

THE Arbor-Nomics® BUGGETTE



FOLLOW US ON



Lawn Care Tips for Beating the Heat

There's nothing quite like the lively, vibrant green of a healthy lawn in springtime. But as the intense sun and heat of summer set in, your lawn can start looking stressed and lackluster if it doesn't get the proper care. There are a few simple things you can do to help it stay green and healthy all summer long.



Water Wisely. Between rainfall and irrigation, your lawn needs an inch of water per week.

- **Water in the morning.** This limits the amount of water that evaporates due to intense sun, allowing more of it to percolate into the soil. Skip nighttime watering because the prolonged moisture on the grass promotes fungal diseases.
- **Avoid frequent, shallow watering.** You'll want to divvy up the weekly inch of water into a couple of sessions instead of watering lightly several times a week. Less frequent, more thorough irrigation encourages the grass roots to grow deeper.
- **Don't be tempted to overwater.** Habitual overwatering is just as harmful as underwatering. It can both wash away soil nutrients and smother roots.

Mowing Matters. Never cut off more than one-third of the grass blade in a single mowing.

- **Raise the mower blade a bit.** Letting grass grow a little higher in the summer keeps the soil cooler and better hydrated, thereby reducing heat stress.
- **Make sure your mower blade is sharp.** A dull blade tears the grass, instead of cutting it. The result is ragged ends that quickly turn brown.
- **Avoid mowing a wet lawn.** Just like with a dull blade, you will not get a clean cut when the grass is wet. Plus, the mower wheels can cause ruts in damp soil, especially if you use a ride-on mower.

Feed Faithfully. In general, most lawns should be fertilized every six to eight weeks.

- **Know your grass type.** Warm-season and cool-season grasses have different nutritional needs.
- **Test your soil.** Poor soil may require special treatments. A simple test can determine what nutrients should be added.

Questions about your lawn? Talk to your Arbor-Nomics tech or call us at 770-447-6037.

Thank You, Gwinnett Customers!



Arbor-Nomics has been voted a 2021 Best of Gwinnett company. This is our fifth consecutive win, and we couldn't be more honored to have the enduring support of our Gwinnett customers.

In fact, that support goes back some four decades, since Arbor-Nomics was born in Gwinnett County. It was there that Dick Bare started the company, delivering ornamental tree and shrub care. About sixteen years in, our VP Doug Cash brought his lawn care expertise aboard, and the rest, shall we say, is history.

"We're always thrilled to get this recognition," says Doug, "but it's especially meaningful during a time of workforce disruption due to the pandemic. It's a kind of validation of our efforts to continue to provide our customers with consistent, high-quality care."

And that includes **all** of our customers, in Gwinnett and beyond.

Join Arbor-Nomics! We are hiring Certified Landscape Specialists and Outside Sales Representatives. Visit [Arbor-Nomics.com/JoinOurTeam](https://www.arbor-nomics.com/JoinOurTeam) for more information.

Bare in Mind

by Josh Bare



Staying healthy can seem like hard, unpleasant work. It usually means giving up things you enjoy, like drinking, junk food, or even getting a good tan. Plus, you have to get disciplined about doing things that are good for you, like exercising and cooking and eating healthy.

Well, you'll be happy to hear that there's something that's easy, fun, and really good for you: laughing.

Researchers looking into the benefits of laughing have found that it improves memory and learning, reduces inflammation, and supports cardiovascular health.

You've probably heard that inflammation puts you at greater risk for a long list of serious diseases.

Continued on page 4

May-June Lawn Care

Application #3 for all programs.

Please note: There are times when we may need to modify the treatments we apply due to weather.

LAWN TREATMENTS

Weed Control

All Programs. Lawns were treated to control dandelions and other broadleaf weeds.

Silver Plus, Gold Plus & Platinum. We applied a treatment to control nutsedge and other grassy weeds.

Note: Some weeds, such as wild violets and Virginia buttonweed, require specific herbicides. Contact us for a free estimate if you have these or other stubborn weeds.

Fertilization

All Programs. We applied Arbor-Nomics' Special Blend fertilizer to nourish warm-season turf during the growing season.

Pest & Disease Control

Silver Plus, Gold Plus & Platinum. We applied a fungicide to prevent brown patch and dollar spot.

Aeration

Platinum. Aeration will be completed for all lawns by the end of May. Aeration loosens up compacted soil so that air, water, and the fertilizers we apply can get down to the grass roots, where they are needed.

