


So, You Want to Garden?
Let's Get Started




Decide What You Want to Grow

- Flowers
 - Veggies
 - Herbs
 - Trees or Shrubs
- 



Choose the Locations


- Start with small spaces. It is better to be thrilled by successful small beds than be frustrated by the time and money required for large beds.
 - You can always add more plants.
- 

Choose the Locations





Choose the Locations


- ➡ Beds should be 3-4 feet across so you can easily reach the center from either side.
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3-foot Wide Garden Bed





Choose the Locations

- ➡ All plants need light and water.
 - ➡ Do you have sun, shade, or a combination?
 - ➡ Is there a water source near the beds?
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Choose Locations




Choose Locations






Check the Soil

- Get a soil test. Soil test bags and information sheets are available at the Extension Office.
 - Add compost to improve the soil.
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Select the Seeds or Transplants

- Select plants with the proper sun/shade requirement.
 - Select plants for your hardiness zone.
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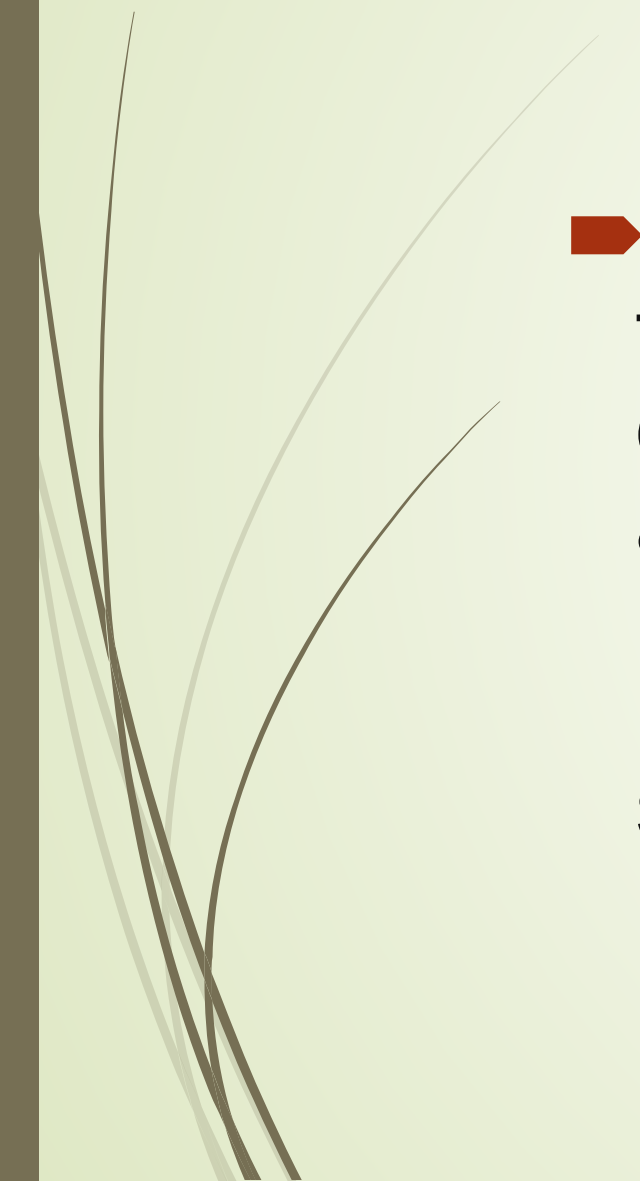


Additional Tips for Success

- ➡ Plant properly
 - ➡ Water properly
 - ➡ Weed
 - ➡ Mulch, mulch, mulch
- 



Rule of Thirds


- When designing your landscape, utilize the “**rule of thirds**” by planting 1/3 drought tolerant turfgrass, 1/3 native and adapted planting beds and 1/3 hardscape. This will give your landscape more visual appeal, usable space and a reduction in water use requirements.
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Rule of Thirds



