

Easy Entrees

A QUICK AND EASY SPRING MEAL FOR YOUR FAMILY



Pork Medallions

- Ingredients**
- 1 lb. Pork tenderloin, trimmed
 - 1/2 Teaspoon salt
 - 1/2 Teaspoon black pepper
 - 1/4 Cup all-purpose flour
 - 1 Tablespoon olive oil, divided
 - 1/2 Cup dry white wine
 - 1/2 Cup fat-free, less-sodium chicken broth
 - 1/2 Cup coarsely chopped pitted kalamata olives
 - 2 Tablespoons capers
 - 2 Tablespoons chopped fresh flat-leaf parsley

Preparation

Cut pork into 8 piece strips. Place each pork piece between 2 sheets of plastic wrap, and pound to 1/4-inch thickness using a rolling pin. Sprinkle both sides of the pork with salt and pepper. Place the flour in a shallow bowl. Roll pork in flour and shake off the excess. Heat 1 1/2 teaspoons olive oil in a nonstick skillet over medium-high heat. Add half of pork, and cook 2 minutes on each side or until done. Remove pork mixture from pan, and keep warm. Repeat procedure with the remaining oil and pork. Return pork to pan. Add wine and broth; bring to a boil. Stir in olives and capers; cook 4 minutes. Sprinkle with parsley.



Did You Know?

The most popular fruit in the world is the tomato.

Kids Corner

Turf Search

Find each of the following words forwards, vertically or diagonally.

Seed Sun Garden	Grow Grass Lawn	Birds Mulch Soil	Fertilizer Bees Dandelion
F	G	R	A
S	S	W	S
R	D	R	S
U	D	O	L
S	R	S	
R	E	L	U
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T	R	S	D
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E	Z	E	B
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L	D	A	N
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E	R	S	N
G	A	C	E
L	G	N	E
W	R	D	H
A	R	C	E
A	R	O	H
W	I	S	R
N	W	O	G
R	R	A	R
S	G	A	L

FIT TURF
Easy. Friendly. Excellent

Fit & Finished

LANDSCAPE NEWS FOR YOUR HOME EARLY SPRING 2010

Spring is almost Here!

And we're excited to start another growing season with you!

Everyone here at Fit Turf is glad to start seeing the first signs of spring as it awakens from its winter slumber. As we head into our second year, we've added several improvements to our program that we think you will find of great benefit to your yard such as:

- A combination of liquid and granular fertilizer is being used this year to ensure both the long term benefits along with the faster-acting and more immediately effective approach to weed control. We think you'll notice the difference!
- Pre-emergent is now included in the first two rounds to keep crabgrass at bay all season long.
- A free insect control is now being added with your third application, a \$49 value that is absolutely free to you.

We strive for complete satisfaction for our customers through continuing attention to improving service and the results you can see in your lawn and landscape. If you ever have a question or concern, please call us at 303.221.6900.



It's Not too Late to Pre-pay and Save!

Savings of at least

\$25 off

When you pre-pay for your full-service seven step lawn care program by April 30, 2010.

Enjoy the benefits of a thick, plush, weed-free lawn with no more bills to worry about! Plus, **we'll take 7% off** your charge (with a minimum of \$25!) just by pre-paying. It couldn't be easier! And, you'll still receive all of the Fit-Turf benefits of:

- Online communication 24/7
- Custom notes about your lawn with each visit
- 24-hour free service calls
- Friendly and helpful technicians to answer your questions

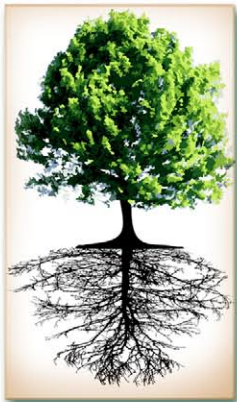
7% off

All other Fit-Turf services when you pre-pay by April 30, 2010.

Take advantage of the lowest price of the season with this discount on **any** other Fit-Turf service!

- Aeration
- Tree & Shrub Care
- Winter Mite Control
- Bed & Border Weed Control
- Perimeter Pest Control

Remember! You must call us at 303.221.6900 by April 30, 2010 to receive your discount!



Spring Tips

As we finally break free of the winter chill, now is the time to take inventory of what you would like to accomplish in your outdoor environment. We offer these helpful tips as we head into another growing season.

- If you're planning on landscape improvements, now is the time to meet with a landscape architect before their peak time period.
- Sharpen the blades on your mower. Dull blades can shred the grass tips leaving an unsightly color and making it more susceptible for disease.
- Clean and oil other garden tools such as pruning shears. They'll be easier to use and it will help them last longer.
- Clean out your beds. Now is the time to remove leaves, old mulch and debris from your landscape beds before spring bulbs come into bloom.
- If you start your garden or flower beds from seed, March is the ideal time to get those indoor containers going!



YOUR LAWN
ISN'T THE
ONLY THING
BENEFITING
FROM OUR

WE AT FIT-TURF SERVICE.

feel especially blessed to have our friends and families in light of the recent earthquake tragedy in Haiti. With the lives of tens of thousands of families destroyed and the dire situation in the rescue effort, we wanted to help make a difference along with the support of our customers. In addition to our company efforts, we also made a contribution for each of our current and new customers.

ON BEHALF OF ALL OF OUR FIT-TURF CUSTOMERS, WE WERE ABLE TO DONATE \$5,000 TO THE HAITI RELIEF EFFORT! THANK YOU ALL!

