

QUALITY QUARTERLY

Fall 2005



Looking for a speaker for your club meetings?

Give us a call! We have several interesting, informative topics. We'd be happy to speak for any size group you have!

The Healthy Sweet

By: Ruel Jones

What do most folks commonly know about honey? It's sweet, sticky, and the life source that keeps Winnie the Pooh alive. Some people use it for baking and on biscuits. But, oh, there's so much more!

And regarding the long range health benefits, recent science has proclaimed honey is now wildly considered nature's perfect food!

Honey has natural sugars that our body needs in order to create energy. Honey eaten before exercise is digested and released into the blood flow at a steady rate not being exhausted too quickly as other commercial sport supplements' sugars might. Even during post-workouts, honey promotes muscle recuperation and glycogen restoration. It also contains minerals, vitamins, anti-oxidants, amino acids, and enzymes that can help with digestion! Antioxidants protect our skin from the damage of UV rays and aid in skin rejuvenation. Honey is also sweeter than table sugar and makes baking more fragrant and tasty. And as storage of honey at room temperature will not result in spoilage, stocking it anywhere in the kitchen is convenient. This is possible because the high sugar concentrate kills bacteria and air born yeasts, allowing no germs to live in honey for more than 24 hours, making it one of the most clean foods one can eat.

Tupelo, clover, and orange blossom honeys are the most famous, though there are countless others to choose from. Light-colored honey is usually milder in flavor, while the darker honeys usually possess a bolder taste. Also, make sure to buy unfiltered, uncooked, and 100% pure honey from a local distributor if available. As a son of a beekeeper, rarely does a day go by that I don't consume honey on something, and it's always in my coffee. Honey is good on just about anything. Chances are anything that tastes good to you now will improve with honey on it. So, take your honey some honey and enjoy!

----- ~~Flavored Honey-Thirst-Quencher~~ -----

Makes eight 8 oz. servings
Calories 60
Sugar 16g.
Sodium 77mg.
Carbohydrate 17g.
Potassium 85mg.

-1/4 cup honey
-1/2 teaspoon light salt
-1 package unsweetened soft drink mix (similar to Kool-Aid® packets)
-7-1/2 cups water

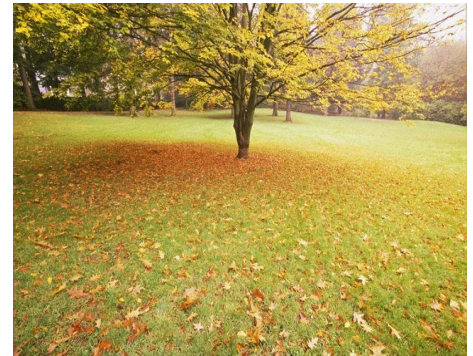




Fall, Best time to Fertilize

By: Kaitlin Jones

Common questions concerning fertilization are: What exactly is in fertilizer? What brands should we use? When to use it? Why it works? What are the procedures? In this article, you'll find out why this process is incredibly beneficial to your trees.



What does going to the dentist every six months to clean your teeth accomplish? Keeps cavities away. What does visiting your doctor once a year accomplish? It keeps you attuned to your body's strengths and weakness. What does eating an apple a day accomplish? I don't know. But fertilizing your trees after November, when they begin dormancy, is *extremely* beneficial in preserving and maintaining the trees' health and beauty. Tree roots are growing any time the ground temperature is above forty degrees, which is most of the time in the middle Tennessee area.



Truth is, fertilizer is not food for your trees. Trees make their own food independently, by absorbing sunlight and making starches and sugar from the carbon dioxide, water and a combination of nutrients from the soil. Trees are always eating something, and it's called sunshine! Nutrients do play a very important role in this process, as sixteen nutrients are needed for a tree to grow and be healthy. If there is a lack in any of these nutrients, the tree falters and weakens. This imbalance is more common in urban areas where recent or past soil disturbance has occurred.

Need free Mulching Chips?

