



Home, Health & Garden Line®

Greetings!

You've been hard at work in your garden all summer, and now's the time to start enjoying the fruits of your labor. And those tasty fruits are helping you shed a few extra pounds—after all, there's no hiding under a bulky sweater once the dog days are upon us. And speaking of dogs, pee-yoo! Make sure your pooch smells peachy with a little help from good ol' vinegar.

Jerry Baker

In the News...

The Dirty Dozen and the Clean 15

The Environmental Working Group (EWG) released their annual roster of 12 conventionally grown fruits and vegetables that retain the largest amounts of pesticide residue. The list for 2016 has strawberries topping the list, with apples at number two. The list also includes grapes, celery, peaches, spinach, sweet bell peppers, nectarines, cucumbers, cherry tomatoes, snap peas, and potatoes. Choose organic produce to limit your exposure to pesticides, and always wash your fruits and veggies before taking a bite. www.ewg.org/foodnews/list.php

“There can be no other occupation like gardening in which, if you were to creep up behind someone at their work, you would find them smiling.”

—Mirabel Osler

This Season's Hot Topic:

Simply Scrumptious Strawberries

Nothing tastes better than homemade strawberry ice cream made from homegrown strawberries. So here's good news: Growing these tasty fruits is a piece of, um, shortcake—as long as you give them a good beginning. Here's how:

Buy the right stuff. Strawberries are prone to viruses, so always buy plants that are certified disease-free. Look for whitish roots, spotless green leaves, and a healthy neck with no sign of rot.

Get the soil just right. Strawberries need well-drained soil that's slightly acidic (6.0 to 6.5); full of compost, humus, or well-cured manure; and free of weeds.

Give 'em a bath. Before you plant, dunk the roots into my Strawberry-Success Solution.

Tuck 'em in just right. For each plant, dig a hole that's about 6 inches wide and a few inches deeper than the roots. Then mound up some soil in the center, set the crown on top, and spread the roots down over the slope.

Pinch, then pinch some more. For the first year, pinch off every single blossom that forms on your strawberries. That way, the plants will put all of their energy into forming strong roots, and produce bumper crops in the years to come.

STRAWBERRY-SUCCESS SOLUTION

Just before you plant your strawberries in their bed, bathe them in this:

1 can of beer

¼ cup of cold coffee

2 tbsp. of mild dishwashing liquid*

2 gal. of water

Mix all of the ingredients together in a bucket. Then soak your berries' bare roots in the solution for 10 minutes before you tuck the plants into their holes. When you're finished planting, dribble the leftover solution on the soil.

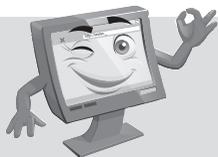
*Don't use detergent or any product that contains antibacterial ingredients.

Jerry's fun facts



Turn on the heat to keep squirrels from ransacking your bird feeder. Scoop birdseed into a plastic food storage bag, add a little cayenne pepper, and shake the bag before pouring the seed into your feeders. The squirrels can't stand the heat, but the birds won't even notice!





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!

Trim Your Tummy and Lose Some Lbs!

At one time or another, just about every American adult has been on a diet to lose weight. And many of us may succeed, only to find the pounds creeping back up a few months (or years) later. In this never-ending battle of the bulge, it's time to enlist these fridge-friendly fruits:

Apples. The calories your body uses to break down the fiber in an apple exceed those contained in the fruit. So the more apples you eat, the more weight you lose!

Avocados. Mash an avocado and mix it with lemon or lime juice and your choice of herbs. Then use it to replace high-cal spreads like mayo and cream cheese.

Lemons. Drinking a glass of lemonade (homemade from fresh-squeezed lemons and sugar is best) between meals can conquer cravings for junk food, and speed weight loss.

Strawberries. Sniffing strawberries before you exercise causes you to burn more calories. So before you hit the gym, pull some berries out of the fridge, and take a good long whiff!



ANOTHER GREAT IDEA! Have you ever loaded up a sugar cone with your favorite ice cream only to have it melt through the opening in the bottom of the cone? Don't let it happen again! The next time you're ready to fill a cone, drop a miniature marshmallow in first. The marshmallow will prevent drips and make your ice cream cone good to the last lick!

Super-Strength Dog Deodorizing Bath

What do you do when Fido has gotten into who-knows-what, he's covered in greasy dirt, and he reeks to high heaven? Launch into this rapid-response plan—that's what!

STEP 1. Gather your supplies: a jug of vinegar, a box of baking soda, and a bottle of Dawn® dishwashing liquid (choose the lavender-scented type and you'll keep fleas away, too).

STEP 2. Mix 1 part baking soda with 4 parts water to make a thin paste. Gently but thoroughly rub it all over the dog's body, making sure it penetrates to his skin.

STEP 3. Combine ½ cup of vinegar, 2 cups of water, and ¼ cup of Dawn in a large spray bottle or a jug (multiplying the quantities, if necessary, to accommodate the size of your dog). Shake the container until bubbles form, then let them recede.

STEP 4. Spray or sponge the potion over the baking soda mixture, and use your fingers to work up a lather. Then massage it into his coat, keeping the suds away from his eyes.

STEP 5. Rinse with warm water until all the soap and soda are gone. Then dry Fido with a towel, and brush or groom him as needed. Bingo—a clean, fresh-smelling pooch!



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!