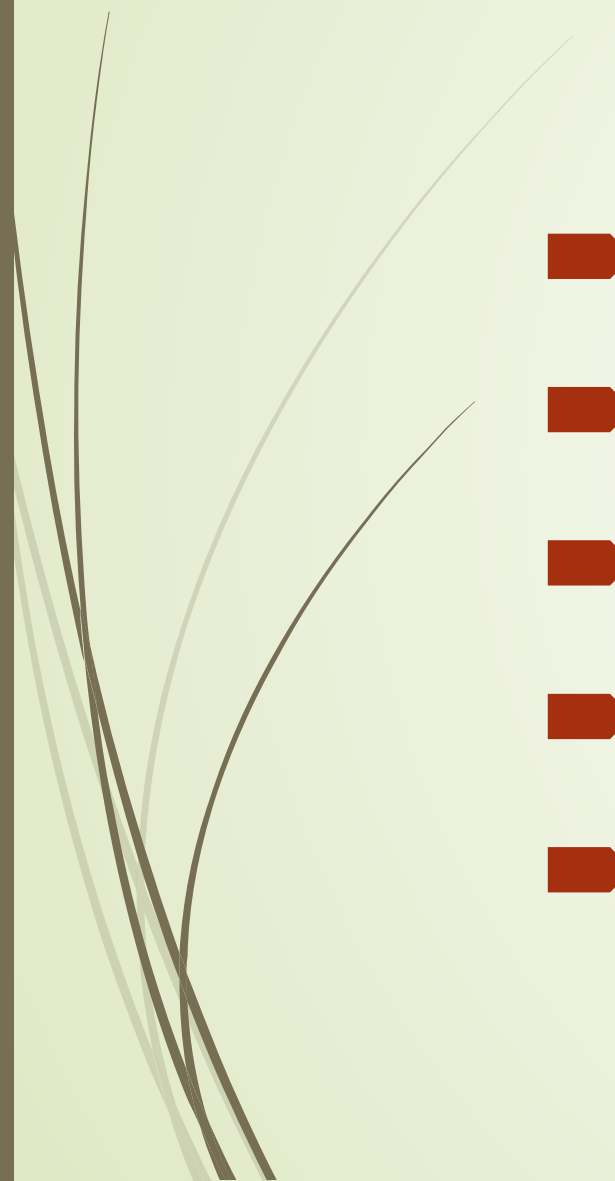


Have Good Garden Tools

- ➡ Garden Hoe
 - ➡ Dirt Rake and Leaf Rake
 - ➡ Shovel
 - ➡ Garden Kneel Pad
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More Tools


- ➡ Water Hose
 - ➡ Hand Tools
 - ➡ Tool Caddy
 - ➡ Wheelbarrow
 - ➡ Garden Gloves
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Can I Still Garden as I Get Older?





Benefits of Gardening as We Age

- An enjoyable form of exercise.
 - Helps with mobility and flexibility.
 - Encourages the use of all motor skills.
 - Improves strength.
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More Benefits

- ➡ Reduces stress levels.
- ➡ Provides interest in nature and the outdoors.
- ➡ Improves wellbeing.




Special Considerations

- ➡ Protect the skin. Older skin is more susceptible to bruises and sunburn.
- ➡ Protect against dehydration or heat exhaustion.




Special Considerations

- Falls are more common because balance is not as good. Design garden areas that are easy to navigate.
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Garden Adjustments

- Garden spaces and tools can be modified for easier use.
 - Raised beds help gardeners to avoid bending and stooping.
 - Plant in pots or containers.
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Planting in Raised Beds



More Raised Beds



Raised Beds for Flowers



Planting in Pots and Containers



Planting in Grow Bags



Vegetables in Grow Bags




Flowers in Grow Bags






More Garden Adjustments

- Have shade areas, especially during hot weather.
 - Have stable chairs for seating.
 - Have a faucet nearby for easier watering.
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Safety Tips for Aging Gardeners

- Take care of cuts and insect bites immediately.
 - Be careful if using power tools.
 - Take frequent breaks.
 - Drink water or juice when working outdoors.
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More Safety Tips

- Work in the garden early in the morning or in the evening to limit exposure to sun. Use sunscreen and wear a hat.
- Be sure walkways are flat and clear of objects.

