

PLANT A GARDEN

Soul

It doesn't have to be summer, and you don't need a big plot of land, to get the feel for gardening. Container pots are easy and fun any time of year, and are sure to please any senior.



Fill a clay strawberry pot with potting soil and then fill the openings with your favorite herbs. Check the pot daily and water accordingly. Locate in full sun.

You can bring some herbs indoors for the colder winter months as long as you have adequate sunlight. This means a southern exposure ideally with about eight hours of sunlight a day.

Encourage your senior to use these fresh herbs in their favorite recipes.