubbing alcohol.

FACT: Both of these cleansers can damage healthy tissue around the wound and delay healing.

Delusion #2: You should apply a topical medication, such as iodine, Mercurochrome®, or Merthiolate® to fight germs.

FACT: Ultra-strong antiseptics can interfere with your body's natural healing mechanisms. Instead, look for a product that contains natural ingredients, such as St. John's wort, calendula, or vitamin E oil.

Delusion #3: You should keep the cut dry and let air get to it so that a scab can form.

FACT: Keeping wounds moist and scab-free helps them heal more efficiently and minimizes scarring.

Here's the four-step plan for treating cuts that's recommended by healing gurus:

- 1. Stop the bleeding.** Cover the injury with clean padding, and apply firm pressure.
- 2. Clean it right.** Rinse the cut under running water, or wipe dirt away with a wet cotton ball or pad.
- 3. Apply a natural antiseptic.** Cover it with a nonsticking bandage.
- 4. Keep it clean.** Every few days, clean the wound with a mild saline solution (2 teaspoons of salt per quart of boiling water, cooled to room temperature).



ANOTHER GREAT IDEA!

Get ready to let summer sunshine pour into your house by giving your windows a bath. Make a terrific streak-free window cleaner by mixing equal parts of rubbing alcohol and sudsless ammonia in a handheld sprayer bottle. Use a soft, lint-free cloth to wipe the windows clean—paper towels will leave behind a telltale trail of lint.

The Secret to a Safe and Sane Winter Is...

Whether you're walking, cycling, or trotting across a shopping-mall parking lot, you can suddenly find yourself craving an energy boost. So keep a few of these tasty and nutritious treats tucked in your pocket or purse, and reach for one whenever you need a power fix.

Mother Earth's Energy Bars

Butter or vegetable oil	1 cup of granola
1 egg	½ cup of chopped, dried fruit*
½ cup of brown sugar	½ cup of chopped nuts*
1 tsp. of vanilla extract	3 tbsp. of dark chocolate chips

Generously rub the butter or vegetable oil onto an 8-by-8-inch square baking pan. Crack the egg into a medium-size bowl. Add the brown sugar and vanilla, and mix thoroughly. Stir in the granola, dried fruit, nuts, and chocolate chips, and mix until combined. Scrape the mixture into the baking pan, pressing it firmly with your hand, making sure that the surface is covered evenly. Bake for 25 minutes at 350°F. Cool, cut into bars (whatever size you like), and wrap each one in wax paper or aluminum foil. *Use your favorite kinds!

That's not all, folks!

Check out www.jerrybaker.com for fantastic features like:

- ▶ Jerry's Blog with what's new in gardening, health care, and household hints.
- ▶ Critter Control solutions for battling bugs and thugs in your home and garden.
- ▶ How-to videos to guide you through the growing season.
- ▶ Jerry's favorite tips and tonics—you're just a click away from a super solution!