

THE BUGGETTE



Bare in Mind by Dick Bare

Hi everyone. Hope all is well with you and yours. Speaking of being well, did you resolve to get healthier this year? If so, the topic of this piece should interest you. I've recently become aware of a very popular blogger, the Food Babe, who is really stirring things up in the food industry.

The Food Babe, a.k.a. Vani Hari, from Charlotte, North Carolina, has become quite the Internet sensation as a food activist – you could even call her a food “detective.” Her popular blog posts take a deep dive into what’s in our food, stuff the American food industry would probably rather we not know about or talk about. It’s clear, however, that many American consumers don’t share that sentiment, and the Food Babe’s blog posts spread like wildfire on Facebook and other social media. In fact, her followers have grown so much in number and strength, they’ve even come to be called the Food Babe Army.

If you place yourself in the camp of those who’d rather not know, I hope you’ll put down your Diet Coke and kettle corn and read on. It just might help motivate you to stick with that resolution to get and stay healthier – because there’s more to the food we eat than meets the eye. And this view is shared by the Food Babe and one of the most outstanding figures in medicine: Hippocrates, widely regarded as the father of medicine.

Even if you know nothing about the man, you probably recognize his name from the Hippocratic Oath, the doctrine intended to guide medical ethics and practices to do no harm. Hippocrates believed that almost all illness was caused by environmental factors, lifestyle, and – you guessed it – diet. And we’re not talking about specific diets designed to help you shed pounds. We’re talking about how you eat – the food you consume day in and day out.



Hippocrates

Like the Food Babe, Hippocrates believed that food plays an extremely important role in our health and offered this medical advice: “Let food be thy medicine, and medicine be thy food.” Evidence suggests he lived to be over 100, so I guess he must have practiced what he preached, eating the equivalent of kale smoothies and lots of salads. The Food Babe has in fact followed Hippocrates’ advice, and after healing herself by drastically changing her diet, she began blogging about it in 2011 to share her newfound healthy lifestyle and its benefits with family and friends.

Before she knew it, her passion and voice began to really shake up the food industry in the United States. In just a few short years of blogging about what’s really in our food, Vani has educated millions of people about



What type of flower does everyone have on their face?
Tulips

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Tennessee's State Tree: Tulip Poplar

The tulip poplar (*Liriodendron tulipifera*) was officially recognized as the state tree of Tennessee in 1947. The tulip poplar grows abundantly throughout Tennessee, and pioneers of the state used the tulip poplar to construct houses and farm buildings.

Noteworthy Characteristics:

- Tulip tree, or yellow poplar, is a large, stately, deciduous tree of eastern North America that typically grows 60-90' (less frequently to 150') tall, with a pyramidal to broad conical habit. Although widely planted throughout the state of Missouri, it is indigenous to rich woods in only a few counties in the far southeastern corner of the state.
- Trunks of mature trees may reach 4-6' in diameter, usually rising column-like with an absence of lower branching.
- It is named and noted for its cup-shaped, tulip-like flowers that bloom in spring. Flowers are yellow with an orange band at the base of each petal measuring 2" in length.
- Flowers are followed by dry, scaly, oblong, cone-shaped brown fruits, each bearing numerous winged seeds.
- Four-lobed bright green leaves (to 8" across) turn golden yellow in fall.
- Wood is used for furniture, plywood, boatbuilding, paper pulp and general lumber. Native Americans made dugout canoes from tuliptree trunks.
- Genus name comes from Greek leirion (lily) and dendron (tree). Tulipifera means tulip bearing.

Source: <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=a878>

Springtime Gardening Tips

April:

- This is a big month for planting vegetables. But remember there's still a danger of frost. So be prepared to protect your plants on cold nights.
- Stake tomatoes or provide cages to surround them.
- Keep weeds under control by hoeing or cultivating.
- Set out transplants of herbs.
- Set out bedding plants.
- Trim forsythias after they have bloomed to keep the bushes shapely.
- Provide nutrients to fruit trees at the fruit setting time.

May:

- Set out tender plants once all danger of frost is past.
- Keep seedbeds damp with shallow, frequent watering.
- Pinch the growing points from the stems tips of mum plants when they get to 3-4 inches.
- Plant annuals among waning spring bulbs.
- Mulch to conserve moisture and control weeds.
- Control weeds while they are small.

Source: http://www.dcmg.org/Seasonal_Garden_Tasks_for_Zone_6/

What's your pick?

You may not have known that we have three service programs at Arbor-Nomics®. The Silver program includes lawn service; the Gold program includes lawn, ornamental tree and shrub services; and the Platinum program includes all this and more.

