

# Lifelong Gardening Inventory **TOOL BOOK**



Rev. som/July2022



## SOUTHEAST WISCONSIN MASTER GARDENERS

### **DISCLAIMER**

The gardening tools and techniques you see and experience today are designed to enable people with physical limitations to participate in gardening activities. These tools and techniques are also designed to prevent injury and pain while gardening. This information is **general only** and should not be construed as medical advice or treatment.

You should consult a physician concerning your own situation and any physical problems or medical questions you may have before putting these techniques and tools to use in your own garden.

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# HOME MADE EARTH BUCKET

## DESCRIPTION

A homemade container using two five-gallon buckets. Drainage holes are placed two inches above the bottom of the bucket to create a water reservoir. Long fiber sphagnum moss is used in the bottom of the bucket to hold water and slowly wick water up to the soil above and a plastic tube is inserted to pour water into the bucket. One inch of sphagnum moss can be placed over the top of the soil to decrease evaporation of water from the soil and to discourage weeds from sprouting.

## FEATURES

1. Container permits gardening in smaller spaces, such as on balconies and decks.
2. Container permits gardening with less bending than if gardening at ground level.
3. Water reservoir decreases the frequency of watering, conserving energy.

## AVAILABLE

Supplies can be found at hardware stores, garden centers, and on the internet. Directions can be found on the internet, search “earth bucket.”

## PRICE

Cost of supplies approximately \$40

**NOTE:** you could decorate the bucket!



*Fabricated by a SouthEast Wisconsin Master Gardener Volunteer*

**TOOL NO.:** C10; C11

## GROW BAG

### DESCRIPTION

Lightweight grow bags made from BPA-free polypropylene and patented fabric that air-prunes roots for stronger, healthier plants. The fabric also aerates soil, prevents heat build-up and allows excess water to drain away. Bag folds for storage and are reusable year after year.

### FEATURES

Lightweight, requiring less energy and stress on joints to lift and move.

### AVAILABLE

Garden catalogs and the internet, search “grow bag.”

### PRICE

Approximately \$19 - \$25 depending on size/type of bag.



**Donated by Gardeners Supply – [www.gardeners.com](http://www.gardeners.com) – 1-888-833-1412**

**NOTE:** Other styles/types are available, but not with the same patented technology.

**TOOL NO.:** C13A (Potatoes); C13B (Tomatoes); C13C (Peppers)

## TABLE PLANTER – WHEELCHAIR ACCESSIBLE

### DESCRIPTION

A planting table high enough from the ground for a wheelchair to wheel under. The gardener in the wheelchair can use it while facing forward, unlike raised beds. Can be used by any gardener who can stand but need to lean on something or use one hand to balance while gardening.

### FEATURES

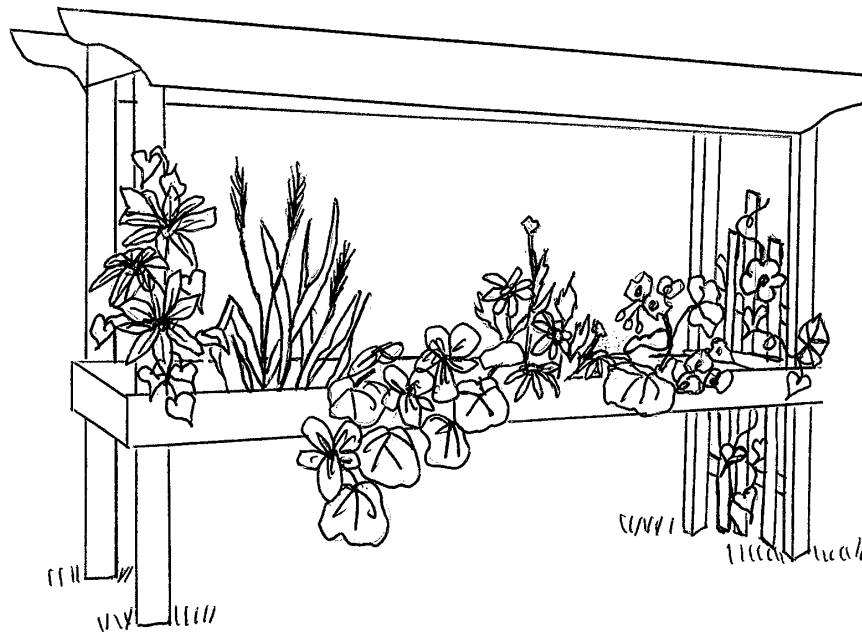
Should be tailored to the wheelchair or sitting gardener – high enough for the wheelchair armrest to fit under the table but not so high that the gardener has to lift his/her arms above chest level, which is fatiguing.

