



Home, Health & Garden Line®

Greetings!

Autumn's apples, hay rides, and colorful falling leaves are upon us once again. And that means colder weather is right around the corner. So it's time to get your yard and gardens settled in for their long winter's nap. And while you're at it, make sure you're as fit as a fiddle. Once the snow starts flying, you don't want to fall victim to The Christmas Coronary Conundrum!

Jerry Baker

In the News...

You've heard of El Niño, the winter weather pattern that brings warmer-than-usual temps to most of the country and wetter-than-usual conditions to the Southwest. But for the coming winter, some meteorologists are calling for a "Godzilla" El Niño, thanks to the floods, mudslides, and other destruction this weather pattern is predicted to cause. The last time El Niño was this strong was 1998, when Southern California got twice its annual rainfall—and \$500 million worth of damage.

<http://abcn.ws/1hCPSun>

“Learn to be an observer in all seasons. Every single day, your garden has something new and wonderful to show you.”

—Author Unknown

This Season's Hot Garden Topic:

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, keep 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. How come? Because a lawn that goes to bed clean in the fall is more likely to wake up healthy in the spring!

Give it a good supper. For your final fall feeding, mix 3 pounds of Epsom salts into a bag of 10-10-10 dry, slow-release fertilizer (enough for 2,500 square feet) and apply half of the mixture at half the recommended rate, moving from north to south across your lawn.

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.

FALL CLEANUP TONIC

Fend off snow mold, foul fungi, and other wild and woolly wintertime nasties with this excellent elixir.

1 cup of antiseptic mouthwash

1 cup of baby shampoo

1 cup of chamomile tea

Warm water

Mix the mouthwash, shampoo, and chamomile tea in a bucket, then add 2 cups of the mixture to a 20 gallon hose-end sprayer, filling the balance of the jar with warm water.



Most of us reach for that morning cup of joe to get the day off to a rousing start. Back in seventeenth-century London, though, folks thought coffee could do more than pep you up. In fact, ads claimed it could cure scurvy, gout, and just about anything else that ailed you! 



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!

The Christmas Coronary Conundrum

Studies show that more deaths occur by heart attack and stroke during the holiday season than at any other time of the year. So why do these diabolical diseases strike during this time of joy and light? For these reasons:

Cold weather. Exposure to low temperatures leads to a loss of body heat, quickly followed by a rise in metabolic rate and narrowing of the blood vessels—all of which can contribute to cardiovascular problems, especially in people who are already at high risk.

Your best defense: If you're on the high-risk list, don't venture outdoors in extremely cold weather unless it's absolutely necessary. And whenever you do go out, bundle up!

Sloppy habits. During the coldest months—and especially between Thanksgiving and New Year's Day—most people eat more and exercise less than they normally do.

Your best defense: By all means, enjoy the holidays. Unless you're on a very strict doctor-ordered regimen, and little more food and drink than usual won't hurt you. But don't overdo it. And make sure you get in some exercise.

Unaccustomed exertion. When snow piles up on sidewalks and driveways, people who rarely move a muscle charge outdoors to clear snow from their sidewalks and driveways.

Your best defense: Don't put your life at risk—hire a teenager or a snow-removal service to uncover your buried surfaces.

Heart-related
deaths increase
22% in the week
following a
snowstorm



ANOTHER GREAT IDEA! To get stubborn mold or mildew out of the grout between ceramic tiles, soak three or four paper towels in white vinegar, and lay them over the grout. Press the towels firmly to ensure full contact, and leave them in place for about eight hours. If the paper begins to dry out, spray or splash it with more vinegar to keep it saturated. When time's up, remove the towels, and use an old toothbrush to scrub away any remaining crud. Then rinse with cool, clear water.

The Stunning Secret of Onion Skins

Like many other vegetables and fruits, onions hold health-giving treasure in their skins. Specifically, onion skins contain massive amounts of quercetin, a compound that has almost miraculous power to lower blood pressure and LDL (bad) cholesterol, reduce inflammation, fight allergies, relieve depression, treat some forms of cancer...the list goes on and on. There are two simple ways you can tap into this medicinal gold mine anytime you make soup, stew, or rice:

- ▶ Toss a whole, unpeeled onion into the pot, and fish the bulb out before you serve the dish.
- ▶ Whenever you peel onions, save the skins in a paper bag. Then stuff a handful of the peels into a cheesecloth pouch, and put it into the cooking pot. At serving time, discard the skins. Wash and save the pouch for next time.

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!