Top 5 Reasons to Upgrade from Silver to Gold:

- 1 4 **FREE** Outdoor Pest Control treatments.
- 2 The ornamental tree and shrub care program protects from insect damage and disease.
- 3 The program also makes trees and shrubs more resistant to drought.
- 4 Your ornamental trees and shrubs will have a better look and a stronger color.
- 5 Gold is more valuable than silver!

Top 5 Reasons to Upgrade from Gold to Platinum:

- 1 Monthly visits year-round.
- 2 Includes aeration for warm-season grasses and aeration and overseeding for cool-season grasses.
- 3 Includes fungicide treatments.
- 4 Includes grassy weed treatments.
- 5 **INCLUDES EVEN MORE.**
Go to www.arbor-nomicsnashville.com to see the full list of services included in the Platinum program.



Application #2

What we did today to your lawn:

1. We applied a pre-emergent and a broadleaf weed control, which we also applied with the first application of the year. The pre-emergent will block the development of the grassy weed root and prevent the weeds from growing. The broadleaf weed control will kill those weeds within two weeks of the treatment.
2. All lawns received a balanced nutritional treatment with a new proprietary, more organic product, called Arbor-Organics. This enhances the root structure, helping roots to grow stronger and thicker. It also minimizes surge growth and helps control the spread of fungi in the spring and summer.
3. **Gold** customers also received a **FREE** Outdoor Pest Control application.
4. For **Platinum** customers, who receive a treatment every month, this is application #3 and #4. We applied a standard lawn, ornamental tree and shrub treatment, an Outdoor Pest Control application, and a fungicide to prevent diseases. Aeration was done for warm-season grasses. We also did a walk-around of your property to determine any additional needs.

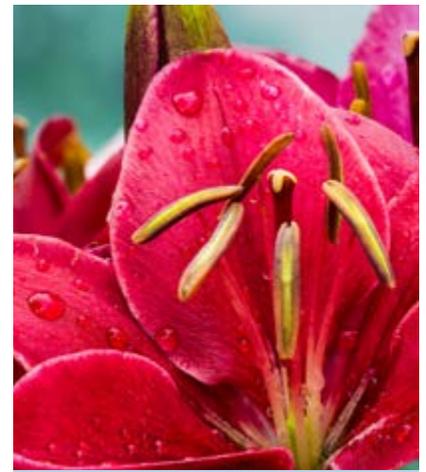
To your trees & shrubs:

(ONLY for Gold & Platinum Customers)

1. A fungicide was applied to control diseases like powdery mildew and leaf spot.
2. An insecticide was applied to help control aphids, lace bugs and leaf hoppers.
3. And finally, a foliar fertilizer was applied for spring color. This fertilizer is great for acid loving plants. This will help your trees and shrubs begin a healthy new life in the spring to keep them strong throughout the summer.

What you need to do until our next visit:

1. If you are going to mow your lawn during April, do not remove more than 1/3 of the grass blades at each cutting. You don't need to collect clippings, as they "recycle" back into the soil and provide some extra nutrients. It is safe to mow the same day we've applied our products.
2. Warm-season grasses such as **Bermuda** and **Zoysia** should be aerated in the spring to reduce soil compaction and increase the benefits of our applications. Call us for an estimate. If you have any questions concerning your lawn, trees, shrubs or our service, please call our Customer Service Department Monday – Friday, 8:00am – 4:00pm at **615.329.4151**. If you call after hours, please leave a message and your call will be returned the next business day.



Helpful Contact Information

MAIN NUMBER

Doug Cash
615.329.4151
doug@arbor-nomics.com

OFFICE HOURS

Mon - Fri, 8:00am - 4:00pm
If you call after hours, please leave a message and your call will be returned the next business day.

10 Spring & Daylight Saving Time Facts

- 1 The vernal equinox marks the first day of spring and is one of only two days of the year when there are 12 hours of daylight and 12 hours of darkness. (The other is the autumnal equinox, which marks the first day of fall.)
- 2 If you are at the equator on the first day of spring you will see the sun pass directly over head. This happens only twice a year: on the first day of spring and the first day of autumn.
- 3 Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. Most learn their songs within two months of hatching.
- 4 You may have heard that the first day of spring is the only day you can stand a raw egg on its end. It's not true. Balancing an egg on its end is possible any day of the year.
- 5 Arizona and Hawaii do not follow Daylight Saving Time. They already have enough sunlight (and hot weather), so it doesn't make sense to confuse the sleeping cycle of their residents.
- 6 Daylight Saving Time saves approximately 1% of electricity each day. That adds up to a lot of electricity when you consider the savings across our entire nation (excluding Arizona and Hawaii, of course).
- 7 The Great Sphinx of Giza, in Egypt, is oriented to point directly at the sunrise on the vernal equinox.
- 8 Daylight Saving Time starts and ends on different dates around the world.
- 9 Spring fever is a real phenomenon. The rise in temperature after winter comes to an end causes our blood vessels to dilate and increases blood flow to the surface of our skin, where heat is quickly lost from the body. People experience an energetic feeling when this happens.
- 10 Benjamin Franklin was the first to propose Daylight Saving Time, in 1784. It wasn't fully implemented until the end of the Second World War.

