

Get Set Gazette

News for Get Set, Inc. Customers



Intelligent Pest Management®

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“Biting back at mosquitoes”

adapted from *The Best Control*, by Stephen L. Tvedten

A mosquito's brain is the size of the period at the end of this sentence. Yet it has outwitted man's controls since the dawn of recorded history.

Mosquitoes are found from the tropics to the tundra. The female is the bloodsucker, piercing the skin with her sharp proboscis and using a pump in her head like a turkey baster to suck the serum in. The amount of blood that makes a mosquito's meal is minuscule: less than one-hundredth of a teaspoon.

Why do we itch? The culprit, a chemical agent that keeps blood from clotting, is in the insect's saliva. Some people react seriously to it; domestic animals attacked by large numbers of mosquitoes can die from the blood loss and anaphylactic shock.

Mosquitoes also harm hundreds of millions of people and animals worldwide by transmitting pathogenic organisms that cause disease and death, especially in tropical areas. Malaria, yellow fever, dengue and many other diseases are all transmitted by mosquito bites.

Some people are more attractive to mosquitoes than others. The tiny insects love dark clothing, carbon dioxide and sweat. Prime

feeding times are late dusk and early evening.

What to do: Use these preventive measures before resorting to synthetic pesticides.

- Get rid of stagnant or standing water and you get rid of the mosquitoes. Community effort is needed for maximum effectiveness.

- Keep mosquitoes out: Use mesh screens on windows and doors. Caulk and maintain weather stripping.

- Use sodium vapor lamps or yellow, nonattracting light bulbs at outside entrances.

- Spray with diluted liquid garlic concentrate (available as a pest control product, or you can make your own: Puree 6 garlic cloves and a few hot peppers with 2 cups of water in a blender, strain, then add a few drops of liquid soap). Controls mosquitoes up to four weeks.

- Lightly douse breeding grounds with corn starch or light weight oil.

- Sit in the breeze or turn on fans to blow them away.

- Repel mosquitoes by applying Noxema, citronella oil or scented geraniums on clothing or exposed areas, or burn citronella candles. Apply vinegar or soybean oil to the skin. (Caution: Test anything you want to put on your skin by applying it to a small area first.)

- For mosquito bite relief, soak the affected area in Epsom salt water or apply a paste of salt mixed into lard or cold cream. Also try meat tenderizer, a moist aspirin or a slice of raw potato or onion to neutralize the reaction.

Steve Tvedten's Web site, www.getipm.com, contains more than 2,000 nontoxic pest control

solutions.

Steve's new book entitled: *The Bug Stops Here* is available free of charge at:

<http://www.thebestcontrol.com>.

Please let us know if any schools in your districts have a pest problem that needs to be addressed this Summer while the children are on break...and congratulations to the Grads!



I thought you might like to read an article dated: May 25, 2002, entitled: **Dandelions are dandy way to add nutritional boost to foods:**

For most of us, days spent picking "puffball" dandelions and blowing on the dry, silky seeds to make a wish are long past. As adults, we're far more likely to view these golden weeds as a problem to be eradicated than as a source of good luck.

But the dandelion deserves another look. As many cultures around the world have long known, the dandelion is much more than a weed - it's an edible plant with uncommon nutritional and medicinal value.

The dandelion's name comes from the French term "dent-de-lion," meaning "lion's tooth" - so named for its dark-green leaves with pointy, toothlike edges. Those bitter-tasting leaves are a staple in French country kitchens.

In Russia, the plant is known as "life elixir," and its leaves are traditionally steamed and served with sour cream and thinly sliced red onion. Italians like the leaves chopped and sauteed with garlic and olive oil. The English boil them and then toss them with vinegar and salt.

Almost every part of the dandelion can be consumed, including the blossoms and roots. Only the dried-out puffball of seeds is inedible; that part seems to have been created purely for fun, and of course, for the plant's procreation.

Since ancient times the plant has been recognized for its medicinal qualities. Tenth-century Arab physicians called it taraxacon, meaning "a remedy for disorders."

It has an especially potent effect on the solar plexus: The liver resides in this area of the body, and one of the dandelion's main constituents, choline, is essential to liver function.

The stomach and gallbladder can also be strengthened by regular consumption of dandelion.

Bitter greens, such as dandelion and chicory, release hydrochloric acid in the stomach, which helps with digestion. They also contain generous amounts of vitamins C and A and calcium.

Despite its reputation as a weed, the dandelion can serve a very valuable function in the wild. The plant prefers to take root in decalcified soil, where it sends its thick brown taproot deep to pull minerals from below, restoring health to overused topsoil.

Wherever you see dandelions turning a green meadow gold, the earth is being replenished.

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Dandelions bloom in spring and fall. For this reason, they are beloved by beekeepers: They can depend on the nectar from these blossoms for making honey well into autumn, long after other flowers have gone. The plants are also useful in fruit orchards, since their leaves emit a gas that makes fruit ripen early and evenly.

Dandelion greens can often be found among the colorful medley of greens known as mesclun, sold at farmers' markets, natural-food stores and the specialty-produce sections of most grocery stores.

The blossoms and roots, however, are rarely available commercially; you'll probably need to harvest your own.

Pick blossoms in a field that you know hasn't been treated with chemicals; dig roots with a garden fork (also in a chemical-free area) on a day when a recent rainfall has softened the ground.

