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Interiors by Susan, LLC Newsletter

The Many Meanings of **GREEN**

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"Grass is the cheapest plant to install and the most expensive to maintain"

~ Pat Howell ~



"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."

~ Lewis Grizzard ~



Natural Lawn Care

A lawn is meant to be green and everyone dreams of the perfect yard to compliment their beautiful house.

To get that result many homeowners rely on the use of pesticides. These are all chemicals that can be hazardous to humans and animals, as well as seep into our drinking water. These chemical can be tracked into the

house on shoes and yes on our beloved pets. If that were not bad enough they can linger for up to one year.

The good news is there is a solution. It involves a combination of an organic and holistic approach. This includes aeration and de-thatching which allows the lawn to properly breathe. Natural lawn care products are available,



such as corn gluten based fertilizers. Home remedies such as garlic spray or dishwashing detergent in a spray bottle helps with bugs.

The National Gardening Association found only 5% of the population is using these methods. It costs a little more and requires more effort, but the benefits are huge.

Organic Food



The term "*organic*" is being heard more and more often these days. Have you ever wondered what it means and what the fuss is about?

Organic food differs from conventionally produced food in the way it is grown, handled and processed. It is produced without using most conventional pesticides; fertilizers made with synthetic ingredients; bioengineering; or ionizing radiation.

The U.S. Department of Agriculture (USDA) has a

set of national standards that must be met to be labeled organic. A government-approved certifier inspects the farm where the food is grown to ensure the farmer is following the USDA standard organic guidelines.

Do not confuse *natural* and *organic* they are not the same. Other truthful claims, such as free-range, hormone-free, and natural, can be on the food label. They are not organic, only food labeled organic has been certified

as meeting USDA standards.

Sale of organic foods has grown by 17-20% in the past few years and organic foods contain 50% more nutrients than ones that have been extensively farmed. (www.ams.usda.gov)





There is more to Paint than its Color

The term green has more meanings today than ever before. There is the color green and the ever popular green movement to improve our personal environments and our global environment. The expressions sustainable and renewable are synonymous with the green movement.

The goal of sustainable or renewable energy is to use resources so that the supply is not depleted or

permanently damaged unlike the use of fossil fuels to produce petroleum.

The other very important benefit of not using fossil fuels is the improved health of our environment and as a result improved health of all the inhabitants.

Many areas of design offer green products. Paint is now available with what is known as a Green Seal. That indicates it has a low

or zero-VOC content. VOC stands for volatile organic compounds. Conventional paints contain high levels of VOC's that produce breathable gas when applied and reduce air quality that can have a negative affect on health.

For a healthier home consider what paint you use. All the major manufacturers of paint have a line of eco- friendly paints.

"There shall be eternal summer in the grateful heart."

~ Celia Thaxter ~



"**Green** is thought to **relieve stress** and help heal. Those who have a green work environment have fewer stomachaches."

~ Paul Brunton~

Psychology of the Color Green

Colors have powerful and known psychological impact on people. They convey meanings in two key ways; natural association and cultural association.

The presences of colors in nature are universal and timeless. Plants are green in color anywhere they are found in the world. Green has a calming effect and relieves stress. Anyone knows sitting out in nature is relaxing and a big reason for this is we are surrounded by grass,

trees and plants.

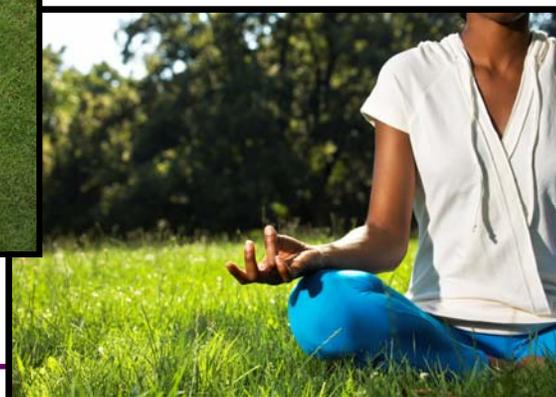
Television shows have a "green room" for guests to wait before appearing on the show. This has a soothing influence on the people. Hospital rooms also commonly use this color for the same reason. Another popular room to utilize this color is bedrooms. Who doesn't want to relax after a long day at the office?

The cultural association of green represents tranquility, good luck, health and jealousy.

Green has long been a symbol of fertility and green M & M's are said to send a sexual message.

Paul Brunton has been quoted to say, "Green, which is nature's color, is restful, soothing, cheerful and health-giving".

ColorQuiz.com offers a free five-minute personality test based on research by color psychologists around the world. Check it out. I tried it and was pleasantly surprised.



Thank you for reading my latest edition. Relax and enjoy the natural green of the great outdoors.

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