

Green Tea Smoothies

Follow these simple steps for a quick and wholesome treat.

1/2 Cup of green tea, steeped for four minutes, cooled and chilled

1 1/2 Cup of ice
1 Cup of 1% low-

fat milk
1 Cup fat-free vanilla frozen yogurt
2 tsp. lemon juice

It's so easy being green!

In a blender, combine tea, ice, milk, frozen yogurt, and

lemon juice; blend until smooth.

Makes four small servings or two large.



Ponderings

We have had our current pond for nineteen years and we have never had green water...until this season.

Usually if someone has green water the first thing we ask is if whoever mows and/or fertilizes the lawn surrounding the pond may have blown grass clippings into the water. If that situation isn't the problem, then we treat with a special chem-

ical that focuses on the possibility of blue-green algae that turns the water green but you don't see it like other algae.

Well, we knew that was not the case with our pond, so we became Pond Detectives. Mr. Pondwiser is almost certain he has discovered something new. Fish food. We normally buy our koi food at the same place, but this spring we were out and at

a big box store and decided to pick some up so we didn't have to make another stop. Uh oh! Looks like that might be the culprit. We are gradually mixing other food with it and will soon be back to our regular fish food. We will keep you posted if that is not the problem. If the mystery is solved -

No news is good news!

The Grass is Always Greener...

The majority of grass species have chlorophyll to thank for their appealing green color.

Chlorophyll is a bright pigment that absorbs both blue and red light especially well. However, chlorophyll largely reflects green light, which is why the yards we spend so much time in are

green.

It also plays an important role in the process of photosynthesis, during which green plants use sunlight to synthesize foods from carbon dioxide and water.

According to livescience.com, chlorophyll molecules absorb light and then transfer that energy to

special molecules that, when stimulated, fire off electrons that produce chemical changes in the plant.

That chemical energy is ultimately turned into sugar, highlighting the essential role that chlorophyll plays in lawns' survival.

Bug Wiser Flag Trivia



How many stripes are on the American flag? *13*

What do the stripes signify? *The thirteen stripes on the American flag represent the 13 original colonies: Connecticut, Delaware, Georgia, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina and Virginia.*

How many folds does it

usually take to fold the flag properly? *13*

How old was the person who designed the current version of the US flag? *17*

What was the name of the designer? *The current version of the American flag was designed by Robert Heft, who designed it for a class project. He earned a B- originally for the project, though Heft's teacher compromised and promised to award him a*

better grade if he could get the US Congress to accept his flag.

What year did Heft design the flag? *1958*

How many flags are currently stationed on the moon? *6 All but one is still standing and they are all white now.*

When can the flag be flown upside down? *As a distress signal.*

Goose Nuisance?

The Canadian goose goslings are hatched and the adults have lost their pin feathers and cannot fly. This period of grounding usually lasts approximately two months, June 15th to August 15th. By the end of August most are back in the air.

Vic obviously can't "chase" a grounded bird, but under

strict orders he can creep up on them and walk them quickly from the property. After several visits to a site, geese will get up and start leaving when our truck pulls on the property. It really is amazing!

Be vigilant if you want to remove the geese from your property. Not just any dog

can professionally chase geese. It is an extensive training process.



"Vic, our specially trained Border Collie, is ready to control the geese at your property."

Lake Life

July is Lakes Appreciation Month. You work on them, play on them, and drink from them. However, do you take time to really appreciate your local lake, pond, or reservoir?

Lakes Appreciation Month is the perfect

time to think about where you would be without water. It is also a time to think about the threats facing your lakes and reservoirs. Waterbodies are put under stress by animals, invasive plants, a growing population and development.

If you are traveling through an airport this July, look for educational displays about Lakes Appreciation Month.

Visit your favorite lake today and celebrate!



Green water can be from algal blooms, fertilizer, or this...

"Vic, our specially trained Border Collie, is ready to control the geese at your property."