Source: <http://www.thriftymoment.com/blog/10-interesting-facts-about-spring-and-daylight-savings>



Spreading the Word Could Get You \$50!

Refer a neighbor or friend and get \$50! If anyone has commented on how nice your lawn looks, give them our contact information. If they sign up for service, you'll receive \$50 toward your account. Just ask them to mention your name when they sign up at our website or by calling us at **615.329.4151**.



Vani Hari

the questionable ingredients that go into the things we love to eat. What's even more impressive, she has persuaded massive, billion-dollar corporations to invite her into their headquarters to see what they can do about removing some not-so-friendly ingredients from our children's breakfast cereals, our own go-to treats, and more.

Here are just a few of her most notable accomplishments, taken directly from her website, www.foodbabe.com. I hope these accomplishments will inspire you to visit her site and learn more.

- **Chick-fil-A Victory:** After writing the piece, "Chick-fil-A or Chemical-fil A," in 2011, Chick-fil-A invited me to their headquarters to discuss my concerns. After speaking with representatives at their headquarters, Chick-fil-A took my concerns, and those shared by the Food Babe Army – through Facebook posts, calls to the headquarters, and boycotts of Chick-fil-A products – and decided to improve the quality of their food. In 2013, Chick-fil-A responded to the heat and announced they were removing artificial dyes, corn syrup, and TBHQ [a preservative] from their products. Chick-fil-A also announced a plan to use antibiotic-free chickens within the next 5 years – our #1 request to them!
- **Chipotle Discloses Its Ingredients:** After Chipotle refused to give me a full ingredient list for their menu items, I investigated the popular fast food chain. I found artificial ingredients, trans fats and GMOs [genetically modified organisms] lurking in their "food with integrity." The Food Babe Army responded by signing petitions, sharing the articles with their friends, and putting pressure on Chipotle to be transparent. In March 2013, as a result of our efforts, Chipotle published its full ingredient list on all menu items, including where Chipotle uses GMOs. Eventually, Chipotle also made the commitment to stop serving GMO food entirely.
- **Kraft Finally Budes:** It took over 380,000 signatures, countless TV interviews, and the loud voice of the Food Babe Army, but we were able to force one of the largest food companies in the country to change. After hand delivering our petition on April 1, 2013, which asked them to remove harmful dyes from their Mac and Cheese, Kraft responded by removing these harmful chemicals – which are linked to hyperactivity – from their children's products.

- **General Mills Removes GMOs in Cheerios:** In November 2012, GMO Inside started calling on consumers to put pressure on General Mills to make Cheerios without the use of genetically modified ingredients. The Food Babe Army played a huge role by signing the petition and making their voice heard. Over 25,000 people took part in the email actions and calls to the company. In January 2014, General Mills announced that they removed all GMOs from regular Cheerios by switching from GMO beet sugar to non-GMO cane sugar.

Now, as you can imagine, The Food Babe isn't without her share of controversy. There are many people, companies, and experts loudly criticizing her research and denouncing her claims about what is lurking in our food. My personal view is that any amateur detective aiming petitions at large corporations and industries and demanding change is going to be surrounded by a lot of controversy. No one who has made a really big difference in society has ever been free of conflict, right? Here's a nice quote from Robert Kennedy that about sums it up: "Progress is a nice word. But change is its motivator. And change has its enemies."



Robert Kennedy

So, go check out the Food Babe for yourself: www.foodbabe.com. Her website is filled with information that will probably make your toes curl when you learn what you might be eating every day. Friend her on Facebook and get updates on her latest projects and conquests as she takes on huge food giants, like Starbucks and Subway, and succeeds at forcing positive changes in their ingredients.

If you ask me, I think this is pretty impressive for a little blogger who started out simply wanting to share her story with family and friends and has ended up striking a true chord with a world of readers. Perhaps you'll even join her Army.

I'm going to stay tuned and read more about how food can heal our bodies and how ingredients that aren't even food can harm them. And you can bet that Vani will have me thinking about what might be in my favorite fast-food sandwich before I eat another one this week. So, let's raise a glass of kombucha and make a toast: Here's to a healthier 2015! Cheers!

