

## Apples & Pumpkins & School! OH MY!

Back to school means more than classrooms and learning! It also means time for our fall favorites like Apple Pie and Pumpkin Spice Lattes.

Fall also means apples. Are you aware of the health benefits of apples?

"An Apple a day keeps the doctor away" might just

be true. Check out these health benefits of apples.

- ◆ Whiter, healthier teeth
- ◆ Avoid Alzheimer's disease
- ◆ Curbs all sorts of Cancers
- ◆ Decreases your risk of diabetes

- ◆ Reduces cholesterol
- ◆ Healthier heart
- ◆ Prevents gallstones
- ◆ Beats diarrhea and constipation
- ◆ Neutralizes Irritable Bowel Syndrome

## Ponderings

Soon it will be time to think about fall clean-up and winterizing. Remember, as the temperature drops you will want to cut back on the feedings because the fish can't digest as much in the colder weather.

Some people worry that their fish are sick, so here are some visual signs of a sick fish:

1. Lack of Appetite
2. Open Sores

3. Flashing, rubbing or gasping at the surface of the water (Fish often come to the surface, so this doesn't always mean there is a problem)

If your fish are sick here are some tips to nursing them back to health:

**Inspect your fish:** Look for sores and watch for changes in their behavior.

**Proceed with treatment:** If

possible, isolate the sick fish in a different holding tank. Seek help from a veterinarian or fish expert.

**Prevent Future Illness:** Be sure to provide adequate aeration for healthy air flow.

**You can call us at 330-833-FROG to assist with your aeration needs!**

## Landscaping

Did you know that fall is a great time to plant new shrubs? Planting shrubs in early fall gives the plants a head start at establishing roots in the season's cool, moist soil. The basics: Dig a hole (twice the diameter and to a depth of 2 inches less than the full height of the root ball); position the shrub in the

hole (make sure the top of the root ball remains at, not below, ground level); fill in with soil; water to settle soil; add more soil to top of root ball (Pack soil lightly with foot); mulch.

Fall mulching will not only save you time in the spring but will offer a nice insulation for your perennials during the winter.

Fall is also the time to plant bulbs that will bloom in the spring such as Tulips, Daffodils, Crocus and Hyacinths.



## Lawnderings

**4 Tips to prepare your lawn for Fall:**

1. **Keep Mowing:** Drop the mower's blade to its lowest setting for the last two cuttings of the year. That will allow more sunlight to reach the crown of the grass, and there will be less leaf to turn brown during the winter.
2. **Aerate the Soil:**

This will allow oxygen, water, and fertilizer to easily reach the grass's roots.

3. **Rake Leaves:** If you don't, the grass will suffocate or bacteria may grow that will damage your lawn.
4. **Fertilize:** Applying fall fertilizer gives the grass essential nutrients to grow

deep roots now and keeps reserve nutrients for a healthy start in the spring.

These tips will help ensure your lawn is ready for winter. If you need help with any of this, you can always call us.



## Border Patrol with Goose Control

You may have noticed less geese in the air the last few months, but some are starting to take off again. If you have been taken over by geese this summer, fall is now a good time to encourage them to find a new home that will become

their nesting ground.

**Why call on Vic?**

Vic is a specially-trained Border Collie that chases the geese away without hurting them, rarely barking or making them ill. Border Collies resemble the geese's only known

predator, the wolf. So when they are surprised by Vic many times, consistently, they learn they are not welcome and will find a new home.

Follow Vic on Instagram @victheworkingdog

## Lake Life

Here is a water word to ponder (no pun intended):

**Aeration**

Any active or passive process by which intimate contact between air and liquid is assured, generally by spraying liquid in the air, bubbling air through water, or me-

chanical agitation of the liquid to promote surface absorption of air.

**Speaking of Aeration**

We are now registering for aerator/fountain removal and storage. Are you registered?

Our aerator/fountain winterizing includes: removal, power wash-

ing, tagging, storage in a heated facility for winter and in the spring it will be reinstalled at your property. All this can be done for \$250.\*

\* This does not include repairs.

\* You must be registered.

\* No fountains will be removed after 12/31/19.

## APPLE PIE RECIPE

- Ingredients**
- 1/2 cup sugar
  - 1/2 cup packed brown sugar
  - 3 tablespoons all-purpose flour
  - 1 teaspoon ground cinnamon
  - 1/4 teaspoon ground ginger
  - 1/4 teaspoon ground nutmeg
  - 6 to 7 cups thinly sliced peeled tart apples
  - 1 tablespoon lemon juice
  - Pastry for double-crust pie (9 inches)
  - 1 tablespoon butter
  - 1 large egg white



- Directions**
1. In a small bowl, combine the sugars, flour and spices; set aside. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat.
  2. Line a 9-in. pie plate with bottom crust; trim even with edge. Fill with apple mixture; dot with butter. Roll remaining crust to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in crust.
  3. Beat egg white until foamy; brush over crust. Sprinkle with sugar. Cover edges loosely with foil.
  4. Bake at 375° for 25 minutes. Remove foil and bake until crust is golden brown and filling is bubbly, 20-25 minutes longer. Cool on a wire rack.