

GARDENING WITH ARTHRITIS PLANT SELECTION

GENERAL CONSIDERATIONS

Generally shrubs require less maintenance than perennial flowers. However, avoid shrubs that bloom only on new wood and require annual pruning. Perennial flowers usually require less maintenance than annuals. Grasses generally require little care once established, but avoid invasive grasses.

Choose plants that grow naturally in our area. They are usually adapted to our climate and soil, requiring less care.

Match the plant needs to the area it is to be planted: dry/wet, sun/shade, and space available.

Use ground cover plants [or mulch] to reduce the need for weeding.

If planting in a container that does not hold a large amount of soil, consider planting annuals. Annuals have shallower root systems than perennials.

AVOID PLANTS THAT:

- Need dividing every year or two to remain healthy and flowering.
- Require staking to remain upright.
- Need deadheading to continue to flower.
- Go to seed, requiring pulling up each spring.
- Are disease and pest prone.
- Are not cold hardy for our area [not relevant with annuals]
- Require pinching to shape plants.
- Have a short bloom time.
- Are food for wildlife.
- Spread rapidly and require pulling or digging up.
- Are short lived.