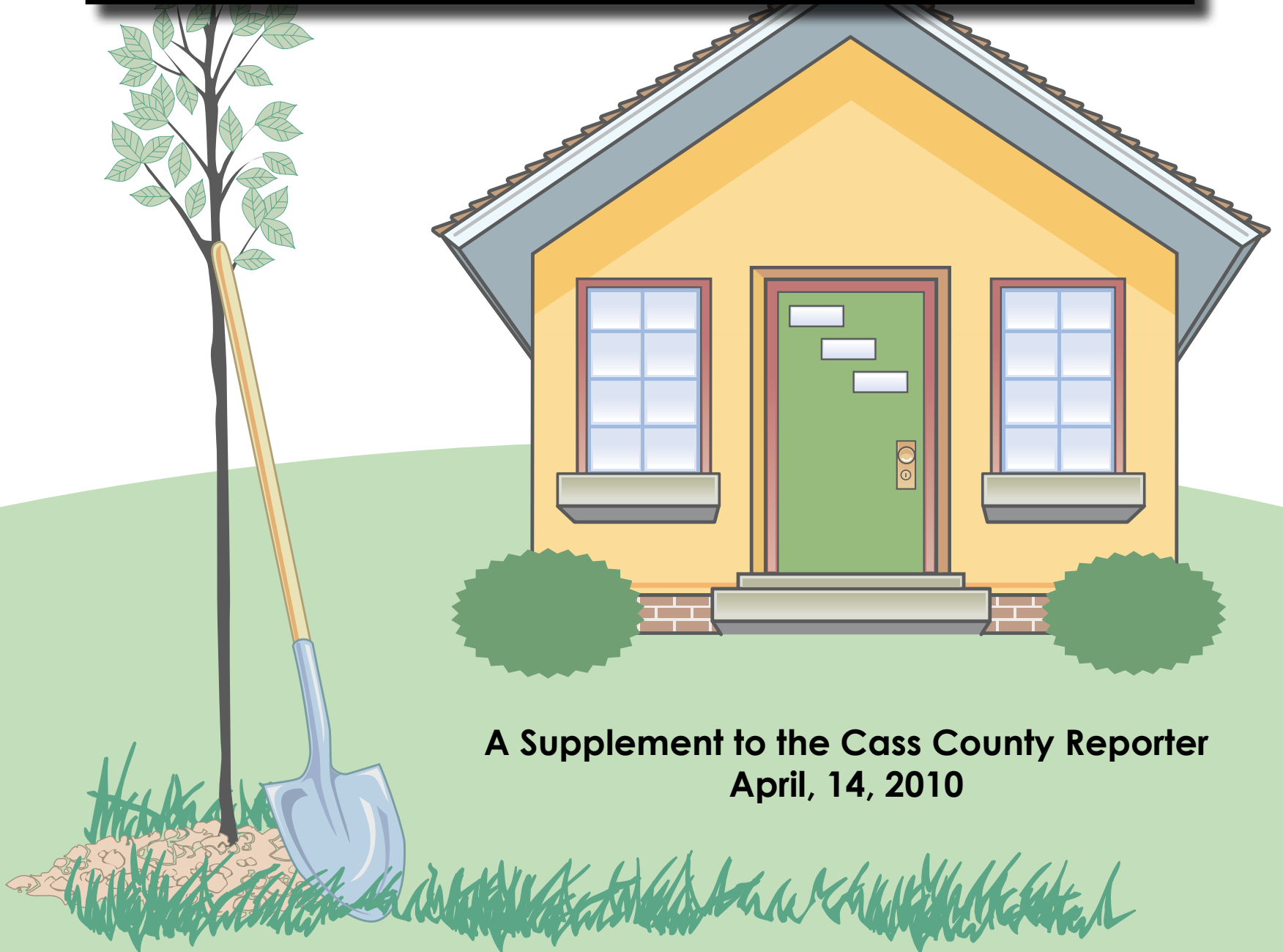


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Home, Lawn & Garden
IMPROVEMENT SECTION



A Supplement to the Cass County Reporter
April, 14, 2010

H & S Family Painting; primed to update your house or venue

By Sarah Sorvaag

Some people may feel overwhelmed when it comes to spring cleaning and updating one's home in preparation for summer guests. There are many locally owned businesses that provide services to meet the needs of a homeowner. One such business, H & S Family Painting of Casselton, is synonymous with two qualities, excellent workmanship and friendly service.

Harold Lemar Jr. and his wife, Susy, have owned and operated H & S Family Painting for the last 16 years. Just as the name suggests, the business is a family-run operation. Lemar's daughter, Cassi, provides a keen eye on the interior design end of the business as a part-time consultant. His brother Travis works full-time as well as Jason Prochnow. They have been with the company for 13 and 15 years respectively.

During the summer months, there are usually five full-time employees, including a few high school students, who contribute to the paint company's projects.

"Travis is Central Cass' wrestling coach so we usually hire a few wrestlers in the summer. They are very hard workers and do a very good job," Lemar stated.

According to Lemar, the average room takes about four hours to paint. He estimated that the trend most homeowners are following is to request dark, warm paint colors.

Lemar's advice to homeowners prior to the start of any remodeling project is to temporarily relocate irreplaceable items. Anything not covered by insurance should be moved out of a renovated room by the homeowner to ensure the preservation of the items, such as family heirlooms.

When it comes to booking an appointment, it is suggested that customers try to schedule a few weeks to a month in advance during the summer, due to the business' work load and depending on the task to be done.

