

8 garden tools for beginners

The right tool for the job is essential to working safely and efficiently. This is as true in the workplace as it is in the garden.

Novice gardeners may not know where to begin in regards to which tools they need. The following are eight items that can serve as a solid foundation for beginning gardeners.

1. Gloves: Your hands will be working hard, so it pays to protect them from calluses, blisters, splinters, insects, and dirt. Look for water-resistant gloves that are also breathable.

2. Hand pruners: Hand pruners are essential for cutting branches, cleaning up

shrubs, dead-heading flowers, and various other tasks. Choose ergonomic, no-slip handles that will make work easier. Rust-resistant, nonstick blades also are handy.

3. Wheelbarrow: A wheelbarrow can transport gear to garden beds or tote dirt, leaves, rocks, and other materials around the landscape. A good wheelbarrow is strong but light enough to maneuver when full.

4. Loppers: Long-handled loppers will fit the bill for thick branches. The long handles provide leverage to cut through branches an inch or more in diameter.

5. Hand trowel: A hand trowel is a handy tool that lets you dig holes or unearth weeds. While shopping for a trowel, consider getting a hand-held garden fork, which can aerate soil and cut through roots.

6. Hose/watering can: Keeping gardens hydrated is part of ensuring their health. That makes a hose and a watering can two invaluable tools to have around. Invest in a lightweight, expandable hose if storage space is at a premium. An adjustable nozzle will enable you to customize the water flow as needed. A watering can is an easy way to tote water to hard-to-reach pots and

containers.

7. Garden kneeler: Gardeners often bend and kneel while working in the soil. That puts pressure on the back and knees. A comfortable garden kneeler with memory foam or one made from shock-absorbing material can reduce aches and pains.

8. Garden hoe: Garden hoes till soil, remove weeds and perform many other tasks. A garden hoe can be used along with a full-sized shovel, trowel and garden rake.

This list is just the tip of the garden tool iceberg. Visit a garden center and speak with a professional about other tools that can be added to the mix.

CRYSTAL DOWELL Family Nurse Practitioner

Crystal Dowell, Family Nurse Practitioner, is at Coryell Health Mills County Clinic full time, taking walk-in and same day appointments. Crystal has been in the nursing field for over 20 years, having earned her Bachelor's of Science in Nursing from the University of Texas - Arlington and her Master's of Science in Nursing - Family Nurse Practitioner (FNP) from South Unviersity. **Crystal grew up in Goldthwaite and enjoys spending time there with her husband and four children.**



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GoldthwaiteEagle.com - goldnews@centex.net - 325-648-2244 - Steven W. Bridges - Editor & Publisher