

Easy A QUICK AND EASY SPRING MEAL FOR YOUR FAMILY Entrees

Sweet & Sour Chicken

Ingredients

- 2 egg yolks
- 2 tbsp. cornstarch
- Salt and ground black pepper
- 4 Boneless chicken breast halves, cubed
- Vegetable oil

For the sweet and sour sauce:

- 1 Onion, sliced
- 1 Small red pepper, cut into 1" pieces
- 1 Small orange pepper, cut into 1" pieces
- 1 lb. can pineapple cubes in natural juice
- 1 tbsp. cornstarch
- 2 tbsp. tomato ketchup
- 2 tbsp. light soy sauce
- 1 tbsp. white wine vinegar

Preparation

Mix together the egg yolks, with a tablespoon of water, the cornstarch, and some salt and pepper.

Heat 2" of oil in a wok or deep frying pan. Toss the chicken in the cornstarch mixture and deep-fry in batches for 5 minutes or until crisp and golden. Drain on paper towels.

Empty the oil from the wok to leave a thin coating in the pan. Stir-fry the onion and peppers over a high heat for 3 minutes.

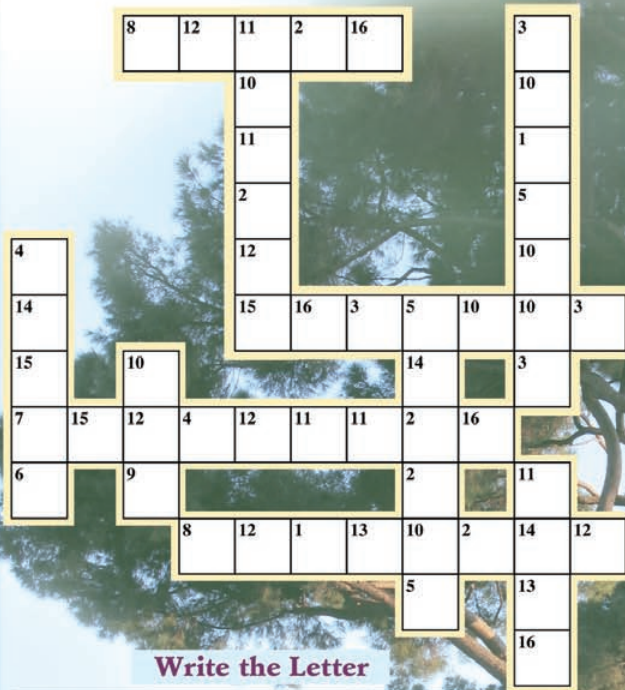
Drain the pineapple cubes (saving the juice), add to the pan, and cook for a minute or two.

Mix together the cornstarch and a little of the pineapple juice to form a paste, then stir in the remaining juice, the ketchup, soy sauce, vinegar, and 1/2 cup water. Pour this into the pan and bring to a boil, stirring until the mixture thickens. Stir the chicken pieces into the pan and simmer for 5 minutes until cooked through. Check the seasoning then divide between bowls.

Serve and enjoy!

Tree Time!

Oh no! Letters have been changed to numbers. Change the numbers back to letters to come up with the "Types of Trees" answers to the puzzle.



Write the Letter

1	2	3	4	5	6	7	8
				W	H		M
9	10	11	12	13	14	15	16
K	O		A		I		

HINT

G	L
D	B
W	H
C	M
K	O
P	A
N	X
R	E

Kids
Corner

FIT TURF
Easy. Friendly. Excellent.

Fit & Finished

LANDSCAPE NEWS FOR YOUR HOME SPRING 2010

If you're happy
with your service...

Tell a friend!