H & S Family Painting accommodates home and business owners with a line of services including custom interior paint, staining, striping, wall-papering, suede, double roll, tape and texturing, and more.

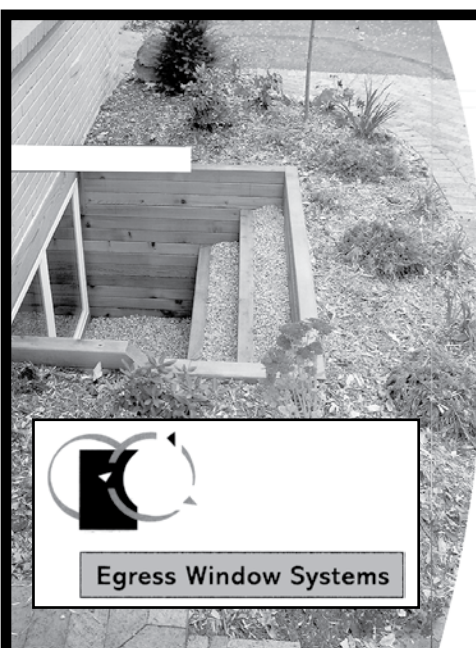
"I've gone into a house to fix a little hole in the ceiling with a patch and texture. No job is too small. I've been asked to paint just about everything. We guarantee 100 percent satisfaction. If for some reason there's the smallest issue on a wall that doesn't look right to the homeowner, it'll always bug them. We'd rather they call and we'll come out to fix it," Lemar stated.



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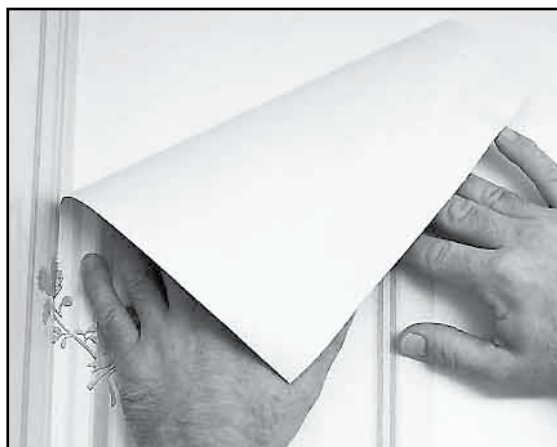
Craig Thompson - Owner, Over 17 Years Experience

Although H & S Family Painting is locally owned, the business does not only serve nearby towns. Over the years, Lemar has enhanced the beauty of homes and businesses as far away as Grand Forks, Detroit Lakes, Bismarck, and Rugby.

"We do new projects also. We painted the inside of the new Fargo Billiards. There's a mural on one wall that was painted by Travis. I like doing the older remodeling projects because it can be appreciated more when it's all done," Lemar explained.

Whether you're looking to fix up a home or business, H & S Family Painting will meet and exceed your expectations.

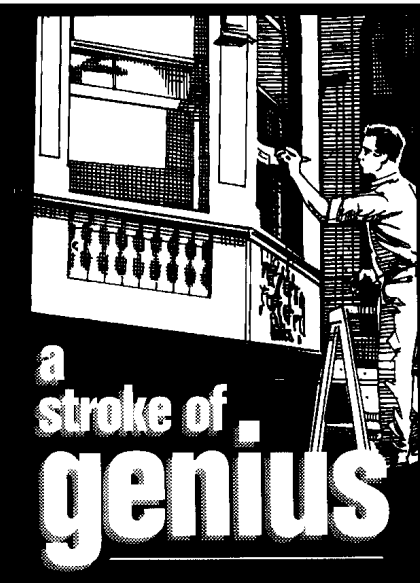
If you have questions about H & S Family Painting or would like to book an appointment, please call 701-347-5228.



Wallpapering is among the many services available for patrons of H & S Family Painting.



H & S Family Painting employees consult with homeowners to ensure the highest quality of service is provided and customer satisfaction is met.



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Summertime food safety tips

In the summertime, foods can quickly reach the "Danger Zone" (the temperature between 40F and 140F where bacteria multiply rapidly), so it's more important than ever to be sure foods are handled properly.

The refrigerator should be maintaining 40F or slightly lower and the freezer should be set for zero degrees. They may need to be put on a lower temperature setting in the summertime.

Selecting foods

When shopping for raw and cooked foods in the summertime, be sure the store is displaying food at the proper temperature. Never choose packages which are torn or leaking.

Cross contamination

Put raw meat and poultry in a plastic bag so juices won't cross contaminate cooked foods or those eaten raw, such as vegetables or fruit. When ordering food from a deli, be sure the clerk observes good sanitary practices. Don't buy cooked items touching raw items in the display case.

Taking food home

Put refrigerated or frozen items in the shopping cart immediately before heading for the checkout counter. Ask the bagger to put raw foods in bags separate from cooked foods and produce. When loading the car, keep perishable items inside the air conditioned car -- not

in the trunk.

Drive immediately home from the grocery store. If you live farther away than 30 minutes, bring a cooler with ice from home and place perishables in it.

Storage of foods

Unload perishable foods from the car first and immediately refrigerate or freeze them. Assuming the store wrap on meat and poultry is clean and not torn, it's best to leave a product in its original packaging to keep from introducing bacteria.

For long-term freezer storage (longer than 2 to 3 months), overwrap store packaging with clean plastic for added protection from freezer burn.

