

\$15.00 off
3-Application
Winter Mite
Control

Limit one coupon per customer. Expires 12/1/09. Call **303.221.6900** to place an order and mention coupon code WMC1.

\$10.00 off
Core aeration



Limit one coupon per customer. Expires 12/1/09. Call **303.221.6900** to place an order and mention coupon code CA1.

10% off
Lawn
Renovation

Limit one coupon per customer. Expires 12/1/09. Call **303.221.6900** to place an order and mention coupon code LR1.

Your Opinions Matter

We want to hear from you! We are looking forward to making whatever improvements we can to continue the quest of offering the absolute best service possible. Your feedback is instrumental in reaching our goals.

What are we doing right?
 What needs improvement?
 What new things would you like to see?

Just mail to: **Fit Turf**
6920 S Jordan Road - Unit M,
Centennial, CO 80112

You will automatically be entered in a drawing to win a **\$200 gift certificate to Elway's Steakhouse**. Limit one entry per residence. Surveys need to be received by December 15, 2009 to be eligible for the prize.

NAME: _____

STREET ADDRESS: _____

E-MAIL: _____

CUSTOMER NUMBER: _____

PLEASE CIRCLE THE OPTION THAT BEST REPRESENTS YOUR FEELINGS:

Please rank your satisfaction with the effectiveness of our treatments:

1 Not at all Satisfied
 2
 3
 4
 5 Not at all Satisfied

Please rank your overall satisfaction with the professionalism, knowledge, and courtesy of the FIT TURF team members you've encountered:

1 Not at all Satisfied
 2
 3
 4
 5 Not at all Satisfied

The best way to communicate with me is about my Lawn/Tree Service is: (please choose the one best method).

E-mail
 Cell Phone
 Home Phone
 Text Message
 Other _____

Please rank your overall satisfaction with Fit Turf (10 being the highest rating and 1 being the lowest):

1 Not at all Satisfied
 2
 3
 4
 5 Not at all Satisfied

Your suggestions: _____



Winter Mites are Hatching Now!

Mites are a common problem in the summer months as they feed on our flowers, junipers and other plants during hot weather. But not all mites feed during the summer season. Lawns in Colorado sometimes show damage in the spring as a result of these winter-feeding mites. When first infested, the grass blades will show small yellow speckles. As the damage increases, the grass becomes tan in color and eventually dies. The cover of snow does not stop the mites' appetite for your lawn as you'll most likely notice dead patches appear as winter thaws.

Now is the time

The eggs of winter mites hatch in October, and their numbers increase into late winter. The larvae feed by gnawing the surface of the grass blades and sucking up the juicy contents.

It is not unusual to find several thousand mites per square foot. These heavy mite populations diminish in April when eggs are laid on dead grass plants and the adults die. Severe damage is more prevalent during warm winters. The mites are easy to see with a magnifying glass during late fall and winter months, but you need to check the base of the grass blade where these mites tend to gather during the day. Lawns with a southern or western exposure are more susceptible to damage.



Above: Turf with winter mite damage.

What you can do

Heavy fall waterings will help reduce the extent of the damage to your lawn, but a miticide is the best way to reduce the mite population and stop the damage to your property. **Fit Turf offers a 3-application spraying to get this problem under control. If you suspect mites in your lawn, give us a call for a FREE lawn evaluation.**



Right: A healthy, spring turf.

Informational resources courtesy of Curtis E. Swift, Ph.D., Area Extension Agent (Horticulture), Colorado State University Extension, Tri River Area.

FROM THE FIT TURF FAMILY THANK YOU!

As we come to the end of our first year, we want to thank all of you for your patience early in the season as we worked through some growing pains. We take great pride in "getting it right." We hope the care, knowledge and responsiveness you received met all of your expectations as we work even harder at improvements and added services for next season.

On the back page is a short survey. We want to know if you had the best lawn in the neighborhood or if there were areas that came up short. Just fax or mail it back to us by November 30, and you'll entered in a drawing to win a **\$200 gift certificate to Elway's Steakhouse**. To find out more, see the back side of this newsletter.

