

Those of us lucky enough to have mature trees around us will have plenty of leaves to help out with our fall exercise program, that is, unless you do what nature does and leave them alone. They make great mulch to provide valuable nutrients, moisture retention, protection against temperature extremes and weed control in our gardens. The simplest way, although not providing much of a cardio workout, is to leave them where they fall (but not on the grass) as happens everywhere but in the city. Next best is to chop them up with the lawnmower and mulch our flower beds or just leave them in a corner to decompose on their own. Worst is to bag them with the garbage as they will rot among the plastic waste in a landfill. Or you can use the paper bags provided by the city of Dorval, or transparent plastic bags, and the city will pick them up and use them for their own compost, which in turn is offered free to Dorval residents in the spring.