



Home, Health & Garden Line®

Greetings!

Ol' Sol is making our days hot and muggy, and our nights are spent looking for a nice, cool breeze. That's right, folks—summer is here, and it is sizzling! You've been hard at work in your garden, and now's the time to start enjoying the fruits, flowers, and vegetables of your labor. Just remember to keep your sunglasses handy and the grass stain remover on stand-by. Then check out these terrific tips for a rip-roarin' summer!

Jerry Baker

In the News...

More and more folks are starting their own vegetable gardens, and it's no wonder. After all, who wouldn't want summer's delicious bounty growing right outside their back door? Whether you're growing your own to combat ever-rising grocery store prices, or simply enjoying your favorite pastime, gardening will keep you healthy, too. And not just from the obvious nutritional benefits. Gardeners also get lots of exercise—and a little relief from the daily grind—while they're outside getting their hands dirty.

This Season's Hot Topic:

Weeds Gone Wild

Lots of rain in your neck of the woods means that you've got nasty weeds sprouting up all over the place. There's more than one way to wipe 'em out. Here's how to battle bad plants:

- Boil a kettle of water and pour it over the weeds.
- Load up your handheld sprayer bottle with rubbing alcohol and take aim.
- Pour apple cider or white vinegar into a handheld sprayer bottle, and fire away.
- Spread lots of mulch to smother the weeds.

Wild Weed Wipeout Tonic

Knock weeds flat with this potent potion:

1 tbsp. of gin

1 tbsp. of white vinegar

1 tbsp. of baby shampoo

1 qt. of very warm water

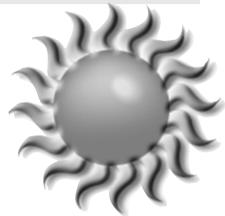


Mix the ingredients in a bucket, and pour the solution into a handheld sprayer bottle. Drench the weeds to the point of run-off, taking care not to spray any plants that you want to keep alive.

When in Drought...

It's the same story almost every summer: Some parts of the country get more than their fair share of rain, while others would be happy to see a rain cloud or two sail in. Protect your turf by strengthening its drought resistance. Here's how:

- Dethatch and aerate your soil so that water can penetrate down to the tips of the grass roots.
- Soak your lawn slowly until the water has penetrated to a depth of 6 to 8 inches, then don't water again until the soil has dried out. This encourages grass to grow deep roots to snag moisture from deep in the ground.
- Mow high to shade the ground and keep moisture in the soil.
- Keep your mower's blades sharp so the grass'll have clean, even edges to help hold water in.



To prevent hot, dry weather from taking its toll, apply a dry, organic fertilizer at half of the recommended rate, adding 1 pound of Epsom salts per bag. Then follow up with this timely tonic: Mix 1 can regular cola (not diet), and 1 cup each of baby shampoo and ammonia in a 20 gallon hose-end sprayer, and saturate the turf to the point of run-off every two weeks.



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!

Sport Some Shades and Slow the Wrinkles

You'll look cool—and the skin around your eyes will stay more relaxed—when you shade your eyes with sunglasses. After all, it's not just the sun that accelerates the signs of aging; it's those constant muscle contractions, too. Be sure to choose sunglasses that block UV light. And go for wraparound styles and those with wide sidepieces that offer extra protection to the crow's-feet area. Need another reason to shade those peepers? Sun exposure triples your risk of cataracts—and it's oh-so easy to avoid. Simply wear sunglasses every time you're out in the sun, and throw on a brimmed hat for extra skin protection!

Take the Bite Out of Stings

You really can't blame bees for doing their best to defend their hives and honey, but the pain and swelling after a close encounter hurts to high heavens! A bee stinger continues to release venom even when the insect is long gone, so if the little bugger left a stinger embedded in your skin, carefully remove it without squeezing the bulb on the end.

Then mix a little baking soda with water, and smear on a generous layer of the paste. It'll help pull out the venom and reduce the swelling and irritation. Let the paste dry, then cool the area with some well-placed ice.

And the next time you're heading outside wear light-colored clothing—wasps, mosquitoes, and other insects tend to be attracted to bright, contrasting colors.



The Grass Stain's Always Greener...

Aaah, summer! The flowers are blooming, the sun is shining, and the grass is oh-so green. Unfortunately, so are the stains that are ground into the knees of your son's favorite pair of jeans! Here's a laundry-basket-full of cleaning tricks that'll mow down grass stains:

- Pour **rubbing alcohol** onto the stain, and let it soak for an hour. Then rub the wet spot with a sponge that's been dampened with more rubbing alcohol, using a circular motion to lift the dye out of the fibers. Next, rub in some liquid detergent with color-safe bleach.
- Rub some **Karo® syrup** directly into the stain with your fingers, and let it sit for about 15 minutes before tossing it in the washing machine.
- Soak the spots in a small bowl of **whole milk** for about 15 minutes. Scrub it with an old toothbrush, and let it soak for another 15 minutes.

No matter which trick you try, always wash the item ASAP. Just don't wash a grass-stained item before you treat it, or that green may never disappear. And whatever you do, don't put the clothing in the dryer until you're sure all of the green is gone.

That's not all, folks!

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

- ▶ Jerry's Blog with what's new in gardening, home care, and household hints.
- ▶ Critter Control solutions for battling bugs and critters 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.