



The Illustrated Practical Guide to Gardening for Seniors: How to Maintain a Beautiful Outside Space with Ease and Safety in Later Years, with 900 Photographs

By Patty Cassidy

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Illustrated Practical Guide to Gardening for Seniors: How to Maintain a Beautiful Outside Space with Ease and Safety in Later Years, with 900 Photographs, Patty Cassidy, Tending our gardens is a lifelong pleasure. As we age, our energy and physical abilities become more limited. But gardens are magical, evolving places, with the potential to keep us young at heart, physically fit, out in the fresh air and full to the brim with joy and expectation. This ground-breaking book shows how easy it is for older people to carry on gardening. The different kinds of garden set-up are considered first, along with planning decisions and how best to keep safe and comfortable. An informative chapter looks at the main gardening activities and appropriate equipment, especially those that answer physical limitations. Different styles of garden are then presented: flower, vegetable, fruit, raised, herb, patio, vertical and indoor gardens, each one including projects and techniques, from building a raised bed to growing potatoes in containers. The final chapter is a directory that profiles the many planting choices available. Packed with projects, garden plans and step-by-step sequences designed for older gardeners who may not be...



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Reviews

A whole new e book with an all new point of view. It is one of the most incredible book i actually have go through. I am easily could possibly get a enjoyment of reading through a written book.

-- **Nathanael Treutel**

Without doubt, this is actually the best operate by any article writer. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been written in an exceedingly straightforward way in fact it is only soon after i finished reading through this book through which in fact changed me, modify the way in my opinion.

-- **Miss Elissa Kutch V**