

# Home, Health & Garden Line®

## IN THE NEWS / Fresh-Picked Happiness

There's no question that eating plenty of fresh fruits and vegetables is good for your health. But new research reveals that lots of produce in your diet can do wonders for your mood, too. The study was made up of 12,000 people who went from eating almost no fruits and vegetables to eating eight servings a day. The participants' change in "life satisfaction" was measured over a two-year period, and it showed a significant improvement in levels of happiness. These results may make it easier for physicians to persuade unhealthy eaters to change their diet. <http://bit.ly/2a2exWM>

"The color of  
springtime is  
in the flowers;  
the color of  
winter is in the  
imagination."

-Terri Guillemets



## THIS SEASON'S HOT TOPIC / Ready or Not...Here Comes Winter!

If you live in an area where winter is serious business, then even the sturdiest trees and shrubs will benefit from a little extra TLC when the temperatures begin to drop. The good news is that as long as you've provided good, regular care throughout the growing season, this simple routine should keep your woody pals safe and sound till spring:

**Before the temperature falls to 50°F**, give your trees, shrubs, and the plants in your yard (including turfgrass) a good, thorough wash-down with my Fall Cleanup Tonic (below). Plants that go to bed clean are more likely to wake up healthy in the spring!

**Before winter sets in**, apply a thick coat of an antidesiccant spray (available at garden centers) to all of your evergreen trees and shrubs to guard against drying winter winds. It can help reduce moisture loss by up to 50 percent. Most sprays won't last through the winter, so repeat the process in early February if you can.

### Fall Cleanup Tonic

Fend off wild and woolly wintertime nasties with this excellent elixir.

- 1 cup of antiseptic mouthwash
- 1 cup of baby shampoo
- 1 cup of chamomile tea

Mix the ingredients in a bucket, then add 2 cups of the mixture to a 20 gallon hose-end sprayer, filling the balance with warm water.

**Wrap evergreen shrubs and small trees in burlap** to protect them from drying winter winds. Don't wrap your plants in plastic, though. It cuts off air circulation, and on a sunny winter day, it will retain the heat—acting much like an oven—and literally bake your shrubs.

**To guard a hedge or a row of shrubs**, pound stakes into the ground at each side, and stretch a burlap screen across from end to end.



Trying to lose weight? Then wake up and smell the bananas! Studies have shown that dieters who sniffed a banana whenever they felt like munching on food lost an average of 30 pounds in six months.

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!

## Fight Fatigue with Food!

In addition to the obvious dangers of chronic fatigue—nodding off while driving, industrial accidents, and difficulty performing daily tasks—people who don't get enough sleep are more likely to suffer from hypertension, diabetes, obesity, and depression. A healthy diet can go a long way toward sending you off to a good night's sleep, so be sure to eat plenty of these tasty fatigue fighters:

**Avocado.** It's a great source of magnesium, which is used by your body to stave off fatigue and ease muscle pain.

**Carrots, yams, and other roots and tubers.** These nutrient-dense, unprocessed foods help your immune system function at its optimal level, and gives you the energy to keep on truckin'.

**Cauliflower.** It provides lots of pantothenic acid, which is critical for keeping your adrenal glands in good working order whenever stress puts a strain on them.

**Green beans.** They're an excellent source of potassium, which helps you fall asleep and stay asleep.

**Peas.** These little legumes are filled with protein, fiber, minerals, and vitamins—just what your tired body needs.



It can take the patience of Job to unwind a tangled necklace chain—unless you use this quick fix: Douse the knot with cornstarch, vegetable oil, baby oil, or talcum powder—whichever you happen to have on hand. Then shove a straight pin or fine wire into the tangle to pry the links apart. Wash the freed-up chain with dishwashing liquid, rinse it in clear water, and pat it dry. Now you're good to go!

## 3 Timely Tips for Safe Winter Driving

While you can't control the behavior of other drivers, there is plenty you can do to ensure you are less likely to become accident statistics. Here's your three-part game plan:

1. Have your car checked and winterized, inside and out, before cold weather arrives.
2. Stock your vehicle with emergency supplies, including jackets, blankets, flares, a spare tire, matches, a first-aid kit, an ice scraper, a shovel, chains or sand for traction, nonperishable snacks, water, and a fully charged cell phone.
3. Take a specialized course to brush up your skills, especially if you're new to cold-weather territory. To find a class near you, do a quick internet search for "winter driving course."



*That's not  
all, folks!*

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- ▶ 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.
- ▶ Jerry's favorite tips and tonics—you're just a click away from a super solution!