ORNAMENTAL TREE & SHRUB TREATMENTS

Fungus & Insect Controls

Gold, Gold Plus & Platinum. We applied a fungicide to control powdery mildew, leaf spot, and other fungal diseases and an insecticide to control aphids, lace bugs, and leafhoppers. We also treated yards with our **Outdoor Pest Control** to keep fire ants, fleas, ticks, and spiders at bay.

ADD-ON SERVICE: MOSQUITO TREATMENT

Customers who requested Mosquito Treatment received their third of eight monthly treatments.

Note: While our Outdoor Pest Control (targeting fire ants, fleas, ticks, and spiders) is included in the Gold, Gold Plus, and Platinum programs, our Mosquito Treatment is available to all customers as an add-on service only. Contact us for a free estimate.

WHAT YOU NEED TO DO UNTIL OUR NEXT VISIT

Leave Grass Clippings After Mowing

Make mowing easier for yourself and give your lawn a nutritional boost by leaving the clippings behind. They recycle back into the soil and provide nutrients for your turf. Mowing after one of our treatments is

fine; just be sure that any wet applications have dried.

Mow Fescue at the Highest Blade Setting

Letting Fescue stay a bit taller helps lower the soil temperature for this cool-season grass.

Watch for Discolored Spots on Your Lawn

The fungal diseases brown patch and dollar spot show up as discolored patches and can spread quickly. If you are on our Silver or Gold program and think your lawn might be affected, contact us right away for a free analysis and treatment estimate. (Fungicide treatment is included in our Silver Plus, Gold Plus and Platinum programs.)

Trim Shrubs Regularly

Routine trimming encourages fuller growth.

QUESTIONS ABOUT YOUR LAWN, TREES, SHRUBS, OR OUR SERVICE?

Contact Customer Service, Monday – Friday, 8 am – 5 pm at 770.447.6037. After hours, leave a message and we'll return your call the next business day.

Please note: It's our busy season, so call volumes may be higher than normal. You can skip the on-hold wait by sending an email to info@arbor-nomics.com.



Mature Trees Need an Ounce of Prevention

Healthy, mature trees offer so much. They purify the air, provide protection from summer heat and sun, buffer cold winter winds, and increase the beauty and value of your property. Yet they are often neglected – until there is a problem. This approach, however, tends to be more costly than preventing problems in the first place.

An effective maintenance program promotes tree health and vigor and should include:

- ✓ Inspections for disease and structural problems
- ✓ Soil injections with mycorrhizal inoculants for root growth and health
- ✓ Proper pruning and mulching

The folks at Arbor-Nomics Tree want to help you care for your trees so you can appreciate all they have to offer for many years to come. **Contact us at 770-368-0072 or info@arbor-nomicstree.com.**

Flowers with Endless Summer Blooms

Master gardeners know what to plant so that there is always something blooming in the flower garden. As some blossoms are waning, others are bursting forth with vibrant color. You don't have to be a master gardener to create a rainbow in your very own yard.

These 8 beauties grace the garden with gorgeous blooms all season long.

1) Perennial Hibiscus

Also known as rose-mallow or swamp hibiscus, its huge red, pink, or white flowers can be as much as a foot across.

2) Wave Petunia

Purple, lilac, or pink flowers adorn the vine-like wave petunia. Use in hanging pots, along a retaining wall, or as ground cover.

3) Zinnias

A great choice for enjoying cheerful blossoms as cut flowers, as well as in the garden; in addition, they bloom into fall.

4) Stella de Oro Daylily

Enjoy golden-yellow flowers on a low-growing plant – for a full five months.

5) Brown-Eyed Susan

These cheerful yellow or orange flowers can bloom throughout fall.

6) Purple Coneflowers

This favorite of butterflies blooms from mid-summer into fall.

7) Sunflowers

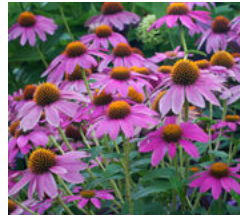
The large seeds and dramatic growth make this a great choice for introducing young kids to gardening.

8) Marigolds

There's no better way to add pops of brilliant orange and yellow throughout the garden.



Zinnias



Purple Coneflowers



Sunflowers

Source: thisoldhouse.com/gardening/21017875/best-garden-flowers-for-color-all-summer

Helpful Contact Information

ARBOR-NOMICS TURF, INC.

770.447.6037

800 Langford Drive, Suite A

Norcross, GA 30071

arbor-nomics.com

VICE PRESIDENT

Doug Cash

Cell: 770.596.8388

doug@arbor-nomics.com

CUSTOMER RELATIONS

Ward Frost

Cell: 678.638.4556

ward@arbor-nomics.com



'Tis the Season for Mosquitos & Other Annoyances Here's How to Protect Your Yard.

