

Easy Entrees

A LIGHT AND EASY SUMMER MEAL FOR YOUR FAMILY



Grilled Halibut

Ingredients

- 2 tablespoons butter
- 2 tablespoons brown sugar
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 2 teaspoons soy sauce
- Pepper to taste
- 1 large halibut steak

Preparation

Grilling fish doesn't have to be difficult. Here's a light, summer recipe when burgers just won't do.

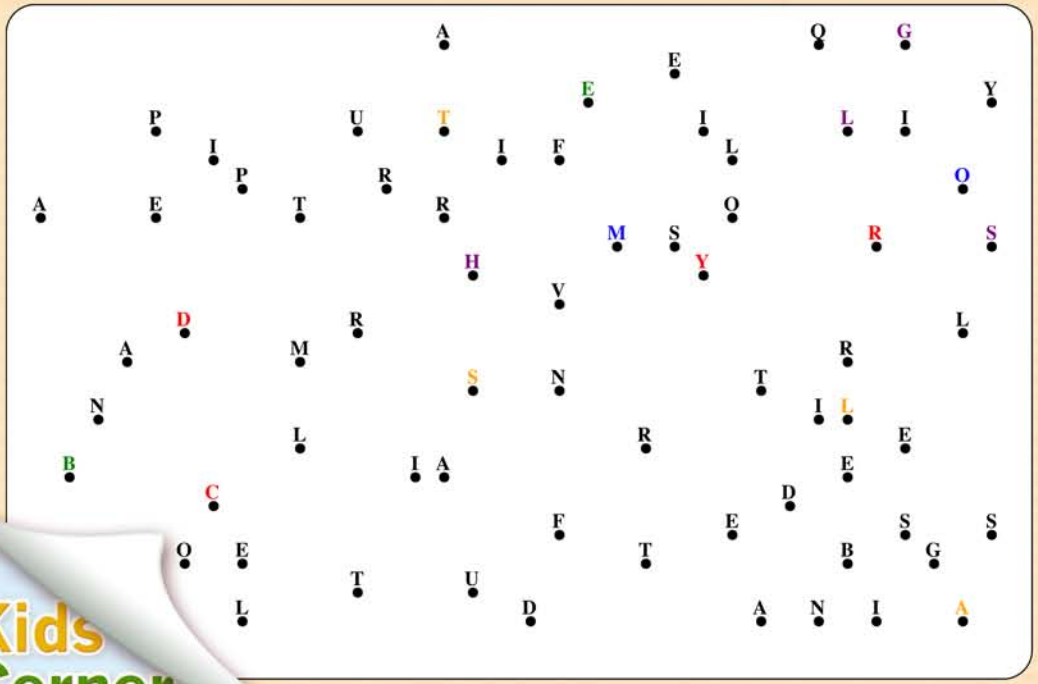
Combining all of the ingredients (butter, brown sugar, garlic, lemon juice, soy sauce and pepper) in a small pan, stir over a medium heat until the brown sugar dissolves.

Coat the halibut while the mixture is still warm. Place the halibut on a grill that set to medium high. Cook the halibut for 5 minutes and flip over. Baste the fish throughout with the warmed mixture. Cook another 5 minutes and serve.

Bug Trail!

Connect the dots for each word. Draw each line using a crayon in the color the word is printed.

spider small	caterpillar silverfish	mosquito ant	ladybug bee	termite dragonfly
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Kids Corner

FIT TURF
Easy. Friendly. Excellent.

Fit & Finished

LANDSCAPE NEWS FOR YOUR HOME EARLY SUMMER 2010

You're not the only one hungry for summer...

Surface-Feeding Insects love your summertime lawn

Summer is finally settling into the area and so are the insects in your lawn. This is the peak time for surface-feeding insects to create havoc in your yard. The most telltale signs is the general area of thin turf and high bird activity looking for an easy bug meal.