Do you have any walking trails, garden areas, deep ruts/ditches, farm animals, or just a landscape needing some love?

Deep root fertilization will promote a greater amount of foliage in the coming year. When it is injected into the root zone of the tree, it helps loosen soil and increase oxygen transfer. Fall fertilization is very good for the trees that have taken a toll throughout the year from insects and environmental damages (heavy turf, compacted roots, or construction). The basic life-altering motto we have to keep in mind for our property is the same as for our bodies: "An ounce of prevention is worth a pound of cure"!

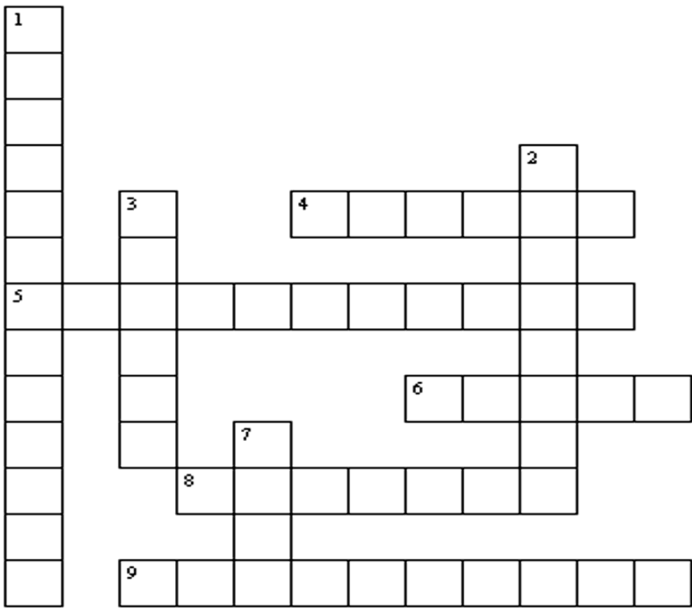


Did You Know?

Fall Facts...

- The more light a leaf is exposed to, more likely it will become red.
- Fertile soil enhances the intensity of red in leaves.
- Leaves actually stay orange and yellow throughout the summer, but the chlorophyll (green) covers it.
- Rainy, cloudy days dim leaves from becoming brilliantly colored.

Crossword Puzzle



ACROSS

1. Resident of the 100 Acre Woods

2. Ants help us by ___ our soil

3. Light colored honey is usually ___ in flavor

7. Fruit of a Pine tree

4. Lumberjacks cry

5. Tennessee's state tree

6. Trees are good ___ barriers

8. This procedure makes trees more susceptible to insects and disease

9. Darling

It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, "What about lunch?"

- Winnie the Pooh



DOWN



ANTS!

By: Ruel Jones

Those poor little creatures get blamed for so many things! It's not uncommon to hear that those pesky little ants have "eaten my tree, and now it's dying!" It's quite the opposite! Ants cannot actually "eat," for they cannot chew or swallow solids. Instead, they suck out juices which they squeeze from pieces of food. Ants actually can and do wonderful things for us. They aerate the soil and their diet consists of things that eat trees and plants.

The biggest enemy to our trees (other than human beings) is fungi. Fungi thrives in dark, moist areas. When a tree has a cavity inside, fungi will slowly eat up the wood, and that can become a big problem for the tree. Ants, on the other hand, are opportunists, and seek trees with this problem to set up a home. There, they work really hard and carry out the rotten fungi infested wood and make little baby bedding galleries for their young. Given time, a subdivision develops to house thousands in their community.

The beneficial side effect of this ant farm creates air movement inside the open wound area helping it to stay dry, thus making it unfavorable for fungi to thrive. The presence of ants is actually helping the tree, although seeing a colony living inside of your tree may be an indication of a more serious problem. Some fungal cavities may become so big that it detracts from the structural integrity of the tree, causing it to become unstable. In a nut shell, while ants are good in nature, they remain bad in your kitchen, and indicators of possibly larger problem in a tree.





