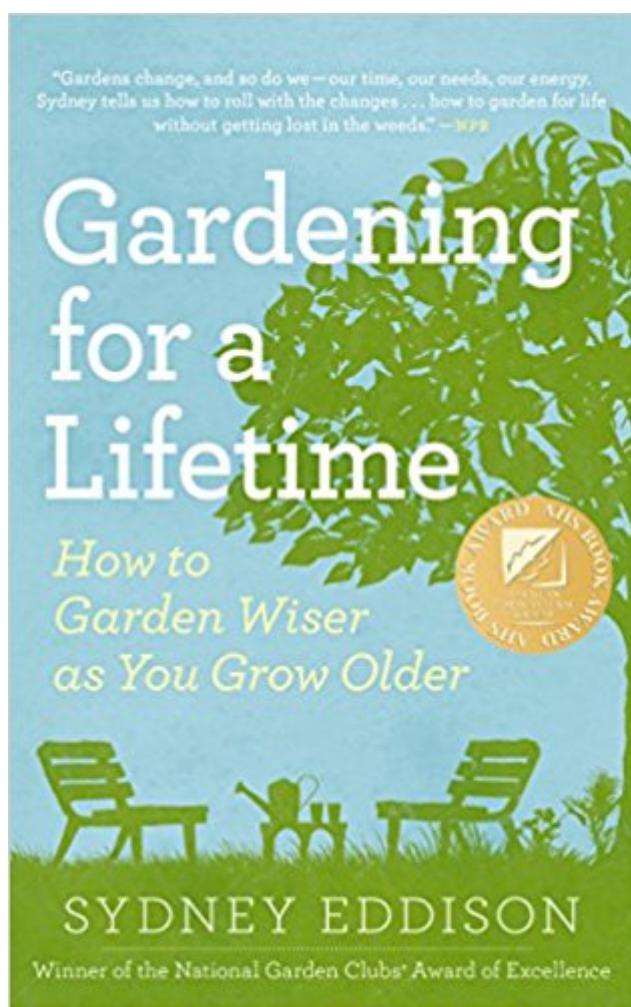


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# Gardening For A Lifetime: How To Garden Wiser As You Grow Older



## Synopsis

From the winner of the National Garden Club's Award of Excellence Although the garden may beckon as strongly as ever, the tasks involved—pulling weeds, pushing wheelbarrows, digging holes, moving heavy pots—become increasingly difficult, or even impossible, with advancing age. But the idea of giving it up is unthinkable for most gardeners. So what's the alternative? In *Gardening for a Lifetime*, Sydney Eddison draws on her own forty years of gardening to provide a practical and encouraging roadmap for scaling back while keeping up with the gardening activities that each gardener loves most. Like replacing demanding plants like delphiniums with sturdy, relatively carefree perennials like sedums, rudbeckias, and daylilies. Or taking the leap and hiring help—another pair of hands, even for a few hours a week, goes a long way toward getting a big job done. This new edition features an additional chapter describing how Sydney's struggles with hip and back problems forced her to walk the walk. As a friend of hers says, "Last summer you wrote the book. Now, I'm happy to see that you've read it." Gentle, personable, and practical, *Gardening for a Lifetime* will be welcomed by all gardeners looking to transform gardening from a list of daunting chores into the gratifying, joyful activity it was meant to be.

## Book Information

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## Customer Reviews

A respected, beloved writer and speaker in the gardening world, Eddison shares her personal transition from dynamic garden maker to an aging garden caretaker. Revealing strategies she

developed to reduce the workload inherent in maintaining perennial borders, Eddison presents a bullet-point list of “gleanings” to accompany each chapter. Determining which perennials merit a place while removing others is one option she explores. Gardeners who are no longer young will appreciate her recommendations for choosing shrubs that require less care, or plants that thrive in shade rather than sun. Making task lists might sound elemental, but Eddison explains the importance and effectiveness of such lists. And she suggests ways to search for help when one needs to spend less time maintaining one’s garden, a decision that can be difficult for type A gardeners as they grow older. Eddison’s thoughtful reflections are timely for countless gardeners who are approaching the time in their lives when a garden sanctuary can feel like a burden. --Alice Joyce --This text refers to an out of print or unavailable edition of this title.

“I found it liberating to be given an excuse to ditch some of my backbreaking chores. Who’s waiting to grow old? I’m preparing for the future right now. You can tuck this perfect gift into your basket.” •New York Times Book Review “Gardens change, and so do we.” •our time, our needs, our energy. Sydney tells us how to roll with the changes. . . . how to garden for life without getting lost in the weeds.