Summertime is outdoor time, and you want to enjoy your yard. But it's also when certain pests and problems raise their ugly heads. We're talking mosquitos, lawn funguses, and destructive nutsedge. But there are steps you can take to minimize their impact.



Make your yard less attractive to mosquitos.

If there is standing water anywhere on your property, you are essentially inviting female mosquitos to come lay their eggs. Eliminate their breeding ground by:

- Filling in holes and low areas where rainwater pools up
- Emptying pet bowls and bird baths frequently
- Keeping gutters and downspouts clean
- Avoiding watering grass and gardens at night

If these measures don't provide the mosquito control you need, **request a free estimate for our Mosquito Treatment.** The once-a-month application targets both larvae and adult mosquitos and is safe for children and pets.



Recognize the tell-tale sign of a lawn fungus.

Zoysia patch and brown patch are two lawn fungal diseases that are active this time of year. Both present as small discolored patches that quickly expand if not treated. Watch for tan-orange patches in Zoysia lawns and brown patches in any lawn type; then call us for a free analysis and treatment estimate.



Stay on top of nutsedge.

This stubborn weed, with its three-sided stem and star-shaped flowers, loves Atlanta lawns. Aside from being unattractive, it is strong enough to break through pavement. We can provide a free treatment estimate.



Laughing, it turns out, lowers the levels of two stress hormones that cause chronic inflammation while increasing endorphins, the so-called feel-good hormones responsible for the runner's high and an enhanced sense of well-being.

It also increases a chemical that relaxes blood vessels and lowers blood pressure, which, according to the New York Times, has prompted a cardiologist at the University of Maryland to prescribe – quite seriously – at least “one good belly laugh a day” to his patients.

With all this in mind, I decided to rerun part of a Bare in Mind that my dad – a master of comic one-liners – wrote back in 2000. Here's to your health....

“I turned 52 yesterday and all is well. Especially since I haven't had any kidney stones in a while. They say it's important to get plenty of fluids to prevent kidney stones, so I guess the extra strawberry milkshakes I've been drinking are working. But now I need to go on a diet.”



Doug and Dick

“My doctor suggested I give up all those intimate dinners for two unless I'm actually eating with someone. He also wants me to exercise a half-hour every day. But that's ten-and-a-half hours a week! There's the exercise time plus an hour to get to the gym, change into workout clothes, shower, change back into regular clothes, and get back from the gym.”



“I don't have that kind of time, so I got myself an expensive treadmill for home. I'm starting to think it wasn't worth the money, though: I lost ten pounds just assembling it, so now I hardly use it.”

“But I did go for a long walk with my wife the other evening. Halfway into our stroll, I knew I couldn't go any further and called a cab. Exercise will kill you – the only advantage is that you'll die a little bit healthier.”

“After that experience, I went to the Social Security office to do the paperwork and start collecting my benefits. But they told me I have to be 65, not feel like it.”

“In addition to telling me to exercise, my doctor put me on weight-loss pills. When he handed me the prescription, he said, ‘Take these and in three months I want half of you to come back for a checkup.’

“But I really am trying to stick to a diet, and my wife has been very supportive. Knowing that I'm watching what I eat, she asked me where I wanted to go to for my birthday. I told her, ‘Someplace I've never been before.’ She replied, ‘How about the kitchen.’ She also asks me every day what I'd like to have for

dinner that night. And then she tries to find a restaurant that serves it.”

“I've learned that the hardest part about dieting is not watching what you eat. It's watching what other people eat. I've also learned that you can lose a lot of weight by giving up just two things – a knife and a fork!”

“I have to admit that I really miss having a little ice cream or a piece of pie for dessert. But even more than that, I miss dining out the way we used to. And I think it's beginning to put a strain on my marriage. Lately, my wife's been wrapping my sandwiches in road maps.”

“You always hear about how food can bring people together, and it's true. I recently heard a radio interview with a couple who's been married for 59 years. The interviewer wanted to know the secret to such a long-lasting marriage. The husband explained that they went out to eat every week. ‘Where do you go?’ inquired the interviewer. The husband replied, ‘I eat Italian – I don't know where she goes.’”



I'm pretty sure that if my dad hadn't gone into the lawn/tree care business, he could have made it as a vaudeville comedy act. As for me, I'm just grateful to have been raised by a dad with a healthy sense of humor and passion for helping folks reach their laugh quota!

Please let me know any thoughts you might have about this article. I can be reached at 678.313.4568 or Josh@Arbor-Nomics.com.