



Plan to Retire into Your Garden with Ease:

- * **Resting spots:** Have a spot to recline in a comfy lounger. Include tables too!
- * **Bring it up:** Bending & squatting may be easy now, but it gets more difficult as we age.
- * **Hard stuff first:** Get your hardscaping done while you're young or budget to hire help.
- * **Rock it:** There's nothing easier to maintain than a rock! So, add patios & landscape stone.
- * **Stairs or ramps:** Include railings for stairways. Better yet, reduce stairs when possible.
- * **Fewer annuals:** Perennials won't require replanting or as much work as fussy annuals.
- * **Brighten it up:** Even simple solar lighting on a path makes your easier to traverse.
- * **Indoor gardens count:** Houseplant gardens may be just the thing to brighten your world!
- * **Containers count:** Designing & planting potted gardens is rewarding & relatively easy.
- * **Budget:** Your body's work budget may diminish with a busy lifestyle or aging body
- * **Add shade:** Plant trees early for shade as you age
- * **Add irrigation:** Hauling hoses & lugging water is never easy & only gets harder with age

Preserve Your Body for a Lifetime of Gardening:

- * **Stretch:** At the start of gardening & the end of the day.
- * **Wear gloves, kneepads & other protection:** You only have one body.
- * **Change positions as you work:** A single step may keep you from twisting badly.
- * **Set achievable goals:** Overdoing it will really set you back
- * **Epsom salts:** Soaking in an Epsom salt bath or hot tub can relieve sore bodies
- * **Herbs:** Calendula, comfrey, lavender & other garden herbs make great balms & foot baths
- * **Stay hydrated:** Dehydration is dangerous. Keep a water bottle or herbal tea at hand.
- * **Take time to relax:** Take time to recharge in your garden, not just work in it.

DIY Your Own Herbal Footbath!

- * Harvest fresh herbs & flowers from your garden. Any combination of lavender, rosemary, mint, lemon balm, jasmine, feverfew, lemon verbena, borage flowers, rose flowers, comfrey & chamomile are delicious & beautiful.
- * Position a footbath or your cleaned gardening bucket in front of your favorite garden chair & place a towel on the ground nearby to step on or have a towel on hand.
- * Fill your footbath with about 4-6" of fresh, cool water.
- * Swirl in crushed handfuls of your garden-fresh herbs & flowers.
- * Take a seat & slip your feet into the glorious water. Crack a good book, sip your iced tea or cocktail & retire into your garden with ease. You earned it!
- * When you're done, dry your feet & give them a good rub with your favorite herbal salves.
- * Pour any unsalted water, herbs & all, back into your thirsty summer garden.

"The afternoon knows what the morning never suspected."

Robert Frost



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Try These Tools:

- * **Bypass hand shears:** Rolling action, adjustable openings & gel grips may reduce fatigue
- * **Loppers:** loppers may allow you to make big cuts, even with aching hands
- * **Big step pointed tip shovel:** A big step reduces slipping & digging fatigue
- * **Ez-digger:** For hand digging, weeding & dividing. Long & short handles available!
- * **Gloves & convertible stool kneepads:** Protect the only body you have!
- * **Bucket:** Good for carrying everything without getting really heavy.
- * **A library:** Reading about the garden, in the garden, is a good thing!

Fill your tool shed & library with purchases at gardenmentors.com store.

<http://gardenmentors.com/garden-shopping/>

Bringing the Garden to You:

- * **Eldergrow:** Mobile, accessible sensory gardening programs that bring the garden to you.
<http://www.eldergrow.org/>
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*I am a willow of the wilderness,
Loving the wind that bent me. All my hurts
My garden-spade can heal.*
Excerpted from *Musketaquid* by Ralph Waldo Emerson