

Gardening as we Age





As I approach that mythical getting better with age as opposed to just getting older...

I find I need a three prong approach to keeping active in my garden



1

Have the right tools



Have them age appropriate



Helpful for long rows in veggie garden



Use raised beds where possible



Recruit Help -

- Maybe a local teen who would like to earn a few bucks
- Its great to work with grandkids in garden



Dress for the Occasion

Long sleeve
shirt to
protect from
bugs and sun
burn

Pants tucked
in socks

Boots to
protect ankles



Gloves - our
hands dry out
more

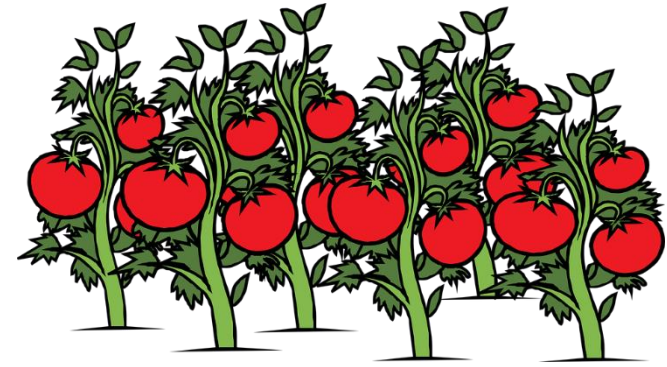
Hat to protect
from sun burn
and net to
protect from
bugs

2

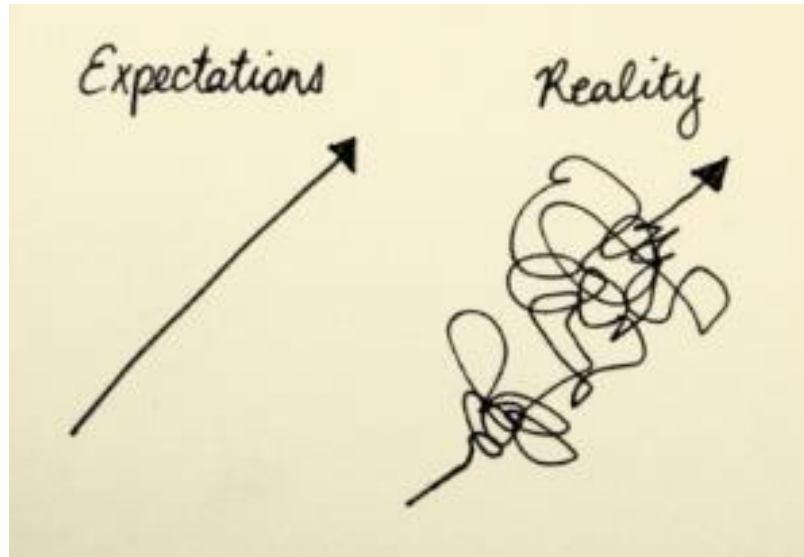
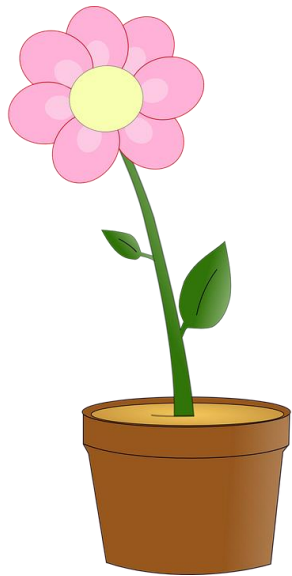
Modify your expectations