Have a great holiday season!



Easy Entrées



A QUICK AND EASY FALL MEAL FOR YOUR FAMILY

Salsa Chicken

- 4 Skinless, boneless chicken breasts
- 4 tsp. taco seasoning mix
- 1 cup salsa
- 1 cup shredded taco or mexican cheese blend
- 2 tbsp. sour cream

Directions

Preheat oven to 375° F.

Place chicken breasts in lightly greased 9" x 13" baking dish.

Sprinkle taco seasoning on chicken and pour salsa over all the breasts.

Bake at 375° F for 25 – 35 minutes, or until chicken is tender.

Sprinkle evenly with cheese and for an additional 5 – 10 minutes (or until cheese is melted).

Top with sour cream and serve over rice.

Improving Winter Tree and Shrub Watering with Yucca

We all know the importance of watering our trees and shrubs during the hot, dry summers to keep them healthy and strong. But it's just as important for trees and shrubs to get the moisture they need in the winter months. Amounts vary depending on the type of trees and size, but a rule of thumb is a thorough watering once a week in the summer and at least once a month in the winter. This may not always be practical in the middle of January and is usually the last thing on a home owners mind.



Common Yucca found in the desert.

You may be thinking that snow in the yard will take care of the watering when it starts to melt. Snow can be deceptive. With pockets of air in the crystal shapes, it takes ten to fifteen inches of snow just to gain one inch of water.

The Yucca Solution

Extracts from the common desert Yucca plant were initially used to increase moisture intake in feed grains for processing. When mixed with water and applied to the root zone, it was discovered to be an ideal aid for trees and shrubs to utilize water in times of low moisture. The natural sugars in the extracts stimulate healthy microbial activity, help plants assimilate nutrients and develop better overall stress resistance.

Using Yucca extract now not only is a proven beneficial agent in the uptake of water by your trees and shrubs this winter, it will also provide better foliage in your landscape next spring. To find out more, give us a call at **303.221.6900**.

Yucca extract applied properly helps increase water intake during dry, winter months.



FIT TURF
Easy.Friendly.Excellent.

Early Bird Special

Free Application in 2010!

and avoid price increases when you prepay now

It's been a great year as we wind down the 2009 season. We hope our quality and service lived up to all of your expectations. For your convenience, we will automatically return next spring unless notified by you. We appreciate the trust you have put in us to take care of your landscape.

For a limited time, we are offering our customers an Early Bird Prepay special on their lawn fertilization program. You not only avoid any rate increases for 2010, you also receive **one application FREE!** Simply take the "TODAY'S SERVICE CHARGE" from the bottom of your invoice and multiply by six to receive seven applications for the price of six!

Please call our office at **303.221.6900**
if you have any questions or need additional details.

Thank you again for choosing Fit Turf this season.

TO RECEIVE YOUR FREE APPLICATION, EARLY BIRD PREPAYS MUST BE RECEIVED BY
DECEMBER 15, 2009.



Fall Tips

THINGS TO DO AROUND YOUR HOME BEFORE THE END OF THE SEASON

* **Don't rake those leaves!** Remove the grass catcher from your lawn mower and mulch them into your lawn. Continue mulching until they are reduced to dime-sized pieces. This enriches the soil and saves space in our landfills.

* **Patch bare spots in your lawn.** After your fall feeding, dig up bare areas, mix in compost, mix in your grass seed and cover with more compost or straw. Keep the seeded soil moist until new grass begins to grow. Seeding now will thicken the lawn and make it more resistant to future bare spots.

* **Bulbs.** If you planted bulbs this fall, be sure to give them a deep watering before winter to maximize spring blooming.

* **Seeds for next year.** If you planted a garden, collect the seeds from your plantings to save money in the spring.

* **Plant trees and shrubs.** You'll get better deals in the fall and your plants have time to take root for better spring growth.