### AVAILABLE

Plans to build can be found on the internet, search “Columbia Master Gardeners” and then “Wheelchair Accessible Table.” You can also purchase already built tables from the internet, search “Planter Table.”

### PRICE

Approximately \$250 to build.



***Designed by Columbia County Master Gardener Volunteers***

**NOTE:** If the table can be reached from two sides, width can be up to 60 inches; however, if the table can be reached only from one side, the width should be no more than arm’s reach. Soil: use loose, light, well-draining soil; one inch of long fiber sphagnum moss at the bottom will help keep the soil moist longer, and a one inch layer on top of the soil will help retain water.

**TOOL NO.: C16**

## SHOE CADDY

### DESCRIPTION

The shoe caddy is a basic canvas shoe caddy that can be purchased anywhere. Ours (pictured on the right) was purchased at Target and has 24 pockets that are lined with rubber, which holds water longer. There are two hooks (included) that go through the holes at the top of the shoe caddy to enable you to hang it. Or you can get two sturdy shepherds hooks to hold up the shoe caddy through the grommet holes at the top. A 2 ½ inch pot fits perfectly inside the pockets. If it is in direct sun, you will need to water daily.

### FEATURES

Reduces bending, decreasing stress on back and conserving energy.  
This is a great, inexpensive vertical gardening feature.

### AVAILABLE

Most store or the internet.

### PRICE

Approximately \$8 - \$24 depending on style of shoe caddy.



**TOOL NO.: C17**

## WOOLLYPOCKET (Wally One & Wally Five)

### DESCRIPTION

Made in USA from 100% recycled plastic water bottles. Pockets are soft-sided, breathable and modular. Lightweight and easy to hang on a wall before planting with universal hangers or using “S” hooks in metal grommets on a fence or railing. Watering is easy using a long spout watering can or hose wand letting water run down the back flap to soak down into the soil. Allows moisture to evaporate and allows plants to air prune. Available in different soft-sided options and sizes.

Wally One – Height - 15 inches, width - 24 inches, and soil volume – 0.40 cubic feet

Wally Five - Height - 15 inches, width - 112 inches, and soil volume - 2.0 cubic feet.

### FEATURES

1. Lightweight felt is easy to hang at a comfortable level before adding soil or plants.
2. Easy to maintain and water.
3. Decreases stress on back and legs and conserves energy.

### AVAILABLE

The internet, search “woollypocket.”

### PRICE

Approximately \$16 - \$93 depending on size and style.



*Donated by Woollypocket – [www.woollypocket.com](http://www.woollypocket.com) – 1-877-796-6559.*

**TOOL NO.: C18 (One Pocket); C19 (Five Pocket)**

## POT MAKER

### DESCRIPTION

This device turns strips of old newspapers into starter pots for young transplants and seedlings. No glue is required. Roll and press to create environmentally friendly pots that naturally decompose in the ground. Eliminates the need for disposable plastic pots and flats.

### FEATURES

Eliminates need to take seedlings out of pots prior to planting. Eliminates disposing of plastic pots. Conserves energy.

### AVAILABLE

Garden catalogs and the internet.