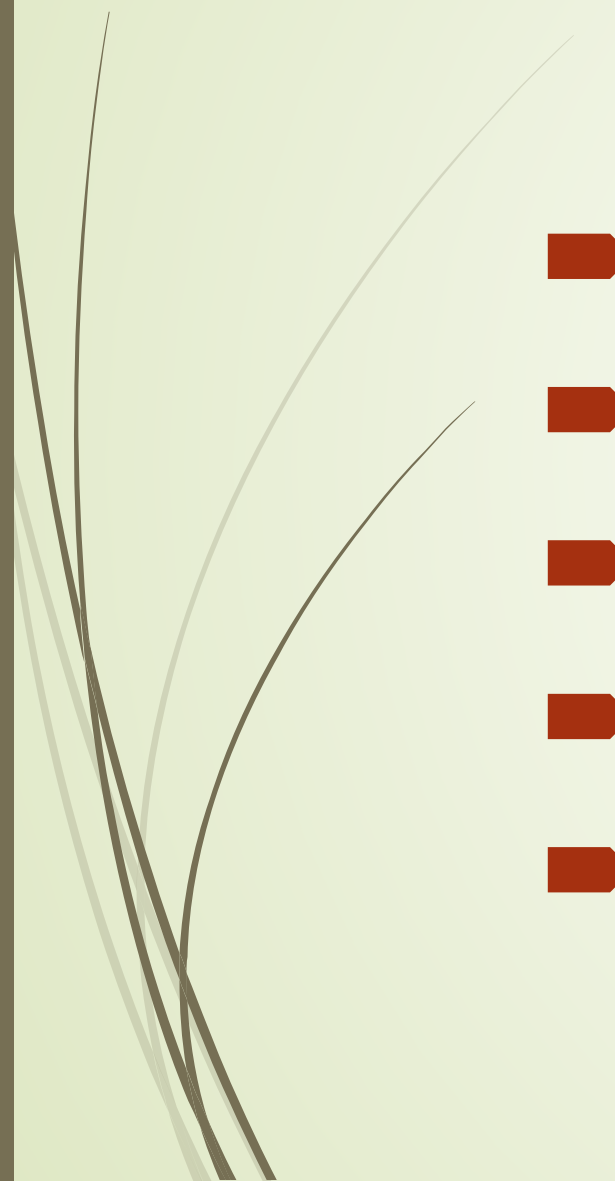


Adaptive Tools and Equipment

- Lightweight tools that are easier to handle
 - Bypass Pruner in the proper size
 - Rake, Shovel, Hoe in the proper size
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Adaptive Tools and Equipment

- ➡ Kneeler/stool combination
 - ➡ Lightweight Hose
 - ➡ Garden Tote
 - ➡ Wagon
 - ➡ Garden Gloves
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Late Bloomer's Credo

- I will plant only what I can comfortably tend.
 - I will not give myself tasks beyond my ability to easily achieve.
- 



Late Bloomer's Credo

- ➡ I will ask for help, if necessary.
 - ➡ I will not concern myself with “perfection.”
 - ➡ I will allow my garden to deepen my connection with nature.
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Late Bloomer's Credo

- I will garden simply because it pleases my soul.
- From *Late Bloomer, How to Garden with Comfort, Ease and Simplicity in the Second Half of Life* by Jan Coppola Bills



Great Sources of Information

- <https://aggie-horticulture.tamu.edu>
 - <https://bcmgtx.org>
 - www.txsmartscape.com
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