•NPR’s “On Point” •Eddison’s thoughtful reflections are timely for countless gardeners who are approaching the time in their lives when a garden sanctuary can feel like a burden. •Booklist “Sydney Eddison believes you can weed out loads of demanding yard work as you age without reducing the enjoyment of gardening. The 78-year-old author says it’s simply a matter of gardening more wisely.” •ABC News “Keep up your passion for plants as you grow older with these practical tips.” •“Whole Living” “Sydney Eddison is my kind of garden writer, now passing along wisdom acquired from 50 years. No B.S., no rhetoric. Trust this writer; she knows what she’s talking about.” •Garden Rant “[Eddison] writes with wisdom and experience. Are you looking for anything more?” •Landscape Design “Sydney Eddison has long shared with readers. . . . her experiences maintaining her garden in Connecticut. Now she’s using those experiences to help older gardeners like herself continue to pursue their passion as they age.” •Akron Beacon Journal “Anyone who’s gardened for a long time will want to read Sydney Eddison’s new book.” •Philadelphia Inquirer “Practical advice and heartfelt anecdotes on how to transform gardening into a labor of love.” •Design NJ “A very personal book with many nuggets of information.” •Providence

## Journal

This book is a delightful memoir and, at the same time, a knothole in the fence of time, offering a glimpse of what gardening holds ahead for us as we age. As important as our gardens are to many of us, the perspective of this little book reminds us that it is up to us to manage the part gardening plays in our lives. Much as we may once have queried ourselves, "Do I work to live or live to work?" "Do I eat to live or live to eat?" 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 to see where we have been to one degree or another. Then she reminds us, as kindly as possible, that change happens, and often takes us by surprise. Her synthesis of all the lessons learned from the changes 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 thought this was going to be helpful, but it's mostly charming ramblings about the wealthy East coast writer's life, as it related to her garden. Don't waste your money, get it at the library if you must read it. I didn't even finish it, I'm sad to say.

I've read all of Sydney's books and recommend them highly to anyone who loves to garden and appreciates what a hands-on expert with a wonderfully engaging writing style is happy to share. Sydney's books are about gardening and life, and this book deals with some of the realities we aging gardeners face. I was lucky enough to visit her garden a decade ago and remember the perfection of her amazing perennial bed and the charm of her primrose path. When I blanched at the inadequacy of my gardening efforts in comparison to her paradise, she smiled, and remarked that "this is not a garden, this is my life's work." As Sydney has aged, her garden and her perspective have evolved. But what hasn't changed is her wonderfully warm and very practical account of her life in her garden.

Gardening for a Lifetime: How to Garden Wiser as You Grow Older is an excellent reference and real life story of how to continue gardening, when the body can't keep up with the mind any longer. I bought the book to help with a Master Gardener presentation I was planning. The book addressed so many issues, that I had not considered with my own large garden and my plan to stay in our current home well into retirement. I was able to pass the author's wisdom to a group of interested

gardeners. It has helped me critically look at my own garden to consider how much I would want to keep and the resources that would be needed to maintain it.

There may be other gardening books out there that have more to say... But I'm an aging gardener and I loved the pace, wisdom and story-line this book offers. It's not just a gardening book, it's like sitting with a wise and fun-loving sage who just happens to know a lot about gardening and life. Meeting her husband in the story line and experiencing her loss, as many of us have done as we age, gives me hope that life continues to blossom, even after the winter-of-our-lives. Gardens change and so do we. Once a bright playful meadow slowly creeps back allowing the woodland take over. May our own evolution be so graceful. And as hopeful. We don't have to stop gardening, we just have to remember where we are in life's cycle, and -- be honest with ourselves.

Sydney allows you into her garden and her life in a most charming, readable way. As she ages so must her tollerance for heavy garden work change. She suggests very commonsense ideas for reducing garden chores, but more than that she gives the reader the confidence and courage to do it. Gardeners tend to add more and more, cherishing every seedling and offshoot of their specimens, until the tasks beecome overwhelming. They find a new home for every little blooming thing adding more and more beds to their yards. The book is not just for older folks, but for everyone who is gardening, yet busy with family and work. Actually it is valuable information for the tyro gardener. If I had been privy to her advice from the start, my gardens would be different and I would have, perhaps, enjoyed them more.

How I can relate to this book. When you grow older and your brain says go but your body says are you kidding!!!!I found this book to be so true of me and my garden. My friends tell me to downgrade and I tell them I am going to.....next year. Then I go to the nursery and buy more of everything. It is I am afraid a mental disease that gardeners never recuperate from. Oh well, I love working in my garden, usually five hours most days..Sydney does a fabulous job of writing and telling it like it really is as you get.....older. Love the book!

I've aged fifteen years since I began gardening at the age of fifty-two. Needless to say, my hips and knees let me know when I've gotten too involved. Pain made me think twice about starting a new bed or tackling overgrown areas. I began to fantasize about bulldozing the whole garden and planting gravel!Then I received the gift of this marvelous book and I found my sense of humor and

balance again. Ego mixed with reason is a great gardening companion. I can enjoy my jousts with Nature again. I still garden, just more wisely.

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