



Home, Health & Garden Line®

Greetings!

Remember last winter when it was so cold and snowy that you promised yourself you wouldn't complain about the heat once summer rolled around? If the sizzling summer sun has made you toss that promise out the window, you're not alone! Just remember that your plants are extra vulnerable to disease during hot, humid weather. So take the preventive measures you'll find below, then check out the rest of my terrific tips!

Jerry Baker

In the News...

How Does Your Garden Grow? Try your hand (and hoe!) at these terrific trends that can add dimension and variety to your landscape. **Straw bale** gardening allows you to grow in places where you might not be able to have a traditional garden, like a rooftop, driveway, or patio. In **vertical gardening**, plants are placed on shelves, planted into openings on wooden pallets, or arranged into cascades of hanging baskets. Growing up—instead of out—allows you to make the most of limited space. <http://bit.ly/1u7hYCZ>

“Gardening is cheaper than therapy and you get tomatoes, too!”

—Author Unknown

This Season's Hot Garden Topic:

Dash Dastardly Diseases with an Ounce of Prevention

The “germs” that cause plant diseases are actually microscopic living organisms. Protect your green scene from invisible menaces like fungi, bacteria, and viruses with these simple maintenance measures.

Aim low. When you water, point your hose at the ground. Wet foliage is an open invitation to fungi.

Shun wet plants. Diseases can easily go from plant to plant on tools, clothes, or hands when foliage is wet. So wait until the plants are dry before you touch them.

Keep it clean. Get rid of dead plant debris the minute you spot it, especially at the base of plants, where fungal spores thrive.

Mulch heavily. A thick blanket of fresh mulch will keep fungi in the soil from splashing up on your plants when it rains or when you water. It also controls weeds, which can spread both bacterial and fungal diseases.

Go on the offensive. Every week during warm, humid weather, spray your plants—especially prime targets like roses—with a good, healthy dose of my **Fungus-Fighter Tonic**.

FUNGUS-FIGHTER TONIC

½ cup of molasses

½ cup of powdered milk

1 tsp. of baking soda

1 gal. of water

Mix the first three ingredients into a paste. Place the mixture into an old panty hose toe or a cheesecloth pouch, and let it steep in the warm water for several hours. Strain, then pour the remaining liquid into a handheld sprayer bottle, and mist your fungus-prone plants every week during the growing season.



If you grow gardenias, do them a favor: Every time you polish off the last pickle in a jar, pour the juice onto the soil at the base of your gardenia plants. They'll return the favor by producing mountains of snowy-white blooms.





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!

4 Shocking Causes of Asthma

No one knows for sure what triggers asthma attacks in folks whose genes don't predispose them to the condition, but natural health practitioners point their fingers at these four factors:

1. The modern American diet (MAD) and two conditions it triggers: chronic inflammation, which causes your airways to swell up, and nutritional deficiencies, which make you more prone to diseases of all kinds, including asthma.
2. An overload of chemicals in our food, water, and air—indoors and out—that both weaken your immune system and throw your hormones out of balance.
3. Increasing levels of indoor allergens, such as mold, mildew, and toxin-bearing dust mite.
4. A tidal wave of tension, anxiety, and stress, all of which contribute to or worsen every health problem under the sun.



ANOTHER GREAT IDEA!

Here's a way to light up your patio with candlelight. All you need is a clean aluminum can, a nail, a hammer, paper, a pencil, and some masking tape. The idea is to punch holes in the can to let the candlelight shine through. But hammering an empty can will only flatten it out. Instead, fill the can with water and place it in the freezer. Once the water is frozen, draw a design for the holes on the paper. Tape this template to the side of the can, and using the nail and hammer, drive small holes along the lines of the design and through the can walls. When you've finished punching out the design, remove the paper, let the ice melt, and place a candle inside.

A Killer of an Excuse

Police reports consistently show that about half of the fatalities from auto accidents could have been prevented if the victims had been wearing seat belts. If you don't always buckle up, chances are it's because you're fooling yourself with one of these potentially fatal excuses:

Excuse #1: I'm only going a few miles down a local road.

FACT: At least 80 percent of traffic fatalities occur within 25 miles of home.

Excuse #2: I've got an air bag, so I don't need a belt.

FACT: An air bag won't provide one iota of protection against side impacts.

Excuse #3: If there's a crash, I can brace myself.

FACT: Even if you have the split-second reaction time of Superman to pull this stunt off, the force of the impact will shatter the limb(s) you used for the purpose.

Excuse #4: The belt will trap me in the car.

FACT: According to statistics, if you're thrown out of a vehicle, you're 25 times more likely to be killed than you are if you remain inside.

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!