

Physical Exertion



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Gardener Program
El Dorado County

How Can I Make My Gardening Life Easier?

- Smaller loads of garden materials
- Use planters made with lighter materials vs heavy pottery
- Don't purchase more plant materials than you can use at this time
- Use props such as knee pads or a kneeler, carry garden tools in a five gallon bucket which can also be used to steady you when standing up
- Don't overestimate what you can do during your garden work period and take a break now and then, you deserve it!
- Choose new tools that are ergonomic and comfortable for you to use

Basic Garden Needs

- 2 in 1 garden kneeler, garden stool
- Thick foam kneeler
- Bucket with garden tools and pruners
- Bucket for weeding and pruning
- Garden trug tub for carrying planting materials such as potting soil or mulch



Outside storage
for frequently
used garden
tools





Storage for
garden tool
bucket as well
as dry fertilizers

“May you stay forever
young”

Bob Dylan