Wash hands before and after handling raw meat and poultry. Handle perishable food quickly and get it into the oven or the refrigerator as soon as possible. When refrigerating or freezing, don't stack foods -- the cold air needs to reach the center to chill them fast.

Preparation

Be sure all work surfaces and utensils are clean before preparing food. Remember, bacteria can be present on any surface or food as

well as on people's hands. To sanitize cutting boards, counters and sinks, first wash with hot, soapy water. Make a solution of one teaspoon of chlorine bleach to one quart of water and let the solution set on surfaces for a few minutes. Then rinse with clear water and pat dry.

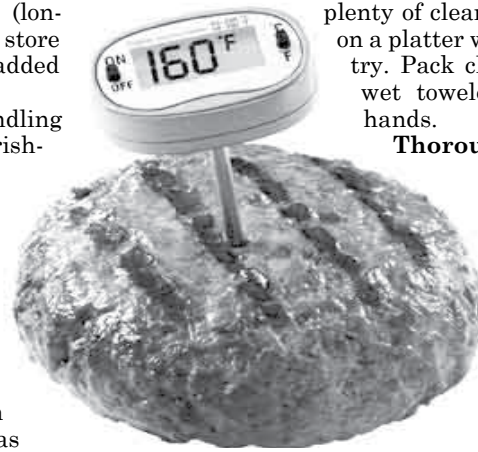
Marinate meat and poultry in a covered dish in the refrigerator unless cooking them within the hour. Never partially cook food to finish later.

When picnicking or cooking outdoors, take plenty of clean utensils. Never put cooked food on a platter which contained raw meat or poultry. Pack clean, soapy sponges, clothes and wet towelettes for cleaning surfaces and hands.

Thorough cooking

Cook ground meats to 160F; Beef, veal and lamb steaks, roasts and chops may be cooked to 145F. All cuts of pork to 160F. Whole poultry and thighs should reach 180F; breast 165F. Keep hot food hot!

Source: Food Safety & Consumer Education Office (USDA)



Companion planting suggestions

In the following listing, companions refer to those vegetables that, when planted together, are mutually beneficial. Allies are the herbs and flowers that provide protection or improve the growth of certain vegetables. Enemies are other vegetables, herbs and flowers that can cause detrimental effects when planted near certain vegetables.

This listing explains in detail the exact effects of the allies and enemies, and names the companions.

Asparagus

Companions: Basil, parsley, tomato.
Ally: Pot marigold deters beetles.

Beans

Companions: Beet (to bush beans only), cabbage family, carrot, celery, chard, corn, cucumber, eggplant, pea, potatoes, radish, strawberry.
Enemies: Garlic, onion and shallot stunt the growth of beans.

Allies: Marigold deters Mexican bean beetles.
Nasturtium and rosemary deter bean beetles.

Summer savory deters bean beetles, improves growth and flavor.

Beets

Companions: Bush beans, cabbage family, lettuce, onion

Ally: Garlic improves growth and flavor.

Enemies: Pole beans and beets stunt each other's growth.

Cabbage family

(Broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, kale and kohlrabi)

Companions: Beet, celery, chard, cucumber, lettuce, onion, potato, spinach.

Allies: Chamomile and garlic improve growth and flavor.

Catnip, hyssop, rosemary and sage deter cabbage moth.

Dill improves growth and health.

Mint deters cabbage moth and ants, improves health and flavor.

Nasturtium deters bugs, beetles, aphids.

Southernwood deters cabbage moth, improves growth and flavor.

Tansy deters cabbageworm and cutworm.

Thyme deters cabbageworm.

Enemies: Kohlrabi and tomato stunt each other's growth.

Carrots

Companions: Bean, lettuce, onion, pea, pepper, radish, tomato

Allies: Chives improve growth and flavor.

Rosemary and sage deter carrot fly.

Enemy: Dill retards growth.

Celery

Companions: Bean, cabbage family and tomato

Allies: Chives and garlic deter aphids.
Nasturtium deters bugs and aphids.

Chard

Companions: Bean, cabbage family and onion

Corn

Companions: Bean, cucumber, melon, parsley, pea, potato, pumpkin, squash
Enemies: Tomatoes and corn are attacked by the same worm.

Allies: Odorless marigold and white geranium deter Japanese beetles.

Pigweed raises nutrients from the subsoil to where the corn can reach them.

Cucumber

Companions: Bean, cabbage family, corn, pea, radish, tomato

Enemy: Sage is generally injurious to cucumber.

Allies: Marigold deters beetles.

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Nasturtium deters aphids, beetles and bugs, improves growth and flavor.

Oregano deters pests in general.

Tansy deters ants, beetles, bugs, flying insects.

Eggplant

Companions: Bean, pepper

Allies: Marigold deters nematodes.

Lettuce

Companions: Beet, cabbage family, carrot, onion, radish, strawberry

Allies: Chives and garlic deter aphids.

Melons

Companions: Corn, pumpkin, radish, squash

Allies: Marigold deters beetles.

Nasturtium deters bugs and beetles.

Oregano provides general pest protection

Onions

Companions: Beet, cabbage family, carrot, chard, lettuce, pepper, strawberry, tomato

Enemies: Onions stunt bean, pea.

Allies: Chamomile and summer savory improve growth and flavor.

Pigweed raises nutrients from subsoil and makes them available to the onions.

Soil thistle improves growth and health.

Parsley

Companions: Asparagus, corn, tomato

Peas

Companions: Bean, carrot, corn, cucumber, radish, turnip

Allies: Chives deter aphids.

