

# THE Arbor-Nomics® BUGGETTE



## Beat the Winter Blues with Indoor Gardens

If you love gardening or just enjoy vibrant plant life, winter can be a bit melancholy. A great way to beat those winter blues is to grow ornamental or edible plants indoors. A sunny window might be all you need to get started. And with newer LED grow lights being cheaper to operate, plus lots of grow kits to choose from, indoor gardening is easier than you might think, even for the beginner.

There are so many options for what to grow and how to grow it. Here are just a few ideas to whet your imagination – and your appetite.

**The Classic Herb Garden:** A sunny spot in the kitchen is perfect for growing fresh herbs. Basil, chives, mint, parsley, and thyme are just a few that do well indoors.

**Fast, Easy Microgreens:** Microgreens are simply immature vegetable plants that are harvested after just a week or two of growth. Meant to be eaten raw, these nutrient-rich morsels can be added to salads, sandwiches, and dishes that are already cooked.

**Gourmet Mushroom Kits:** Using a kit is the best way to get your feet wet growing these edible fungi. Many kits are for mushrooms that aren't typically found in grocery stores, so it's a chance to discover a new, exotic food.

**A Living Wall:** If floor space is tight or you have a bare spot calling out for adornment, a living wall is the perfect solution. It consists of a wall-hung shelving unit and planters that you fill with leafy green veggies or lovely ornamentals. Be sure to select plants that have similar growing requirements.

**Container Gardening:** With a grow light, certain varieties of tomatoes, carrots, green onions, and hot peppers can be grown in containers indoors. If you want to minimize maintenance and cost, consider tried-and-true house plants. Snake plants, philodendron, pothos, and spider plants are all great options for brightening up locations that don't get a lot of light.

Want to learn more? Check out the *Indoor Gardening Beginner's Guide* at [thespruce.com](http://thespruce.com).



## Our Gnome-Approved Satisfaction Guarantee

Ask any gnome and they'll tell you they prefer yards treated by Arbor-Nomics. We're confident that you'll feel the same. Why?

- ✓ We use only top-quality products.
- ✓ Our techs are the best trained and most knowledgeable around.
- ✓ They share their knowledge with you, making recommendations tailored to your yard.

All this adds up to results that our customers – and their gnomes – love. **But if you're ever unhappy with the outcome, we'll re-evaluate and, if necessary, re-treat for free. If you're still not satisfied, we'll refund the cost of your last treatment.**



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

## Bare in Mind

by Josh Bare



Our goal at Arbor-Nomics is to provide great service and get results for our customers. Each year, our monthly management meetings are guided by a theme that supports that goal. This year's theme is "Cherry on Top," how to go the extra mile, not only for our customers but also for each other.

With this focus on the human element, you can imagine there haven't been a lot of graphs and charts at these

meetings. Instead, I've been sharing some really good videos I've found on YouTube. I thought I'd tell you about a few of them here.

At our last meeting, we watched a video from 2019 ironically titled "You Are Contagious," by Vanessa Van Edwards.

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# November Care

## Application #6 for all programs.

**Please note:** Weather conditions may force us to modify our treatments or our application schedule

### LAWN TREATMENTS

#### Weed Control

**All Programs.** Warm-season grasses received a pre-emergent treatment to prevent winter weeds and a broadleaf weed treatment to kill off existing weeds. If broadleaf weeds are still present after two weeks, please let us know. (Fescue and other cool-season grasses will be treated for weeds during application #7.)

#### Fertilization

**All Programs.** Fescue lawns received a granular fertilizer to feed both new and established turf during this cool-season grass's peak growth period.

#### Aeration & Overseeding

If you had your cool-season turf aerated and overseeded, we want to remind you to maintain a regular watering and mowing schedule throughout November. The extra care is necessary to help new growth get established before winter weather hits.

