

Easy Entrees

Chicken Dumpling Soup

Ingredients For Soup:

- 1 Chicken cut in half
- 3 Quarts of water
- 1 Small onion, chopped
- 1 Bay leaf
- Salt and pepper, to taste
- 20-oz. bag of frozen corn
- 1 Can of creamed corn

For Dumplings:

- 2 Eggs, beaten
- 2 Cups of all-purpose flour
- Pinch of salt
- 4 Hard-boiled eggs, sliced
- 1 Tablespoon chopped parsley

Preparation

Put cleaned chicken into a large soup pot. Add the water, onion, bay leaf, parsley and some salt and pepper. Bring it to a boil and then reduce the heat. Cover, and simmer for 60 minutes.

Remove the chicken from the pot, keeping the stock in the same pan. When cool enough to handle, remove the meat of the chicken from the skin and bones (discard these last two).

Chop the chicken meat coarsely – not too small.

Skim the fat from the broth and discard it.

For the Dumplings: Mix the eggs and flour with salt. Stir until the mixture looks like large grains. Rub this mixture through your fingers over the soup pot, so small lumps of dough fall into the broth.

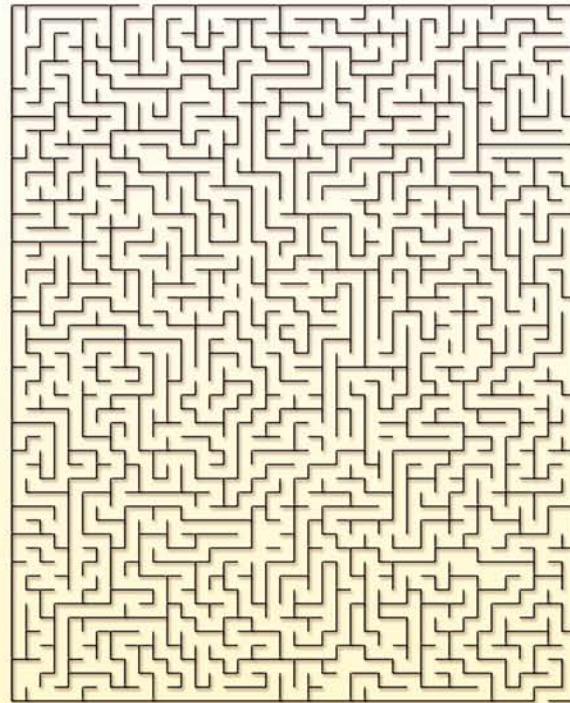
Stir carefully and simmer 10 minutes until the dumplings are tender. Re-season the soup with salt and pepper to taste. Add the corn and chicken, and cook over medium heat for 4-5 minutes. *Serve and Enjoy!*



Start

Lost Pumpkin!

Connect the carved pumpkin to the kids playing in leaves. Be sure not to cross over any black lines to get to the finish!



Finish



Kids Corner

FIT TURF
Easy. Friendly. Excellent.

Fit & Finished

LANDSCAPE NEWS FOR YOUR HOME LATE FALL 2010

Seasonal Roundup

Thank You!

Be on the lookout for our Early Bird Renewal notice. You can save big on 2011 services when you pay by the end of December!

As we wrap up 2010, we want to thank all of our new customers for trusting your lawns in our care. We hope we exceeded all of your expectations this season and that you had a noticeable improvement in the health and beauty of your landscape.

We also want to offer a special thanks to those who finished their second year with us. We hope you found the service even better as we strive develop a stronger relationship with each of you and to continually improve the overall quality of our product.

One of the big changes this year was our new and improved Website. We've made it easier and more convenient to get information, order services, and ask questions outside of normal business hours.

If you ever have any questions, concerns or suggestions, please let us know. We want to hear from you! We can be reached at 303-221-6900 or via the Web at www.fitturf.com.

Have a great holiday season, and we look forward to taking care of your lawn and landscape in 2011!

Thank You for Your Support

as We Complete Our Second Season!



www.fitturf.com

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**
15467 E. Hinsdale Circle
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, 2010 to be eligible for the prize.

NAME: _____ CUSTOMER #: _____

STREET: _____ E-MAIL: _____

Please rank your satisfaction with the effectiveness of our treatments:

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

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

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

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

- E-mail Cell Phone
 Home Phone Text Message
 Other _____

Your suggestions: _____

Your Opinion Matters



Eating Your Lawn with All Their "Mite"!

Winter-feeding Mites love your fall turf.



Example of a mite-damaged lawn.

That dead-looking, tan lawn you see in winter is often blamed on the harsh season. But that is not always the case. Damage you see in early spring may be a result of 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. With the cover of snow, homeowners usually don't think about their lawn, but that does not stop the mites' from gnawing into the grass blades and draining the juicy nutrients. You'll most likely notice dead patches appear as winter thaws.



Typical symptoms of a mite infested lawn. Notice the start of discoloration.

Now is the time eggs are hatching, and their numbers continue to increase throughout the winter. Heavy mite populations diminish in April when eggs are laid on dead grass plants and the adults die. Severe damage is most likely to occur 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.

Fit Turf offers a 3-application spraying of miticide to stop the damage to your property and to get this problem under control. If you suspect mites in your lawn, give us a call for a FREE lawn evaluation.

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



Example of severe mite damage.

FIT TURF

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

303.221.6900