or



It's easy to want to buy lots of plants at the beginning of the season



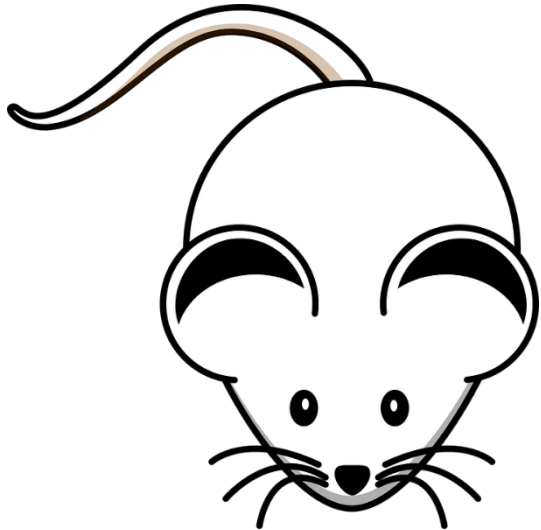
Perennial take less care

- Come back on their own
- Better for insects and birds



I avoid plants favored by voles, moles and deer

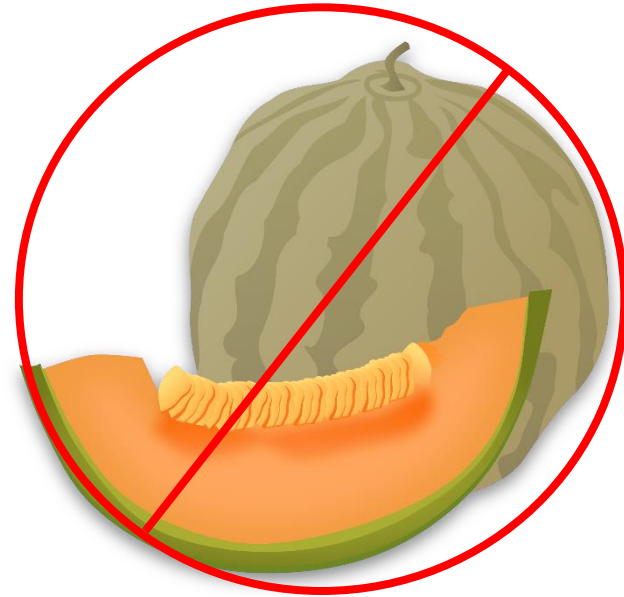
- Economy measure
- Reduction in frustration when plants disappear



Plant Milkweed for the Monarchs



Each year my veggie garden gets smaller



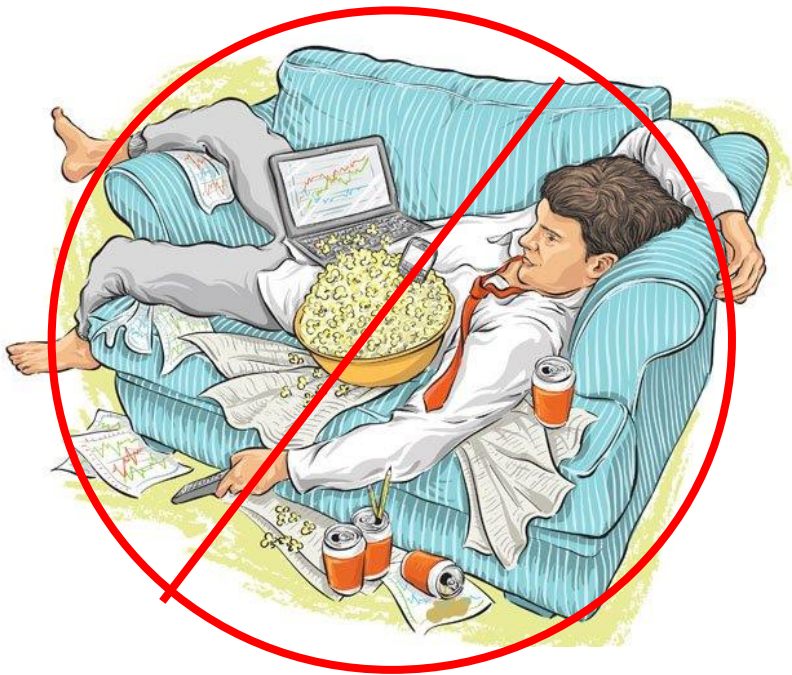
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Get into shape



See our web site for series of exercises -
Hanovermastergardeners.org

A few simple exercises can help you go from sloth to gardener extraordinaire



Remember

1. Tools
2. Expectations
3. Exercises