Mint improves health and flavor.

Enemies: Garlic and onion stunt the growth of peas.

Peppers

Companions: Carrot, eggplant, onion and tomato

Potatoes

Companions: Beans, cabbage family, corn, eggplant, pea

Enemies: Tomatoes and potatoes are attacked by the same blight.

Allies: Horseradish, planted at the corners of the potato patch, provides general protection.

Marigold deters beetles.

Pumpkins

Companions: Corn, melon, squash

Allies: Marigold deters beetles.

Nasturtium deters bugs, beetles.

Oregano provides general pest protection.

Radishes

Companions: Bean, carrot, cucumber, lettuce, melon, pea

Allies: Chervil and nasturtium improve growth and flavor.

Enemy: Hyssop

Spinach

Companions: Cabbage family, strawberry

Squash

Companions: Corn, melon, pumpkin

Allies: Borage deters worms, improves growth and flavor.

Marigold deters beetles.

Nasturtium deters squash bugs and beetles.

Oregano provides general pest protection.

Strawberry

Companions: Bean, lettuce, onion, spinach, thyme

Enemy: Cabbage

Allies: Borage strengthens resistance to insects and disease.

Thyme, as a border, deters worms.

Tomatoes

Companions: Asparagus, carrot, celery, cucumber, onion, parsley, pepper

Enemies: Corn and tomato are attacked by the same worm.

Mature dill retards tomato growth.

Kohlrabi stunts tomato growth.

Potatoes and tomatoes are attacked by the same blight.

Allies: Basil repels flies and mosquitoes, improves growth and flavor.

Bee balm, chives and mint improve health and flavor.

Borage deters tomato worm, improves growth and flavor.

Dill, until mature, improves growth and health. Once mature, it stunts tomato growth.

Marigold deters nematodes.

Pot marigold deters tomato worm and general garden pests,

Turnips

Companion: Pea

Article courtesy of Todd Weinmann, Extension Horticulturist & Master Gardener Coordinator.



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Prairie Fare: Right-Size Your Portions

by Julie Garden-Robinson, Nutrition Specialist, NDSU Extension Service

Think Spring With More Green Vegetables

At this time of year, I start thinking in shades of green. I wait for the time when leaves, grass and outdoor plants burst into color.

I don't think I'm alone in wishing for some green foliage at this time of the year.

I realize that I have to engage some patience before spring officially arrives. So, I'm going to begin by looking at my plate. I can add more leafy greens and eat them, too. Just like leaves and grass, green vegetables are colored by the plant pigment chlorophyll.

Adding green veggies to your plate is like adding a touch of spring.

Did you just add leafy greens to your grocery list? If not, maybe I need to be more convincing about the value of green veggies.

People tend to shortchange themselves on dark green vegetables, along with orange vegetables. While orange vegetables, such as carrots, get most of the credit for promoting and maintaining good eyesight, green vegetables should get the spotlight.

For example, spinach contains a natural plant chemical, lutein, which works with another natural plant chemical, zeaxanthin, to keep eyes healthy. Lutein also is found in green peppers, peas, cucumbers and celery. Getting enough lutein and zeaxanthin may help reduce our risk of age-related macular degeneration, a leading cause of blindness.

Cabbage is another green vegetable group with health-promoting properties. To the ancient Greeks, cabbage was known as a medicinal food.

Cruciferous vegetables, such as cabbage, broccoli

and brussels sprouts, contain isothiocyanates, which are sulfur-containing compounds. These compounds are responsible for some of the health benefits.

In a study of more than 18,000 Chinese males ranging in age from 45 to 64, eating more cruciferous vegetables was associated with a lower risk of lung cancer. Cruciferous vegetables also are linked with reducing the risk of prostate and stomach cancer.

Besides thinking of cabbage as a medicinal food, the ancient Greeks also had a saying, "Cabbage twice cooked is death."

That's a good reminder to prepare cabbage and its relatives properly. Cabbage has a mild flavor in the raw state. It becomes more aromatic during long cooking because it contains sulfur compounds that form hydrogen sulfide gas during cooking.

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Have you smelled a rotten egg? Overcooked cabbage releases the same compound. Cooking cabbage too long also can leave you with an olive green side dish. The color reaction occurs when natural acids in cabbage react with chlorophyll, the green pigment in cabbage.

Cook cabbage quickly in as little water as possible. Leave the cooking pot at least partially uncovered to allow the sulfur compounds to escape.

Cabbage remains an economical menu item. Cabbage is a good source of vitamin C and is low in calories at 15 calories per half cup. It also can be fermented to form sauerkraut to lengthen its shelf life while preserving the vitamin C it contains. Sauerkraut, however, is much higher in sodium.

At the store, look for solid, compact cabbages with

no signs of wilting, unusual colors or aromas. Use it as soon as possible after purchase in either fresh or cooked form. Cabbage loses flavor the longer it's stored.

When preparing cabbage, remove the outside leaves and cut out the core. Wash well under running water, place it in a plastic bag or wrap it in plastic and place it in a vegetable crisper.

Here's a tasty twist on coleslaw. The recipe is from the Maryland Food Supplement Nutrition Education Program.

Asian Coleslaw

1 pound shredded cabbage or 16-ounce bag of coleslaw mix

1 (11-ounce) can mandarin oranges, drained

1/2 c. peanuts (optional)

Dressing ingredients:

2/3 c. light Italian dressing

2 Tbsp. low-sodium soy sauce

Mix together the cabbage or coleslaw mix, nuts and mandarin oranges. In a separate bowl, stir together the Italian dressing and soy sauce. Add dressing to the coleslaw mixture and toss well.