### ORNAMENTAL TREE & SHRUB TREATMENTS

#### Fertilization

**Gold Program:** A fertilizer is applied that feeds ornamental trees and shrubs through winter and beyond, promoting root growth and helping them re-emerge healthy in the spring.

#### WHAT YOU NEED TO DO UNTIL OUR NEXT VISIT

#### Keep Watering

Lawns still need about an inch of water each week during the fall. What doesn't come from rain will need to be supplied by irrigation. Trees and shrubs need thorough watering from rain or irrigation once each month. You'll know they're getting enough water if the ground surrounding them is moist to a depth of about two to three inches.

#### Mow Fescue Regularly

Fescue lawns should be mowed every five to six days, removing no more than one-third of the grass blade at each cutting.

#### Trim Shrubs Regularly

They'll be healthier, and new growth will be fuller.

#### Remove Leaves from Your Lawn

Heavy leaf litter deprives your lawn of air, sunlight, water, and nutrients; it also makes our treatments less effective. To avoid damage to your turf, we recommend using a leaf blower rather than a rake.

#### QUESTIONS ABOUT OUR SERVICE OR YOUR YARD?



If you have questions concerning your lawn, ornamental trees and shrubs, or our service, please call Customer Service, Monday – Friday, 8 am – 5 pm at 770.447.6037. If you call after hours, leave a message and we'll return your call the next business day.

## Watch Your Inbox for Our Prepay Special

**Save 5%** on your 2023 service when you prepay for the year. You should get your prepay email by the end of November. Payment is due no later than December 31, 2022 – so don't delay. Before you get swept up in the busy holiday season, prepay and save!

## How about a chuckle with your stuffing...

**Q.** Why did they let a turkey join the band?



**A.** He was the only one who had drumsticks.



# November Facts and Folklore

November always has a lot going on. There's Thanksgiving (plus Black Friday and Cyber Monday) and Veterans Day; it's also when we turn the clocks back and general elections are held. Ever wonder why Election Day is a Tuesday in early November?

By some accounts, early November was as close as you could get to the new year while avoiding full-on winter weather, which would make traveling to the polls difficult. Tuesday allowed folks to attend church on Sunday, travel on Monday, and return home by Wednesday, the day farmers brought their harvests to the market. For more November facts, read on.

**November means "ninth part" in Latin.** So, why is it the 11th month? Our modern-day Gregorian calendar takes the name from the ancient Roman calendar, where it was the ninth month. (You'll notice the same "mismatch" for September through December.)

**Yellow-orange topaz is the traditional birthstone.** The semi-precious gem symbolizes friendship. Because topaz can be rather pricey, a similar-looking but less expensive quartz crystal called citrine is also considered a November birthstone.

*Sources: Fun Facts About the Month of November (liveabout.com) Holidays, Full Moon, Recipes, and More | The Old Farmer's Almanac*

**Did you know November has an official flower?** It's the chrysanthemum, which is thought to symbolize honesty, joy, and optimism.

**Thanksgiving and Veterans Day are not the month's only holidays.** November 1st is both All Saints Day, a Christian festival honoring the saints, and the Day of the Dead, a joyful celebration among people of Mexican heritage in remembrance of loved ones who have passed.

**November's full moon was once called the beaver moon.** In colonial times, the arrival of November meant the race was on for fur trappers. To ensure there were enough warm pelts for the winter, they needed to set their traps before beavers retreated from freezing waters and into their lodges.

**The turkey: Thanksgiving dinner or national bird?** Thanksgiving is the most widely celebrated holiday in America, and the turkey has long been the centerpiece of the traditional Thanksgiving dinner. If Ben Franklin had had his way, it also would have been our national bird instead of the bald eagle.



Chrysanthemum

## Helpful Contact Information

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## How to Protect Your Lawn and Plants from Damaging Winter Dryness

You already know the heat and sun of summer coupled with periods of drought can have devastating effects on your lawn, trees and shrubs. Unfortunately, winter weather has its own set of conditions that can dehydrate – even desiccate – turf and plants.