### PRICE

Approximately \$14 - \$20



*Donated by Lee Valley Tools Ltd. – [www.leevalley.com](http://www.leevalley.com) – 1-800-871-8158*

**NOTE:** May require good finger dexterity and time to assemble pots, but it can be done in winter, ahead of time.

**TOOL NO.:** C20

## CORNER BRACKETS FOR RAISED GARDEN BED

### DESCRIPTION

Corner brackets used to make raised wooden garden beds. Can be simply functional or can be decorative. Some can be stacked to raise the bed even higher.

### FEATURES

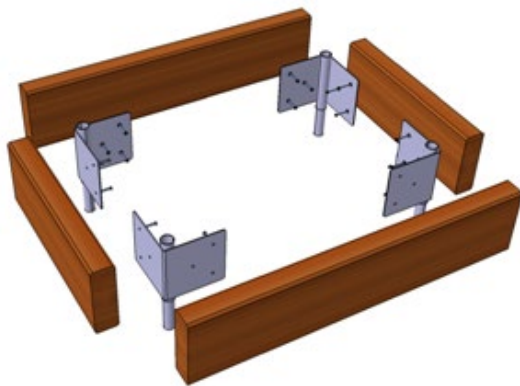
Used in creating raised beds with their enabling feature of conserving energy and protecting hip, knee, and back joints by minimizing bending.

### AVAILABLE

Hardware stores, gardening catalogs, and the internet.

### PRICE

Approximately \$25 - \$75; cost varies widely depending on size/style.



**NOTE:** A large variety of sizes/styles are available. Due to weight of wood and soil, a gardener with limited mobility or strength would likely need assistance in assembling and filling before planting.

***TOOL NO.:*** C21A thru D; C29

# L GARDEN ORIGINAL

## DESCRIPTION

V shaped elevated garden allows for planting deep and shallow rooted vegetables. Built-in easy-roll casters (locks on two wheels) allow the LGarden to safely move up to 500 pounds; 12 sq. ft. of gardening space, 62”L x 30”W x 32”H. Its mobility allows you to move the LGarden with the sun or out of the way for convenience. Steel constructed frame with weather resistant powder coat for lasting outdoor use. A vinyl liner and bottom drain system allows for control of excess water and protects the LGarden’s sturdy wooden bed.

## FEATURES

1. 32 inches off the ground for waist high gardening. Also allows gardening from a sitting position and enables gardeners who have back issues to garden without bending.
2. Gardeners who need a cane or walker for ambulation to the garden can set the cane or walker aside and use the LGarden to stand and lean against for support or use one hand for additional support.
3. The 30-inch width puts the garden area within arm’s reach. If space is limited, the LGarden can be placed against a building or other structure.

## AVAILABLE

Visit Venture Products website at “ElevatedGardening.com” for where to buy.

## PRICE

Approximately \$500



## **NOTE:**

500 lbs., even on casters, may cause injury to muscles and joints when trying to move. Move empty or ask for assistance if necessary.



*Donated by Venture Products – [www.elevatedgardening.com](http://www.elevatedgardening.com) – 414-964-7997*

**TOOL NO.: C30**



## L GARDEN BALCONY

### DESCRIPTION

Designed for smaller spaces on decks and balconies, the ergonomically designed LGarden Balcony with two scratch resistant wheels provides smooth travel for up to 300 pounds on almost any decking or balcony surface. The “balcony’s” non-wheel legs are firm to the ground so the LGarden remains stationary. Made of western red cedar and steel framework giving it a rich furniture feel. Two colors available, green or black.

### FEATURES

1. 32 inches off the ground for waist high gardening that eliminates the need to bend, decreasing stress on your back, hips and knees, and conserves energy.
2. Prevents weed seeds from blowing in and keeps rabbits out.
3. Easily reached from all sides; it is ideal for gardeners who require sitting while they work or have a limited range of motion.