In the Denver area, the most common insect threats are:

Sod Webworms: Part of the moth group, these caterpillars (in the larva stage) create tunnels in the thatch and come out at night to feed on your grass.

Cutworms: Named for the way they cut the turf as they feed, they can be up to 2" long and cause considerable damage to your lawn. The *bronzed cutworm* is the most common variety in the state.

Mites: Common varieties such as clover mites may cause silvery streaks to your grass blades after infestation. Damage usually shows up first in warmer, sun-facing exposures of your lawn such as the south side of your home.

Grubs: the larva of beetles, these insects can do the most damage to your lawn by feeding on the roots of your turf and cutting off water and nutrients to the blade. Lawns can discolor and die off without treatment.

If you are a customer on our 5- or 7-application lawn program, treatment for these summertime threats is included in your third application of the season. As a preventative measure, we'll also inspect your property for potential activity or damage caused by these insects. If you ever have questions or suspect activity, please give us a call. Service calls are always free with Fit Turf.

Photos courtesy of the Colorado State Extension Service

303.221.6900



Sod Webworms



Bronzed Cutworm

Clover Mites



Grubs



Benefits of Mulching

One of the best ways to keep your trees and shrubs cool this summer is with mulch. Beyond the added beauty it provides, it's also very beneficial to your landscape plants.

- Mulch helps maintain soil temperature and reduce evaporation of summertime watering. It also can protect your trees and shrubs during the cold winter months.
- Weed control. A 2- to 4-inch layer of mulch will reduce the chance of germination and the spread of weeds.
- Some mulches can help aerate the soil as it breaks down and works into the ground.
- Mulch can help reduce erosion and runoff from heavy rains and waterings.

What to avoid when mulching:

- Don't have a mulch build-up of over 4 inches. Remove any excess previous mulch if that height is already achieved.
- * Don't build up mulch around the base of your plantings. Trunks should be free of heavy mulch.

If you have any questions about proper mulching techniques, give us a call!

Perimeter Pest Control



The best plan of attack to stop the bug invasion in your home.

With summer, come the bugs. While many insects are beneficial to your landscape, you don't necessarily want them entering your home. Whether it's ants, spiders or other pest, the best approach to stop the migration is Fit Turf's comprehensive **Perimeter Pest Control** program.

Our program is the best protection to build a barrier between your home and yard from these unwanted visitors. Adjusted for each season, we work in tandem with the present conditions of your lawn to make sure insects stay where they belong.

Fit Turf's 4-application, **Perimeter Pest Control** program works by creating a safe, non-invasive, invisible shield around the foundation of your house, including the cracks and crevices insects love to find. We are so confident you'll be "bug-free", we guarantee your satisfaction! To find out more, just give us a call at 303.221.6900.

If you ever have any questions or concerns about your lawn or landscape, give us a call at 303.221.6900. Our technicians are always available and service calls are always free.



The new FitTurf.com is now up and running!

*Easier to use and order services!
More tips for your lawn and landscape!
Get expert answers to your landscape questions.*

If you haven't been to www.fitturf.com lately, you're in for a surprise. We've completely overhauled our Website to include more information on your lawn and landscape as well as an even easier way to access all of the services available for your property. Some of the highlights:

Helpful tips to frequently asked questions. Common questions we here from our customers can be found right here. As a dynamic site, we'll be adding to this library of information throughout the year.

E-mail access to our technicians for your questions. With so many customers having busy lives, it may be difficult to call during the day with a question or a problem. With links on our site, you can reach us any hour of the day. We'll respond back with an email or call within 24 hours.

Better descriptions and easier sign-ups for programs. All of our programs can be accessed on the "services" tab as well as links with a full description of what you'll receive, as well as the benefit to your lawn and landscape.

All of our newsletters are now online. Need a quick reference or want to see past issues, they're all here in downloadable PDF format.

Check out the new www.fitturf.com and let us know what you think! We'd love to hear from you!