Makes 12 servings of 1/2 cup each. Each serving has 45 calories, 2.5 grams (g) of fat, 6 g of carbohydrate, 1 g of fiber and 40 percent of the daily recommendation for vitamin C.

(Julie Garden-Robinson, Ph.D., L.R.D., is a North Dakota State University Extension Service food and nutrition specialist and associate professor in the Department of Health, Nutrition and Exercise Sciences.)



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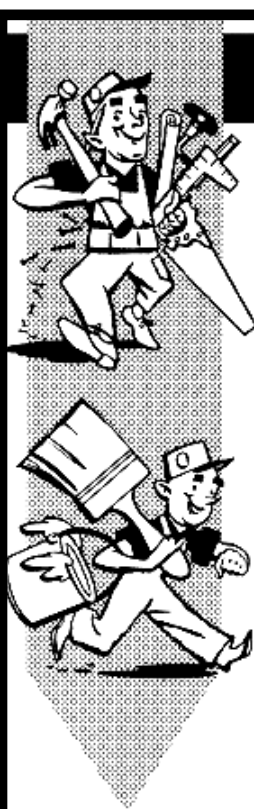
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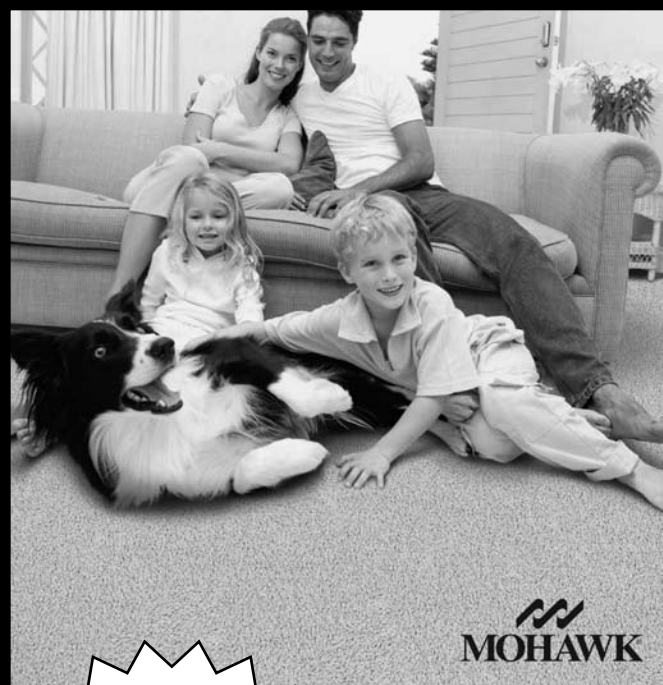
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Outdoor News and Views

by Doug Leier - ND Game & Fish Department

I'll never be mistaken for a master gardener, and it really doesn't bother me. Beyond borrowing the neighbor's tiller and breaking up the ground each spring, I lose interest in the garden even before the first spuds are planted.

So it comes as no surprise that when a stray rabbit is clipping the greens, I wonder more about whether my son's trapping will produce another grilled cotton-tail dinner than if we'll have any lettuce or peas left. But I also fully understand the pride many gardeners take in their summer produce, as time is measured in weeks and months rather than hours.

While gardeners toil in the soil in anticipation of garden fresh fare, from the first radish to the last tomato and everything in between, I hear grumblings of the damage caused by deer and other wild garden thieves.

There are ways to minimize these problems. I won't say cure, or end, however, as dealing with wildlife involves few guarantees. In early spring as you plan your garden, take several factors into account.

First, if your goal is to protect your garden at all costs, an 8-foot-high, completely enclosed, mesh or chicken wire fence is the best deterrent. A less costly alternative is dividing your garden into smaller subplots with four-strand smooth-wire fence. Deer can easily jump over such a barrier, but they're less likely to take the leap if they'll wind up in a small enclosure.

The list of homemade or commercial deer repellents is long and includes things like rotten eggs, human hair, soap-on-a-rope, blood meal and many others. Some even suggest planting desirable vegetables such as squash, beans and peas in with food deer dislike.

Keep in mind, deer have plenty of time to investigate your garden, and these methods are seldom completely effective.

Deer don't just nibble on garden fodder. They eat young trees, flowers and fruit as well. One way to deter deer from eating things around your yard, besides putting up barriers, is to plant varieties that deer do not find desirable.

It's much easier and more efficient to plan as your garden is established and before the first greens emerge, instead of after the deer and other animals set their sights on the fruits of your labor.

The following plant lists are divided into categories based on studies of deer preference to aide in reducing depredation on your trees, bushes and garden. But don't forget, I'm not saying anything other than an exclusionary fence will be strongly effective.

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Trees and Shrubs

Deer generally prefer to eat: apple, (fruit trees in general), basswood (Linden), birch, bur oak, chokecherry, cotoneaster, dogwood, english ivy, green ash, hackberry, hydrangia, larch, maple, rhododendron, sandberry, serviceberry, siberian crab, viburnum, weigla, white cedar (arborvitae), white pine, willows and yews.

Deer sometimes eat: Amur maple, azalea, black cherry, boxelder, bush honeysuckle, cottonwood, elm, forsythia, hazelnut, high-bush cranberry, ironwood, mountain ash, oak, rose, scotch pine, spirea, sumac, white pine, wild plum or fir.