### AVAILABLE

Visit Venture Products website at “ElevatedGardening.com” for where to buy.

### PRICE

Approximately \$300



### **NOTE:**

The L Garden Balcony has only two wheels; therefore, to move you must lift the other end. At up to 300 lbs. filled, this may cause injury to muscles and joints when trying to move. Move empty or ask for assistance if necessary.

*Donated by Venture Products – [www.elevatedgardening.com](http://www.elevatedgardening.com) – 414-964-7997*

**TOOL NO.: C31**

## **THE TERRA LATCH**

### **Terra Cotta Flower Pot Hanger**

#### DESCRIPTION

Vertical gardening made easy, outside or inside. This hanger is strong and withstands high winds. Can be installed on wood, brick, metal, vinyl, aluminum siding, and even drywall. Latches also work on wrought iron or chain link fences using self-locking nylon zip ties (not included). Holds 4 to 10 inch pots. Unique UV stabilizer eliminates deterioration.

#### FEATURES

Allows you to vertical garden inside and outside. Each latch supports up to 90 lbs. and holds 4 to 10 inch pots.

#### AVAILABLE

Hardware stores, garden centers, and the internet.

#### PRICE

Approximately \$8 (2 per pack).



**TOOL NO.: C44A & C44B**

## INFORMATION TO CONSIDER WHEN BUYING A GARDEN KNEELER/SEAT

### 1. What level are your planting beds at?

If beds are at ground level, working from an elevated kneeler may cause additional back strain. Look for one as close to the ground as possible or consider using a separate kneeling pad on the ground to plant, dig or weed, and kneeler handles to assist you to stand.

If beds are elevated or mounded, slight elevation of a kneeler may work fine and give you ease to rise with hand holds.

### 2. Do you have secure level surface on which to place kneeler or seat?

If beds are on hills or terraces, consider where you can safely secure the kneeler or seat to work.

Wheeled seats may work on level surfaces but could present a safety hazard if wheels cannot be secured when rising.

### 3. Purchase a model that is easy to carry.

Garden kneelers are made from a variety of materials - plastic models are lighter to carry but may not be as sturdy; and tubular metal models offer considerable stability but may be heavy to carry and move.

Consider whether a wheeled variety would be useful.

### 4. Do you want your kneeler to also be a seat?

Make sure the sitting height is high enough for you to get up and down from safely and sturdy enough to support your weight.

On the following pages, we feature several models that we use for demonstration. New models are introduced each year. Consider your abilities, needs, and the layout of your garden when making your selection.

## GARDEN KNEELER SEAT

### DESCRIPTION

Use as a kneeling pad with upright bars to lean on for getting down and up. Turn it over and use it as a seat. Can also purchase a tool pouch to store hand tools on the kneeler. Different lengths and widths are available. Folds for storage and carrying.

### FEATURES

1. You can sit to garden or rest while working in the garden.
2. Permits gardening without standing or bending over to reach the ground.
3. Upright bars can be used to assist in getting down and up from kneeling.
4. Can alternate positions between kneeling and sitting to decrease joint and muscle stress, fatigue, and pain. This is important for gardeners who should change positions periodically while gardening.

### AVAILABLE

Hardware stores, garden centers, gardening catalogs, and the internet.

### PRICE

Approximately \$45



**NOTE:** Tool pouch sold separately – approximately \$8

**TOOL NO.: G10**

## GARDEN KNEELER SEAT

### DESCRIPTION

Use as a kneeling pad with upright bars to lean on for getting down and up. Turn it over and use it as a seat. Can also purchase a tool pouch to store hand tools on the kneeler. Different lengths and widths are available. Folds for storage and carrying.

### FEATURES

1. You can sit to garden or rest while working in the garden.
2. Permits gardening without standing or bending over to reach the ground.
3. Upright bars can be used to assist in getting down and up from kneeling.
4. Can alternate positions between kneeling and sitting to decrease joint and muscle stress, fatigue, and pain. This is important for gardeners who should change positions periodically while gardening.