Dry spells and prolonged freezes each deprive grass and other plants of the water they need. Harsh winter winds, just like the summer sun, accelerate both water evaporation from the soil and moisture loss from the tissue of exposed plants. Dehydration can result in browning, loss of foliage, and increased vulnerability to pests and disease.

### Strategies for Keeping Grass and Plants Hydrated

**Irrigate during dry spells.** If the ground is not frozen and temperatures are consistently above freezing, you should water your lawn and other plants during winter dry spells.

**Mulch trees, shrubs, and plant beds.** Mulch helps the soil retain moisture. The layer of mulch should be between two and three inches deep. Also, be sure to keep mulch at least three inches away from the trunks of trees and shrubs.

**Use windbreaks for saplings and delicate plants.** A variety of windbreaks should be available at any good garden center, or you can look around on the internet for ways to make your own using materials you already have.



Her idea is that the people around you can “catch” your emotions. If you’re feeling fearful, you spread fear to others. The same with happiness. The talk is very entertaining, and she makes a convincing case – backed up by really interesting studies – for how we can make an impact for good by projecting genuine positive emotions. Search “You are contagious Vanessa Van Edwards TEDxLondon” to check out the video.



*Jhabari illustrating his contagious surprised look*



*And here he is with a “full smile”*

Next up is another TEDx talk. This one is from Shawn Achor, who talks about the link between what he calls “positive brains” and superior performance. His talk will have you laughing, but more importantly, he does an excellent job of laying out what it takes to cultivate a positive brain and how that positivity makes you better at just about everything.

One of the attributes of a positive brain is gratitude. That is something my dad tried to instill in us when we were growing up. He talked about how people assume that all the good things going on in their lives will always be there. Then, when

something bad unexpectedly happens, we realize we didn’t fully appreciate how good we had it and wish we had been more grateful. He described that moment as a paradigm shift.

Achor recommends journaling about a positive experience and noting three things you’re grateful for every day. This trains your brain to notice and focus on the positive. According to Achor, you will see a difference in less than a month. Search “Shawn Achor The Happiness Advantage TEDxBloomington” to see his presentation.



*Assistant Branch Manager Michael Holzmeister journaling about his positive experiences*

The last video is by motivational speaker Sam Glenn; he should definitely include “comedian” on his résumé, too. He shares a story about falling out of an airplane and taking two strangers down with him. The moral, believe it or not, is you can’t let things like that put you in a bad mood. Instead, you can choose to have a positive attitude, and there’s no better way to do that than by finding the humor in things. You can watch the video by searching “Funniest Motivational Video Ever Sam Glenn Airplane Story.”

A sense of humor is another thing my dad values; it’s why he’s always so quick with a joke. The other day, we were having lunch with an acquaintance who isn’t familiar with my dad’s repertoire of one-liners. True to form, Dad announced that he recently joined an autopsy club and that he’s really excited because tonight is open Mike night. I’ve heard most of his jokes more than once, but I still can’t help laughing in anticipation of the punchline, and it

always boosts my mood. One last favorite video of mine is by retired WWE fighter Marc Mero, titled *The Powerful Message About a Mother’s Love*. He talks about his mom’s love and how she just wanted the best for him. A bit of a tearjerker, and an inspiration.



*Josh Bare and his amazing mom Ruthanne*

The common thread running through the videos is the power of your mood or mindset. It affects not only your performance but those of other people. No matter how challenging a day can be to get through, we can choose how we handle it and ourselves. Some of this might be a bit idealized, but these presentations provide lots of valuable insights, as well as steps we all can take toward becoming more positive.

What does all of this have to do with going the extra mile? Well, you can do it with a sense of responsibility and obligation, or you can do it with a sense of gratitude and happiness at being present for the people around you. The first way feels like a burden. The second way definitely feels like a cherry on top.

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***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.***