

# Gardening for a Lifetime

*How to Garden Wiser  
as You Grow Older*

Use lower-  
maintenance  
plants

Prioritize  
garden tasks

Practice  
realistic  
lawn care



Accept  
imperfections

Learn  
labor-saving  
techniques

Make the  
most of  
containers

SYDNEY EDDISON

*Author of A Passion for Daylilies*

Sydney Eddison

## Gardening for a Lifetime: How to Garden Wiser as You Grow Older



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Even though garden may beckon as strongly as ever, the tasks involved ? pulling weeds, pushing wheelbarrows, digging holes, shifting heavy pots ? become increasingly difficult, as well as impossible, with advancing age. Or acquiring the leap and employing help ? another couple of hands, even for a few hours weekly, goes a long way toward getting a big work done. So what's the alternative? In *Gardening for a Lifetime*, Sydney Eddison draws on her behalf personal forty years of gardening to supply a practical and encouraging roadmap for scaling back again while keeping up with the gardening activities that every gardener loves most. Like changing demanding vegetation like delphiniums with durable, fairly carefree perennials like sedums, rudbeckias, and daylilies. However the idea of offering it up can be unthinkable for some gardeners. Now, I'm content to see that you've read it. This edition features a new chapter in which Sydney's struggles with hip and back problems force her to walk the walk." Gentle, personable, and practical, *Gardening for a Lifetime* will end up being welcomed by all gardeners seeking to transform gardening from a list of daunting chores into the rewarding, joy-filled activity it had been meant to be. Or possibly it makes sense to eliminate high-maintenance trees, shrubs, or perennials. As a friend of hers says, "Last summer time you wrote the publication.



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Her synthesis of all lessons discovered from the adjustments imposed, and the down-to-earth (pun intended) observations she shares as her "gleanings" offer us a chance to enjoy a triumphant final lap, even if from bench to bench, by transforming our spaces to lower maintenance. I think this is super for just about any age if one wants to improve "simple care" of your scenery. I take advantage of her principles and they work well, proven by how neighbors and strangers alike love my garden. Better yet I like working in my backyard and enjoying its benefits. Very, Very useful for everybody with any plot of surface just about and who would like to have beauty. It is not about minimalism. Almost like a DIY landscape handbook. Enjoyable read however, not a "how to" This is simply not a "how to" book because the title suggests, but instead a sharing of personal experience. While I enjoyed reading it, it was even more from "fellow feeling" - it is very long on the perspective of the ageing gardener but short on practical information and strategies. I enjoy Sydney's composing but I wanted more ideas to increase on my current strategies (yoga exercises, Pilates, ergonomic tools, an occasional glass of wine, etc.). Her green thumb reaches completely to her shoulder but also she is slowing down a bit in the garden. This summer we have applied many of Sydney Eddison's tips and have redesigned beds, decreased overgrown shrubs, and eliminated troublesome perennials. Getting together with her hubby in the story series and experiencing her reduction, as many of us have done as we age group, gives me hope that existence continues to blossom, also following the winter-of-our-lives. Much once we may once possess queried ourselves, "Perform I work to live or live to work?" "Do I consume to live or live to consume?" our hobbies can be the subject of the same inquiry, as every passionate gardener can attest. Mrs. Eddison does a huge favor of holding up the mirror for us see where we've been to 1 degree or another. After that she reminds us, as kindly as possible, that transformation happens, and frequently takes us by shock. A Gardner's excellent the majority of helpful partner. A Feel Good Read: There might be other gardening books away there that have more to say... But I'm an maturing gardener and I adored the pace, wisdom and story-range this book offers. It isn't just a gardening book, it's like sitting with a wise and fun-loving sage who just happens to know a whole lot about gardening and existence. As important simply because our gardens are to a lot of us, the perspective of this little book reminds us that It is up to us to control the part gardening has inside our lives. Gardens switch and so perform we. Once a bright playful meadow slowly creeps back again allowing the woodland dominate. May our own development be so graceful. So when hopeful. We need not stop gardening, we just have to keep in mind where we are in life's routine, and -- be honest with ourselves. Old and wiser... This writer gives plenty of examples on how to eliminate plants which are high maintenance, suggestions for shrubs and trees that require little to no pruning, and methods to convenience achy joints by producing garden chores less time consuming. This reserve was the proper read at the proper period. Having been retired five years, and having been through a knee substitute I knew it had been time to simplify, but I couldn't provide myself to get rid of anything. sage gardening advice This is an ideal fit for a retiree who wants to garden, but needs ideas to help simplify maintenance and upkeep. I didn't actually finish it, I'm sad to say. Informative. A peek at our gardening future This book is a wonderful memoir and, simultaneously, a knothole in the fence of time, offering a glimpse of what gardening holds ahead for us once we age. Fifteen years back the lot we purchased was bare, we now have forty plus trees, numerous shrubs, perennials in both color and sunlight gardens, and a 20 X 20 vegetable backyard. All retirees who want to garden should very own this book. My historic friend loves it! Five Stars my husband is relishing this. Since reserve titles tend to be up to the publisher, I'm not laying any blame on the author, but become forewarned if "how exactly to" is

certainly what you are looking for. Another good read from a fantastic gardener-writer I've read all of Sydney's books and recommend them extremely to anyone who wants to backyard and appreciates what a hands-on professional with a wonderfully engaging composing style is pleased to share...thus perfect, in fact, that I offered it to her in-may as her birthday-in-August gift! She enjoys it! If you an older gardener around the house, or if one stares out from the mirror at you as you brush your teeth (how DID that older woman get in there? Wonderful book for aging with a garden. Don't waste your money, get it at the library in the event that you must read it. Disappointing I thought this was going to be helpful, but it's mainly charming ramblings approximately the wealthy East coastline writer's life, since it related to her backyard. I saw her publication suggested in the newspaper, and understood it was the perfect book for me at the time. This book is ideal for her. Sydney's books are about gardening and existence, and this book deals with some of the realities we aging gardeners encounter. I was lucky enough to visit her garden a decade ago and remember the perfection of her amazing perennial bed and the attraction of her primrose path. When I blanched at the inadequacy of my gardening attempts in comparison to her paradise, she smiled, and remarked that "this is not a garden, that is my life's function." As Sydney offers aged, her garden and her perspective have evolved.. Four Stars Excellent Five Stars My mom loves it Great publication for aging gardeners. I was concerned concerning whether or not really I could continue gardening. Great publication for any gardener, from starter to "mature". very worthwhile Inspiring.), this is the book for you! A pal of 40+ years has crossed the big seven-oh line... As a life long gardener who right now occasionally gets frustrated .. But what hasn't changed is normally her wonderfully warm and very practical account of her life in her garden. As a prolonged gardener who now occasionally gets frustrated by not being able to do as much as in the past, this book is an ideal companion and guidebook! Two Stars Not what I expected.



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