There are countless ways to use dandelions - in cooking and even for making refreshing, homemade skin treatments. Here are just a few ideas:

* Dandelion salad. Combine 2 parts mesclun greens with 1 part dandelion greens. Add a crumbled hard-boiled egg and some lightly steamed sliced beets. Toss with a favorite salad dressing.

* Dandelion-blossom pancakes. Combine cup whole-wheat flour, cup all-purpose flour, 2 teaspoons baking powder, teaspoon salt and 2 tablespoons sugar. Add 1 large egg, 1 cup milk and 2 tablespoons melted butter. Add 1 cup dandelion blossoms and mix well.

Pour batter in small circles onto hot, oiled griddle. Cook until lightly browned on one side, then flip, and repeat. Serve warm with maple syrup, yogurt or jam. Serves two people.

* Dandelion-root coffee. Use 1 teaspoon roasted dandelion root per cup, or mix one part roasted roots with one or two parts coffee in a French press. Add a pinch of cinnamon. Let steep for 5 minutes for a full-bodied, healthy brew that will help to stimulate digestion without irritating the nerves.

* Dandelion vinegar. Fill a 1-quart, wide-mouthed jar with 1 quart loosely packed fresh

dandelion leaves. Then fill jar to the top with apple-cider vinegar. Cap, and let sit for six weeks. Strain through a piece of cheesecloth. Store in refrigerator, and add to salad dressings and other preparations as desired. Keeps for up to two years.

* Dandelion face wash. An infusion of dandelions can do wonders for the skin. Steep 1 cup dandelion blossoms in 1 pint boiled water for an hour. Wash face with water, and lay down with blossoms on eyes for 15 minutes. No need to rinse.

Write to Martha Stewart, in care of The New York Times Syndicate, 122 E. 42nd St., New York, N.Y. 10168 or by e-mail at mstewart@marthastewart.com. For more information on the topics covered in the column, visit www.marthastewart.com.

<http://www.redding.com/columnist/mstewart/stories/20020525colma057.shtml>

Well, when did the cheerful little Dandelion become your "enemy"?

The FDA has approved Safe Solutions, Inc.'s Lice R Gone as a medical device.



HAPPY DAD'S DAY!

Definitions from Kids' Quizzes:
* Circle: a line that meets its other end without ending.

* Cloud: a highflying fog.

* Germinate: to become a naturalized German.

* Magnet: something you find crawling all over a dead cat.

* Migration: Circle: the headache birds get when flying south.

* One horsepower: the amount of energy it takes to drag a horse 500 feet in one second.

* Quartz: the name for two pints.

* Rabies: Jewish priests; must be treated with respect.

* Rhubarb: a kind of celery gone bloodshot.

* Vacuum: a large, empty space where the Pope lives.

PONDERABLES :

• Why do they call them "apart-

ments" when they are all attached together?

• Why does flammable and inflammable mean the same thing?

• If 75% of all accidents happen within 5 miles of home, then why not move 10 miles away?

• Why do "tug" boats push their barges?

• Why isn't "palindrome" spelled the same way backwards?

• How can someone "draw a blank"?

• When sign makers go on strike, is anything painted on their signs?

• A door that's open is called ajar; so what do you call a jar that is open?

• Why do we sing "Take Me Out to the Ball Game" when we're already there?

• Does a fish get cramps after eating?

• I think in one of my previous lives I was a mighty king because I like people to do what I say.

Keep your eyes peeled for insects in the landscape. Watch for spittlebugs on Scotch pine, sawfly larvae on mugho pine, aphids on gooseneck loosestrife and fragrant viburnum - and still more aphids on every plant.

It was a mild Winter, which encourages later infestations, and many bugs may have been slowed more recently by cool sprint temperatures.

Catching damage early is important to sustaining good-looking shrubs. A little damage early can look worse later. As you find them in the landscape, spray the offenders with water and 1/4 oz. of Safe Solutions Enzyme Cleaner with Peppermint. Another good way to go, of course, is to release predatory insects.

One more strategy is to do nothing at all, which is our approach with the spireas. Usually the new growth on these shrubs is absolutely crawling with aphids. You could spray at first notice, but try to hold off until you see whether the damage will be significant.

More often than not, ladybugs come to the rescue, chomping down the aphids before they do a lot of damage. And with all the ladybugs we've had around, we can count on them in the coming weeks.



"Soldiers, Sailors and Airmen of the Allied Expeditionary Forces: You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you. The hope and prayers of liberty-loving people everywhere are with you..."
General Dwight D. Eisenhower, June 6, 1944, D-Day

ADAY OF REMEMBRANCE D-DAY - JUNE 6, 1944

WAR, WHAT IS IT GOOD FOR?

"Of all the enemies to public liberty war is, perhaps, the most to be dreaded, because it comprises and develops the germ of every other. War is the parent of armies; from these proceed debts and taxes; and armies, and debts, and taxes are the known instruments for bringing the many under the domination of the few. In war too, the discretionary power of the Executive is extended; its influence in dealing out offices, honors, and emoluments is multiplied; and all the means of seducing the minds, are added to those of subduing the force, of the people.

The same malignant aspect in republicanism may be traced in the inequality of fortunes, and the opportunities of fraud, growing out of a state of war, and in the degeneracy of manners and morals, engendered by both. No nation could preserve its freedom in the midst of continual warfare." — James Madison, April 20, 1795



FLAG DAY - JUNE 14