404 Elgin Street
P.O. Box 110584
Nashville, TN 37222

Phone: 615-833-6638
Fax: 615-832-5036
Web: www.qualitytreesurgery.com

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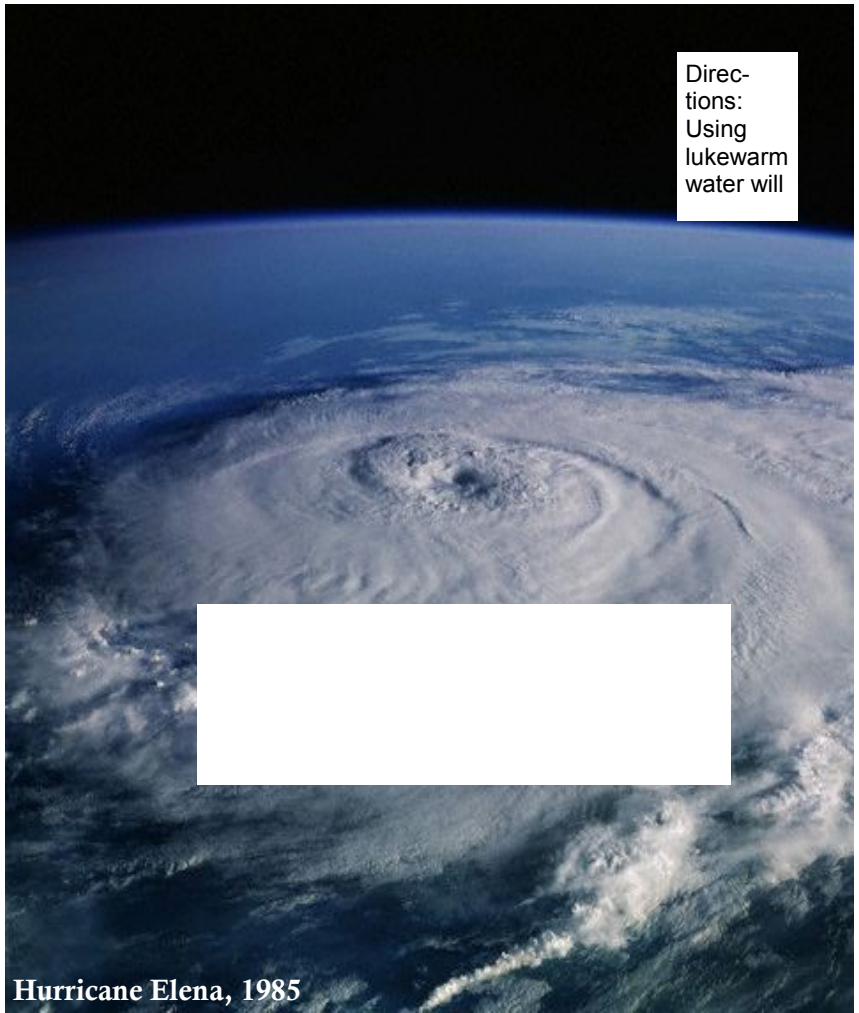


**22nd
Anniversary**

“Celebrating 22 years of
uncompromising
Quality.”










Do **you** have a story, comment,
suggestion, or opinion you would like to
share with our readers? If so, send it
to us via fax or mail!

Directions:
Using
lukewarm
water will



Hurricane Elena, 1985

Benefits Of Wood Chips

-  Saves Water - far less watering needed, and more rain absorption.
-  Saves Labor - no weeding, less time watering.
-  Stimulates growth - mulched trees grow faster than unmulched trees.
-  Keeps soil and roots from overheating in hot summers.
-  Eliminates injury to trunk from mower collisions.
-  Reduces soil compaction over roots.
-  Nourishes the soil by adding nutrients as it decomposes.
-  Reduces erosion under heavily shaded areas.
-  Reduces bruising of fallen fruit under fruit trees.



For FREE Wood Chips, delivered by the truck load, give us a call!!!