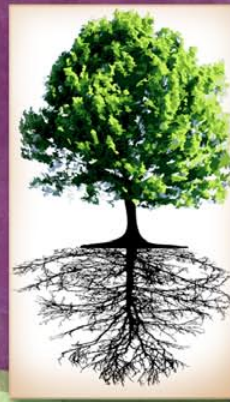
Spring is in full bloom and we're out in force to make your lawn and landscape the showplace of your neighborhood. If you have any concerns or questions, please call us immediately. We want you to be completely satisfied with your service. If you're happy with the results, please tell a friend! We appreciate referrals from our happy customers. And when your family or friend signs up for our full-service program, we'll give you your **next application FREE!** There's no limit to the number of referrals you can provide. Just fill out the referral card enclosed in the leave-behind packet we include after your application. Thank you for your continued trust in Fit Turf!



*And get a free
application in
the process!*



Your lawn needs your help to thrive this summer



Tree Care: Maintaining Your Living Investment

It's easy to take your trees for granted and sometimes forget they are a living product in our environment. Often, we are reminded when a problem occurs and expensive treatment or removal is needed.

Proper care of your trees has a tremendous long-term payoff. Beyond increased value to your property and energy savings when shading your home; better color, shape and overall health will save you money in correcting problems and possible replacement in the future.

Trees in residential landscapes have additional challenges. Unlike in nature where decomposing material provides the tree with nutrients, your trees are competing with your turf for the same needs. Add to that, the stress on the root zone with the man-made construction of homes, power lines and patios that can restrict water and growth. All these things can increase the chances for disease and susceptibility to insects and injury to your trees.

Regular evaluations to trouble-shoot issues can help reduce the likelihood of major problems. If you prefer not worry about it, Fit Turf's **Fit Tree Program** is available to improve the health of your landscape. Give us a call today for a FREE evaluation and recommendation.

Your Tree Care Hazard Potential

QUESTIONS TO CONSIDER

- Do you have numerous dead branches?
- Does the tree have cavities, gaps or rotten wood along the trunk or in major branches?
- Are mushrooms present at the base of the tree?
- Are there cracks or splits in the trunk or where branches are attached?
- Have any branches fallen from the tree?
- Has the trunk developed a strong lean?
- Have the roots been broken off, injured, or damaged by lowering the soil level, construction or digging?
- Have the leaves prematurely developed an unusual color or size?
- Has the tree been topped or heavily pruned?

Source: www.treesaregood.com

Partner with Us to Make Your Turf as Green and as Healthy as Possible.

You made a commitment with us to ensure your lawn will be green, healthy and weed-free. But we need your help as well to make this happen all season long. Proper irrigation and mowing practices are critical for your lawn to thrive in sometimes harsh conditions.

Mowing. How you mow has a strong affect on the health of your lawn. We often see lawns "scalped" by mowing too low or the tips of the grass blade discolored due to a dull mower blade.

The best practices in maintaining your lawn are to never cut more than one-third of grass blade when mowing and to never cut the grass to less than 3" tall. This puts less stress on your turf as well as protecting your lawn from seasonal heat, resulting in better root development and a lush, denser lawn.

Watering. Irrigating your lawn will not only give your lawn better color, but it will also be healthier and better able to resist disease and weeds.

For best absorption, early morning is the best time to water. When you do, make sure you water deeply to reach the root zone. One inch of water per week is recommended.

For easy measuring, place untapered containers in the watering path. When you reach the desired amount, move the sprinkler to the next area of your lawn. Deep, thorough soakings are most beneficial to your lawn.



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.

Lawn Tips to Grow on

- Make sure your lawnmower blade is sharp. Dull blades can shred the tops of your grass causing discoloration and increased potential for disease.
- Never cut more than 1/3 of the grass blade when mowing.
- Don't scalp your lawn. Grass should never be cut to less than 3". Taller grass helps shade the soil from the summer heat and allows better root development for an overall healthier and thicker lawn.
- Make sure your lawn gets 1" of water per week, especially in peak summer months. Long, thorough soakings are the most beneficial to your turf.
- Give Fit Turf a call if you see anything unusual or suspicious in your turf. Proactive response now can reduce problems later. And as always, service calls are always free at Fit Turf.