### AVAILABLE

Hardware stores, garden centers, gardening catalogs, and the internet.

### PRICE

Approximately \$20 - \$50



*Donated by Reiman Publications*

**TOOL NO.: G11**

## YARDWORKS GARDEN KNEELER/SEAT WITH STORAGE

### DESCRIPTION

Dual Purposes: Kneeling or sitting  
1-1/2" thick foam kneeling cushion  
Lockable tool storage space (lock sold separately)  
Water resistant  
Size: 23" W x 15" H x 7 1/2" D

### FEATURES

1. You can sit to garden or rest while working in the garden.
2. Permits gardening without standing or bending over to reach the ground.
3. Upright sides can be used to assist in getting down and up from kneeling.
4. Can alternate positions between kneeling and sitting to decrease joint and muscle stress, fatigue, and pain. This is important for gardeners who should change positions periodically while gardening.
5. Can store small garden tools, decreasing trips to get them.

### AVAILABLE

Garden centers and the internet, search "Garden Kneeler Seat."

### PRICE

Approximately \$30



**TOOL NO.: G12**

## GEL KNEE PADS

### DESCRIPTION

Made with new injected honeycomb Gel with 50 percent less weight than regular gel unique inner soft elastic sleeves secures the kneepads in place. Patented cover suspends knee, redirecting pressure away from the delicate patella bone.

### FEATURES

Short designed cover for lightweight mobile protection.

### AVAILABLE

The internet.

### PRICE

Approximately \$20 - \$29 each depending on style.



**TOOL NO.: G13A-B; G14A-B**

# GARDEN TRACTOR SCOOT

## DESCRIPTION

Contoured tractor seat swivels 360 degrees and is adjustable in height. Use 30-inch long handle to pull the seat out to the garden and to steer while sitting. Large pneumatic tires are easy to roll over ground

## FEATURES

1. Allows gardening from a sitting position for people who cannot or have difficulty getting down on the ground, cannot stand to garden, or need to conserve energy.
2. Can be pulled in to the garden and has space for transporting hand tools.
3. Gardener can remain seated and roll/move along the garden. Conserves energy with less stress on joints.

## AVAILABLE

Gardening catalogs and the internet, search “garden tractor scoot.”

## PRICE

Approximately \$ 90.00 - \$150.00.



*Purchased from Gardener's Supply Co. - [www.gardeners.com](http://www.gardeners.com)*

**NOTE:** Newer model – the long handle can be locked in the vertical position and used to assist with sitting and standing; seat is lower and has 16-19 inch height adjustment; capacity is increased to 400 pounds. New (20140) bucket basket sized for a five-gallon bucket. Scoot is heavy and should be pulled into or stored in the garden. May be difficult to steer on uneven surface.

**TOOL NO.: G16**



## OXO HAND TOOLS

### DESCRIPTION

Enlarged ergonomic handle. Available in various tool ends.

### FEATURES

1. Enlarged handle allows for easier grasp with stiff hands and less stress on the finger joints.
2. Cushioned handle absorbs pressure while digging and comfortable handle is non-slip even when hands are wet.

### AVAILABLE

Hardware stores, garden centers, building supply stores, mail order catalogs, and the internet.

### PRICE

Approximately \$15 - \$40



*Plow*

*Cultivator*

*Trowel*

*Transplanter*

*Weeder*

**Cultivator Donated by Lowe's**

**TOOL NO.: H13A thru D**

## PETA EASI-GRIP HAND TOOLS

### DESCRIPTION

Set of lightweight hand tools; add-on handle and arm support cuff. Also in long-reach tools.

