



**The Age-Proof Garden: 101 practical ideas and projects for stress-free, low-maintenance senior gardening, shown step by step in more than 500 photographs**

*Patty Cassidy*

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# **The Age-Proof Garden: 101 practical ideas and projects for stress-free, low-maintenance senior gardening, shown step by step in more than 500 photographs**

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## **The Age-Proof Garden: 101 practical ideas and projects for stress-free, low-maintenance senior gardening, shown step by step in more than 500 photographs** Patty Cassidy

Discover how easy it is to carry on gardening into and way beyond retirement, with ideas, inspiration and techniques for older gardeners - and for those designing gardens for those with physical limitations. Plan a design to make the garden easier to access and maintain, and one you can enjoy with plants that will stimulate all five senses. The book covers flowers and herb gardens, fruit and vegetable gardens, and gardens with flexible features such as containers, upright structures and raised beds, as well as indoor gardens.

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