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## Summer Tips! - Lawn Care

Summer heat can take a toll on turf, especially when your lawn care program falls short. If you mow too low, water too much or too little, or ignore early signs of pests, your grass could quickly become lackluster or even completely die in small or large patches. Keep your lawn looking its best all summer long by mastering these 10 summer care tips.



- 1. Mow at the right height.**  
In summer, adjust your mower height to leave grass taller. Taller grass shades soil, which reduces water evaporation, leads to deeper roots and prevents weed seeds from germinating.
- 2. Water properly.**  
For the healthiest grass, water your lawn deeply and infrequently
- 3. Treat for grubs.**  
June bugs eggs in grass in early to mid-summer.

**4. Clean up after your pooch.**

The family dog can cause dead spots on a lawn.

**5. Avoid parking on the grass.**

**6. Sharpen your mower blade.**

A dull mower blade tears grass, creating ragged, brown edges that provide an opening for disease organisms. Sharpen your mower blade regularly

**7. Let clippings lie.**

If you're mowing grass at the right height, you can let clippings lie on the lawn. This practice is called grass cycling and saves you time, money and fertilizer.

**8. Fertilize warm-season grasses.**

**9. Pick up litter.**

**10. Tackle weeds.**

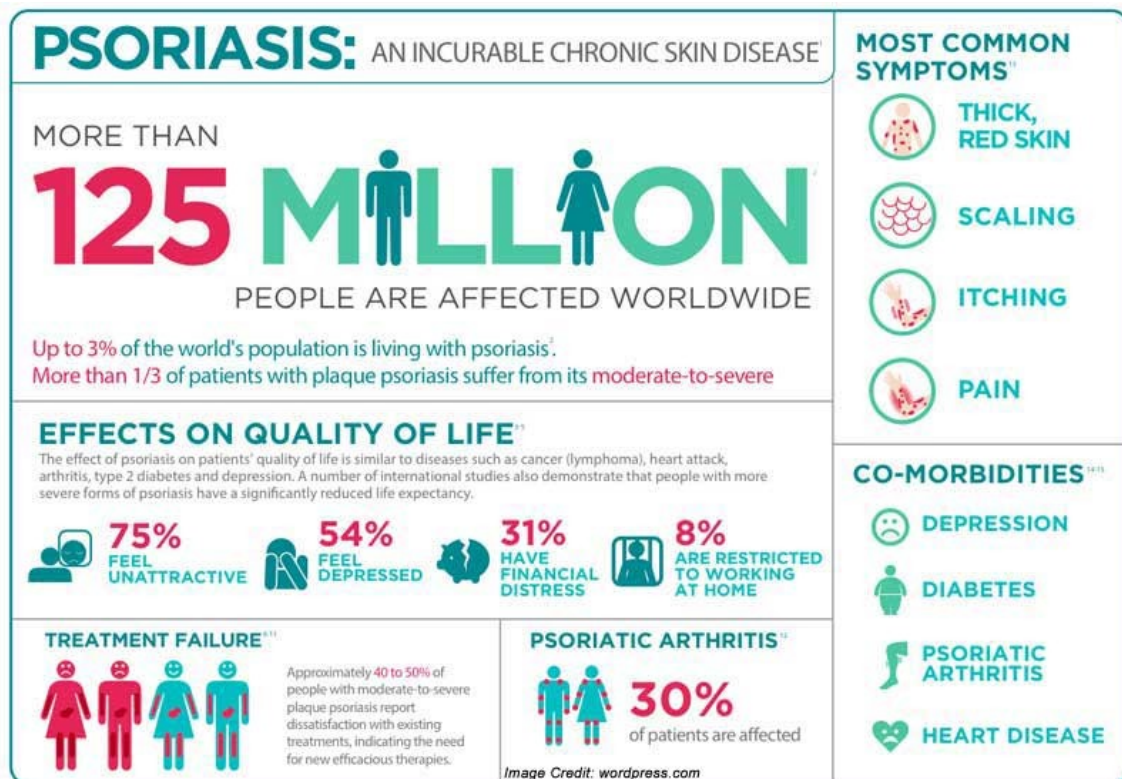
## August— Psoriasis Awareness Month



Scientists believe that at least 10 percent of people inherit one or more of the genes that could eventually lead to psoriasis. However, only 2 percent to 3 percent of the population develops the disease. Researchers believe that for a person to develop psoriasis, that person must have a combination of the genes that cause psoriasis and be exposed to specific external factors known as "triggers."