Deer generally dislike: barberry, buffaloberry, currant (gooseberry), honeysuckle, juniper, lilac, mountain laurel, nanking cherry, nannyberry, ponderosa pine, potentilla, raspberry, russian olive, St. John's wort, spruce, western yellow pine, Western red cedar and wormwood (Artemisia).

Perennials

Deer generally prefer to eat: crocus, day-lily, hawkweed, hosta, hyacinth, iris, lily,

meadow rue, phlox, rose, sedum, strawberry and tulip.

Deer generally dislike: Achillea (yarrow), ajuga, allium, anemone, bittersweet, bleeding heart, buttercup, clematis, columbine, cinquefoil, coneflower, corel bell, coreopsis, cransbill, daffodil, daisy, ferns, feverfew, flax, forget-me-not, gayfeather, goatsbeard, goldenrod, Joe-Pye weed, lamb's ear, lavender, lily-of-the-valley, lupine, monkshood, pachysandra, penstemon, pennyroyal, peony, poppy, primrose, ribongrass, rosemary, sage, snow-on-the-mountain, speedwell, tansy, thistle, toadflax and yucca.

Annuals and Biennials

Deer generally prefer to eat: hollyhock, impatiens, pansy, sunflower and violet.

Deer generally dislike: Alyssum, begonia, dahlia, dusty miller, flax, forget-me-not, four-o'clock, foxglove, geranium, heliotrope, lobelia, marigold, mint, morning glory, mullein, parsley, periwinkle, polygonum, primula, salvia, snapdragon, verbena and zinnia.



Photo Courtesy of NDGF

If your goal is to protect your garden at all costs, an 8-foot-high, completely enclosed, mesh or chicken wire fence is the best deterrent.

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Carpet Connection provides top notch floor cleaning, restoration

By Amanda Gades

Carpet Connection's Doug Krall loves what he does. As the operator of a floor cleaning and restoration business, he knows that customer service is the most important feature. In fact, for some people they have been customers for the past 15 years he has been in business.

"Customer service is huge," said Krall, whose business is located in Valley City. "Along with making sure that my employees are trained, the number one thing that I want them to know is that the customers are the top priority. We are clean, polite and well-kept. Customers have given us great feedback about the customer service given."

About 75 percent of the work that Carpet Connection does is floor cleaning and that includes any type of floor such as carpets, linoleum, tile and ceramic.

Requests for service are typically completed

within a week or two if there is no hurry. Sometimes, the company is booked full for up to three weeks, but if they are willing to accommodate if a major event is coming up.

"Sometimes we have customers that call and they have a graduation in three days and they need their carpet cleaned," Krall said. "We make sure to fit that in."

In fact, during their busiest times of the floor cleaning year employees may work 7 a.m. to 9 p.m.

While Carpet Connections is based out of Valley City, the company does work throughout the southeast portion of the state, including areas as far as Jamestown to the South Dakota border.

Krall recalls some of the strong connections that he has made in rural Cass County over the years.

"A customer will call in Arthur and say Doug, we're ready for you," he described. "And, we'll end

up cleaning floors for three to five different homes. We love that."

Ideally, carpets should be cleaned at least one time per year, depending on the traffic for the flooring to ensure the long-term durability of the carpet. However, not all residents may know this.

"We'll let the customers know exactly how the process will work," said Krall.

All cleanings are done with a hot water extraction method. The procedure begins with a room inspection, then a pre-vacuum, pre-conditioner, hot water extraction, a rinsing agent and dry passing.

Scotchguard or Dupont Teflon can be applied as a fabric protector for the final touch.

On average, the carpet takes about four to six hours to dry according to Krall.

Specialty service: Fire and flood damage restoration

Carpet Connections also does specialty work re-



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lated to fire and flood damage.

In fact, the company has earned certification from the Institute of Inspection, Cleaning and Restoration Certification (IICRC).

We have the know-how and the equipment to make a home that has soot in their vents or other damage cleaned like new again, described Krall.

Flooding in the region has also resulted in the companies work to restore flood damaged home.

In 2009, major flood meant that 50-60 homes were cleaned by the company.

"In a flood or fire restoration situation, the customers never wants to see you," stated Krall. "It's sometimes hard to convince a customer that everything will be okay. Sometimes the resident ends up to stay in a

hotel while the cleaning is done, depending on the situation. We are able to restore the house back so that it is better than before. Customers will tell us, 'I can't believe it.' That's the cool part. To see the final product."

He further detailed that sometimes when the company goes in a customer's basement, it may have a foot or water or more sitting in it.

For more information

If you have questions about Carpet Connection or would like to book a cleaning, contact Doug at 1-888-845-5565.



Doug Krall, owner and operator of Carpet Connection suggests that carpets be professionally cleaned at least one time per year, depending on the traffic on the flooring.

City of Casselton CLEAN UP WEEK

Clean Up Week will be May 3rd - May 8th, 2010

The landfill will be open from 12 Noon to 9 p.m. May 3 to May 7.

Saturday, May 8 the landfill will be open from 9 a.m. to 6 p.m.

THIS IS FOR THE CITY OF CASSELTON RESIDENTS ONLY

Residents will be allowed to bring items to the landfill that can be accepted free of charge.

Only residential trash will be collected. **No commercial waste.**

All Clean-Up trash will be collected on the **regular garbage pick up day only**. All trees must be bundled and tied in 4-foot lengths; logs must be no more than 4' long and 10" across. Brush will not be picked up if not properly bundled. Place trash **separating all items, away from the garbage**. Items to be picked up are wood, metal, appliances, **LIMIT OF 2 APPLIANCES PER HOUSEHOLD** and tires. **No leaves, grass, porcelain or concrete will be picked up.**

These items must be hauled to the landfill.

