



# Home, Health & Garden Line®

## Greetings!

I hope your rake is rarin' to go, because fall is here in all its colorful glory. But don't put your mower away just yet—you'll want to put your lawn to bed happy so it wakes up smiling next spring. And when it's time to shop for your holiday feasts, check food labels to make sure you're buying organic. You'll be surprised at how affordable it really is.

*Jerry Baker*

## In the News...

Each year, the Environmental Working Group (EWG) releases two lists that make it a great deal easier to eat healthier fresh produce. One roster presents the 12 conventionally grown fruits and vegetables that EWG's scientists have analyzed and found to retain the largest amounts of pesticide residue. The clean slate identifies the 15 least pesticide-laden types of produce that you're likely to find in your local supermarket. Apples, strawberries, and grapes top the Dirty Dozen list; avocados, sweet corn, and pineapples top the Clean Fifteen.

<http://www.ewg.org/foodnews/list.php>

*“Autumn's the mellow time.”*

—William Allingham

### *This Season's Hot Topic:*

## The Weird Truth about Organic Food Prices

Avoiding pesticides, herbicides, and other dangerous substances is a mighty powerful reason to opt for organic foods whenever you possibly can. But what about the higher price? The truth is that even in supermarkets, organic foods don't always cost more than their conventional counterparts. My best advice? Check the price every time you shop, and buy what you can afford. Also, bear in mind that, just like everything else, organic foods go on sale frequently. When that happens, the cost often drops below that of conventional brands, so stock up!

Believe it or not, studies show that meat, milk, and other dairy products retain much more pesticide residue than vegetables and fruits do—in addition to harboring antibiotics and other toxic junk that is routinely pumped into conventionally raised livestock. So do yourself a favor and buy organic versions of any animal-derived foods, even if that means trimming your overall intake of those menu items or pinching pennies elsewhere in your budget.

### Perfect Produce Cleaner

This powerful potion will rid your produce of chemical residue and additives (including garden-variety dirt).

- 1 cup of white vinegar
- 1 tbsp. of baking soda
- Juice of ½ lemon
- 1 cup of water

Combine all of the ingredients in a spray bottle, and shake it well. Then, before you eat any fresh produce, or use it in a recipe, give each piece a good spritzing, and let it sit for five minutes. Rinse thoroughly, and dig in!



## Jerry's fun facts



When heartburn has you in a pickle...eat one. It sounds crazy, but a dill pickle will put out the fire fast. Not in the mood to munch? Then swallow a tablespoon or so of pickle juice instead. It'll douse the flames just as fast. Note: This same tasty remedy is also just the ticket for relieving an upset stomach or muscle cramps.





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

## Get Ready for Winter!

With just a little preparation in the fall, you can head off a whole lot of springtime headaches. Here's your season-ending to-do list:



**Keep mowing.** Throughout the fall, continue cutting your grass to its maximum recommended height until it stops growing or goes dormant. Then drop the blade a notch and mow one last time.

**Give it a bedtime bath.** Before the temperature falls to 50°F, give your lawn a final wash-down with my **Fall Cleanup Tonic**: Mix 1 cup each of antiseptic mouthwash, baby shampoo, and chamomile tea, then add 2 cups of the mixture to a 20 gallon hose-end sprayer, filling the balance of the jar with warm water. Overspray your turf, and follow up with your regular fall lawn feeding. For a little extra special TLC, spread a 1/2-inch deep layer of screened compost over your lawn; it holds in moisture and keeps the soil cool for good root growth.

**Protect your borders.** Before the first snow flies, liberally spread a 5-foot band of gypsum over the turf along roadsides, walkways, or any other surfaces that could be hit by salt from your town's de-icing trucks. Then mix 1 cup of dishwashing liquid and ½ cup each of ammonia and beer in a 20 gallon hose-end sprayer, and apply the solution over the gypsum to the point of runoff. Your soil and grass should sail through the winter in fine shape.

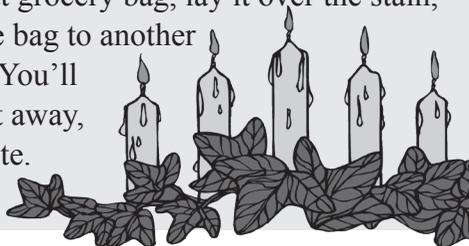


### ANOTHER GREAT IDEA!

Salt damage isn't a problem in warm regions, but there is one winter nuisance: While cool-season grasses stay green until the snow flies, warm-season types turn brown at the first touch of frost. The simple solution: Overseed in October with annual ryegrass. It'll take off in a flash, stay green all winter, then fade away just as your warm-season turf is gearing up for a new season in the sun.

## Candle Disaster Cleanup

Oh no—your favorite holiday candle spilled wax all over the carpet! Now what? Easy—just grab your clothes iron and a brown paper grocery bag, and get ready to make it disappear. Here's how: Put the iron on its lowest setting, rip open that grocery bag, lay it over the stain, and set the iron on top of it. After a few seconds, move the bag to another spot, and repeat the treatment until all of the wax is gone. You'll see the wax start to soak into the brown paper almost right away, and in as little as 10 minutes, your cleanup will be complete.



*That's not all, folks!*

Check out [www.jerrybaker.com](http://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!