Psoriasis triggers are not universal. What may cause one person's psoriasis to become active, may not affect another. Established psoriasis triggers include: Stress, Medication, Infection, and injury to skin.

## Psoriasis Awareness Continued...



## Hot-Line Topic of the Month: How to Treat Chigger Bites!



## Bok Choy Salad!

### Ingredients

- 2 heads of bok choy (chopped)
- 2 green onions (chopped)
- 1 pkg. 6oz chow mein noodles
- 1/2 canola oil
- 1/4 cup vinegar
- 1/3 cup sugar
- 2 tbs of lower sodium soy sauce

### Directions

Wash and chop bok choy and green onions. Add to large mixing bowl. Break up chow Mein noodles and add to mixing bowl. Add vegetable oil, vinegar, sugar, and soy sauce to jar and close lid. Shake well to combine. Drizzle dressing over contents of mixing bowl.

Gently toss and serve.



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION



*Bok Choy Salad*



## Flower of the Month! - Gerbera



### About:

Gerberas are part of the sunflower family, and they symbolize both purity and innocence. Because they're available in a wealth of colors, they're ideal for decorating a home. This perennial flower features a wide capitulum with outstanding two-lipped ray florets. Even though the capitulum looks like single flower, in fact it hosts many individual flowers.



### Gerbera Care:

Fertilize every two weeks with all-purpose water-soluble fertilizer. Water regularly to make sure the soil stays evenly moist while they bloom. After blooming for the season, allow them to dry out slightly. Remove dead blooms with garden shears to encourage the gerberas to keep blooming for as long as possible.

**Bamboozable Answers:** 1. . Falling Temperature 2. Two Under Par 3. Fat Chance 4. Broken Heart 5. Hot Under the Collar 6. Head in the Sand



**Wednesday  
August 3, 2016**



**National Senior Citizens Day**

**Sunday  
August 21, 2016**

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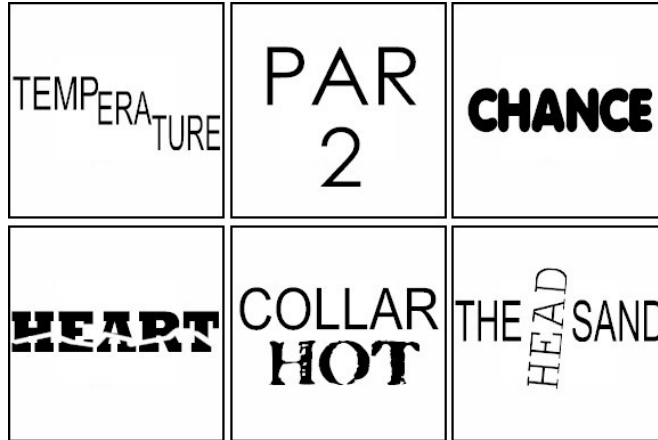
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## Bamboozable!!

**What's a bamboozable you ask?** A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



Answers on page 3

### Upcoming Topics

- *Memory Strategies*
- *Knitting 101*
- *Fall Cleaning Tips*



## Fruit of the Month — Pear



### Fun Facts About:

#### Pears!

1. There are over 3000 varieties of pears
2. Pears were used as a natural remedy for nausea in Greece
3. The Bartlett is the most popular variety of pear in the United States.
4. Pear wood is used to make furniture, musical instruments, and wood carvings.