The Public Works Department asks residents to not put any pesticides, weed killers, or any other hazardous waste with your garbage. Computers, TV's, long florescent light bulbs and dried paint in kitty litter/floor dry and any other hazardous waste can be taken to the City of Fargo Household Hazardous Waste facility, located at 606 43-1/2 St. N. Fargo ND. (281-8915) If using the hazardous waste facility, bring your Casselton water bill with. There will be a charge for items that contain mercury.



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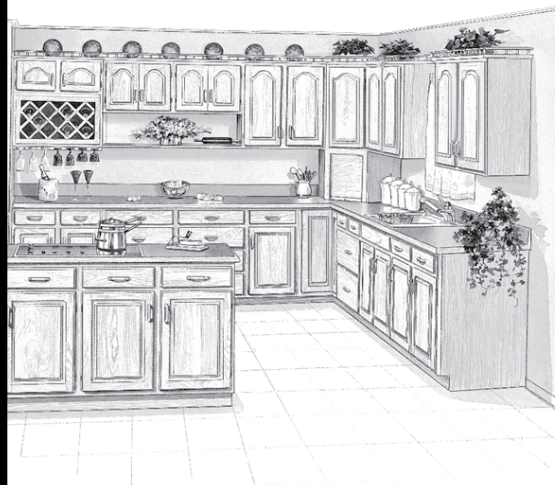
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Belling Tree Service, ready to spruce up your yard

By Sarah Sorvaag

Spring is the time to start considering your yard care needs. For many people yard work consists of raking, mowing, planting, and more. When it comes to large-scale projects such as stump removal and tree trimming, it is better to leave those tasks for professionals due to safety concerns and overall efficiency. One local business that specializes in tree care is Belling Tree Service of Erie.

Since 1983, Belling Tree Service has offered a variety of services including tree trimming, removing dangerous limbs, stump removal, shelter belt cleaning, and more.

The business is not subject to travel limitations but generally serves customers within a 100 to 150 mile radius of Erie depending on the

equipment needed.

"Basically, we go anywhere from LaMoure to Larimore," Gene Belling said jokingly.

The only service not currently offered by this company is tree-spading.

After first calling Belling Tree Service, a representative of the company will normally visit the property, depending on the project, to examine the needed equipment and provide the customer with a cost estimate. Appointments can sometimes be made for the following day. There are only a few occasions when Belling Tree Service may wait a week or two for the physical work until additional appointments in the same region can be made, which allows fewer times employees need to transport large equipment to a distant location.

No matter the project at hand, Belling Tree Service provides quality service.

"We take pride in our clean up. We do a professional job and we don't want to get paid until the job is done to customer satisfaction. With our level of expertise, we do some of the most difficult projects that others may refuse to do," Belling stated.

If you are in need of sprucing up your residential, commercial, or farm property, Belling Tree Service would be an excellent selection.

For more information about Belling Tree Service or to set up a consultation, please call 701-668-2414.

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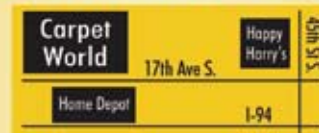
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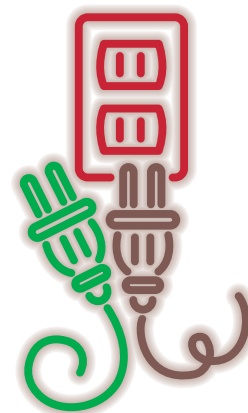
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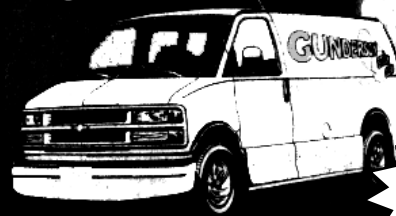
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Spring Lawn Care

Is your lawn "hurting" this spring from snow mold, dog damage or other problems. Now is the time to do something about it. Dead spots or thin areas in your lawn can be repaired by replanting specific areas or inter seeding the whole lawn. Bluegrass seed should be used when correcting these problems. If these areas are shady, creeping red fescue would give you better results.

When replanting the dead spots or inter seeding your lawn, just work the soil slightly with a garden rake. spread the grass seed over the area and rake into the soil gently. Be careful not to damage the existing grass if your inter seeding. If thick thatch creates a seeding problem, use a garden rake to remove some of it. Thatch will serve as a barrier against

moisture evaporation and as a mulch for protecting the new grass seedlings. The replanted areas must be kept moist until the grass seed has germinated and become established.

Damaged grass will need fertilizer to get it growing. When you fertilize your lawn don't apply more than one pound of actual nitrogen per 1000 square feet at one time. This would be five pounds of 20-10-5 fertilizer or three pounds of 34-0-0 fertilizer. The three numbers indicate the percentage of nitrogen, phosphorous and potassium. Lawn fertilizer should normally have at least 20 percent nitrogen. Don't fertilize your lawn in mid-summer. Use a fertilizer spreader to apply fertilizer. You'll be much happier with the results. Don't apply fertil-

izer to damp grass. Apply to dry grass and then water it in thoroughly. This washes the fertilizer off the leaf blades without burning them. Areas which you have replanted or inter seeded should not be fertilized until early fall. Fertilizer tends to damage germinate grass seeds and young grass seedlings. One last thing, don't use lime or ashes on your lawn. It will make the soil more alkaline (salty).

