

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

- Flootation Wheels
- Lightweight
- Seating



MINIMIZING MAINTENANCE



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



HAPPY GARDENING

