GARDENING IN THE GOLDEN YEARS

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ARE YOU HEALTHY ENOUGH FOR ...
STRIVE TO MAINTAIN FITNESS
PACE YOURSELF

- Breakup tasks
- Vary activities
- Take breaks
PROTECT YOURSELF

- Skin
- Hands
- Knees
- Legs, Back and Feet
- Eyes
- Hearing
TOOLS
HAND TOOLS

- Light Weight
- Easy to Grip
- Easy to Use
- “Thinking-outside-the-box” tools
TOOL ADAPTATIONS

- Grip-improving devices and add-ons
- Reduce tool weight
- Longer handles
POWER TOOLS

- Battery Powered
- Cord-attached Electric Powered
- Fuel Powered
- Maintenance
CARTS AND CADDIES

- Floatation Wheels
- Lightweight
- Seating
CHOOSING PLANTS

- Plant for lower maintenance.
- Easy-to-grow, easy-to-care-for Annuals and Perennials.
- Avoid plants with thorns, rampant growth, invasive habit, disease and insect prone.
ADJUST GARDEN PLANS

- Size
- Location
  - Ease of access
- Paths and Walks
- Beds
- Accessories
  - Benches and Umbrellas
  - Tool Boxes
  - Hand Rails
IRRIGATION

- Hydrant location
- Sprinkler
- Soaker hose
- Drip
USING PESTICIDES

- Identify Pest
- Know when pesticide is needed
- Select “least-toxic” pesticide
- “Ready-to-Use” products
- “Packaged-applicator” products
- Concentrates
LAWNS

- Choice of Turfgrass
- Fertilizer, Irrigation and Mowing
- Weed and Pest Management
- Design
- Equipment
FLOWER & VEGETABLE GARDEN

- Fertilizer and Soil improvement
- Weed and Pest Management
TREES AND SHRUBS

- Pruning, Leaves and Litter
- Weeds and Pest Management
CONTAINER GARDENING

- Container Type
- Soil
- Plants
- Care
  - Water
  - Fertilizer
- Maintenance
RAISED BEDS

Pros
- Increases accessibility
- Improved drainage
- Organized Appearance

Cons
- Can be expensive
- May limit design
- Increased maintenance
- Not suitable for some crops