Gardening Basics

1. Sources of Information

- Extension Bulletins
- Gardening Books (usually not written for our area)
- Seed Catalogs (nice pictures but be wary of claims made)

2. Selecting a Site

- Full sun
 - Most vegetables require full sun
 - Leafy vegetables will do the best in partial shade
- Loose, fertile, well drained soil
 - Sandy loam soil is preferred
 - Close to home
- Near a water supply
- Stay away from roots and shade of trees and shrubs

3. Site Preparation

- New Site
 - Remove sod or kill grass with a herbicide
 - Control weeds especially perennials (quackgrass & thistles)

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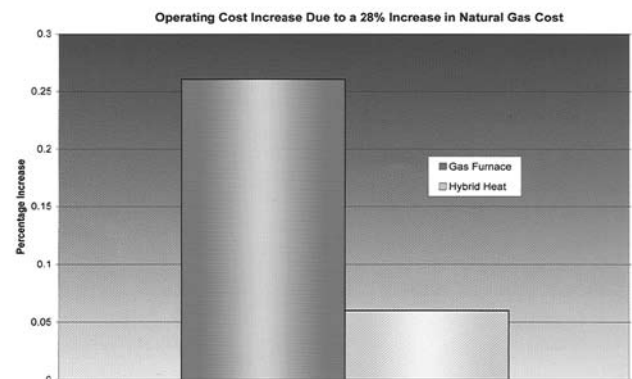
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- Soil Preparation
- a. Add organic matter, well rotted manure or compost (no sand)
- 4 bushels of compost per 100 sq. ft. of garden area
- b. Raised beds
- earlier warm up in the spring and quicker to dry out
- c. Container gardening can be used if space is unavailable
- d. Test soil if desired
- Normal fertilizer recommendation without testing
- 2 lbs. 5-10-5 per 100 sq. ft. of garden area
- 5 lbs. well rotted manure per 100 sq. ft.
- Don't add lime
- Don't use a "Weed & Feed" fertilizer in the garden
- e. Roto-til or spade to the depth of 4-6"
- f. Working wet, clay soil will give you brick-hard chunks

4. Planning the garden

- Draw a plan of the garden
- a. Lay out rows lengthwise in garden to make roto-tilling easier
- b. Wide row beds work good with certain crops (carrots, beets, etc)
- c. Plant all perennials in a corner or on an end
- d. Put vine crops on the edge or next to corn
- e. Plant Sweet Corn in a block rather than long rows
- f. Put the tall growing vegies on the north side (prevents shading)
- g. Save space for planting warm season crops
- h. Avoid planting a vegetable in the same spot as last year
- i. Interplant when possible (carrots & radishes, radishes & tomatoes)
- j. Successive plantings of short season crops
- k. Companion planting
- Purchasing seeds
- a. Selecting the right variety
- b. Bargain priced seeds
- c. Seeds kept from previous years

5. Planting The Garden

- When? Not until soil is dry enough to work without clumping up
- Times for planting vegetables
- a. Hardy vegetables (tolerate freezing temperatures) - April 20th
- b. Half Hardy vegetables (tolerate light frost) - May 10th
- c. Tender vegetables (past danger of last killing frost) - May 25
- Planting techniques
- a. Seed bed preparation
- b. Keep map of varieties planted
- c. Planting
- Depth of planting (on heavy, clay soil; plant shallow)
- Small seeds vs. larger seeds
- Treated seed
- Watering
- Transplants
- a. Soil Mixes
- b. When to start?
- c. Artificial light vs. natural light
- Transplanting into the garden
- a. Hardening off plants
- b. Best in late afternoon, or on cloudy days with little wind
- c. Disturb roots as little as possible
- d. Don't cover plant leaves; remove flowers and fruits
- e. Starter Fertilizer
- f. Insect protection
- Using clear plastic mulch
- a. Advantages
- b. Putting down plastic
- c. Planting transplants (muskmelons & watermelons)

6. Thinning and Weeding

- Thinning best done when weeding first time
- a. Crowded plants vs. thinned plants
- Weeding the garden
- a. Remove weeds when small
- b. Weed in the heat of the day (pick up & dispose of purslane)
- c. Don't water on the same day as you weed
- d. Deep hoeing can damage plant roots
- e. Organic mulches can be used for weed control (slugs love mulch)
- f. Don't use herbicides in the home gar-

den

7. Watering

- Important after planting & when flowers and fruits are forming
- Need 1-2" per week during dry periods (65-130 gal. per 100 sq. ft.)
- Soil should be wetted to a depth of 6-12" each time you water
- Drip Irrigation and Soakers vs. Overhead Sprinklers
- a. Save water
- b. Less water on the leaves; reduces chances of a foliar disease
- c. Foliage should never remain wet overnight

8. Organic Mulches

- 2-4" layer should be adequate
- Conserves soil moisture, keep soil cool-

er, and reduce water needs

- Blocks sun from germinating weed seeds
- Helps reduce soil compaction
- Includes: chopped leaves, peat moss, grass clippings, wood chips, compost

9. Pests

- Many insects are beneficial
- Identify the pest before attempting control
- Rabbits
- a. Exclusion (fencing etc)
- b. Repellents (dried blood, moth balls, mixture of red pepper, glue & water)

Article courtesy of the Cass County Extension Office.



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701-683-4472 800-499-4472