### FEATURES

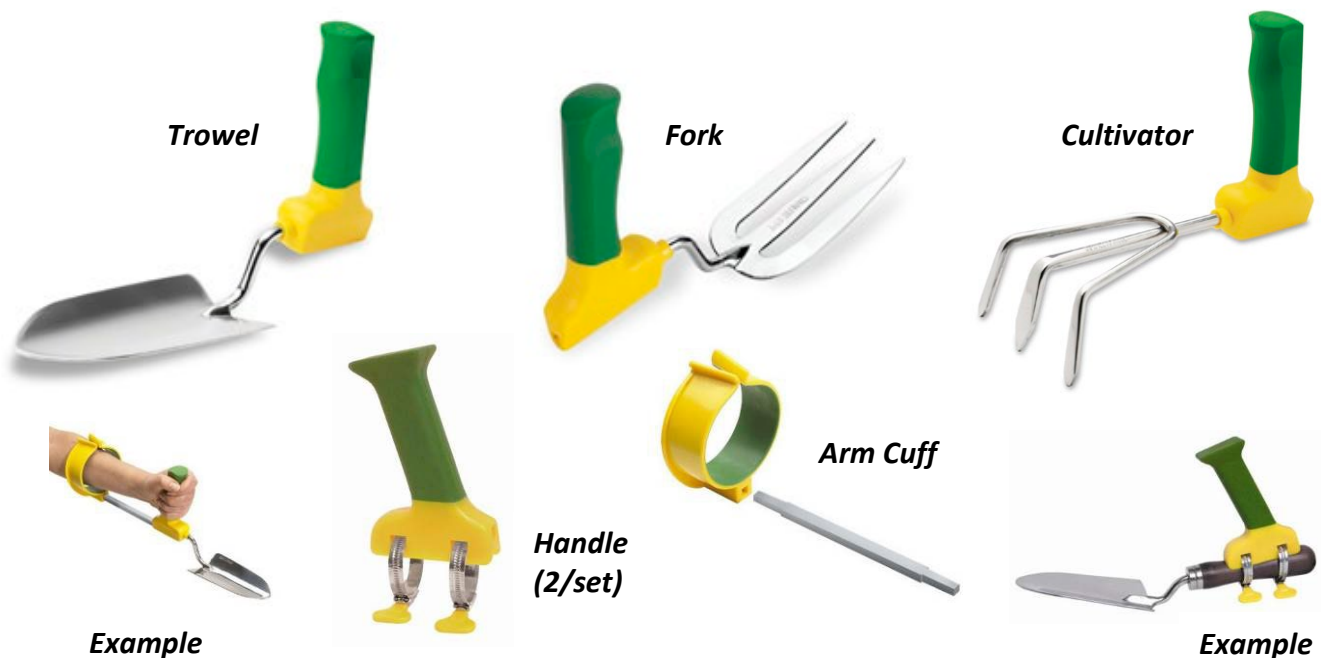
1. Has an ergonomically angled handle that keeps the hand and wrist in a neutral position.
2. Add-on handle – same handle as Easi Grip tools that can be attached to conventional hand tools giving you the same benefit. Add-on handles can be attached to long tools (rakes, hoes, etc.) one at mid-shaft and one at the end for the same benefits. Garden arm support cuff – forearm cuff that can be attached to any Easi Grip tool. This can decrease stress on the smaller wrist joints and muscles, transferring the work to the large elbow and shoulder joints and muscles.
3. Bright color makes tools easy to find.

### AVAILABLE

Specialty catalogs and the internet, search “Easi Grip tools” or at [www.peta-uk.com](http://www.peta-uk.com).

### PRICE

Approximately \$15 each; \$55 4-piece set; \$11 arm cuff; \$22 two1handle set



Donated by Mecanids Company, Inc. – [www.mecanids.com](http://www.mecanids.com) – 1-800-227-0877

**TOOL NO.: H14A thru F; H15A thru F**

## RADIUS HAND TOOLS

### DESCRIPTION

Ergonomically designed tools that position the wrist in line with the hand and forearm in a neutral position. Has an enlarged handle grip.

### FEATURES

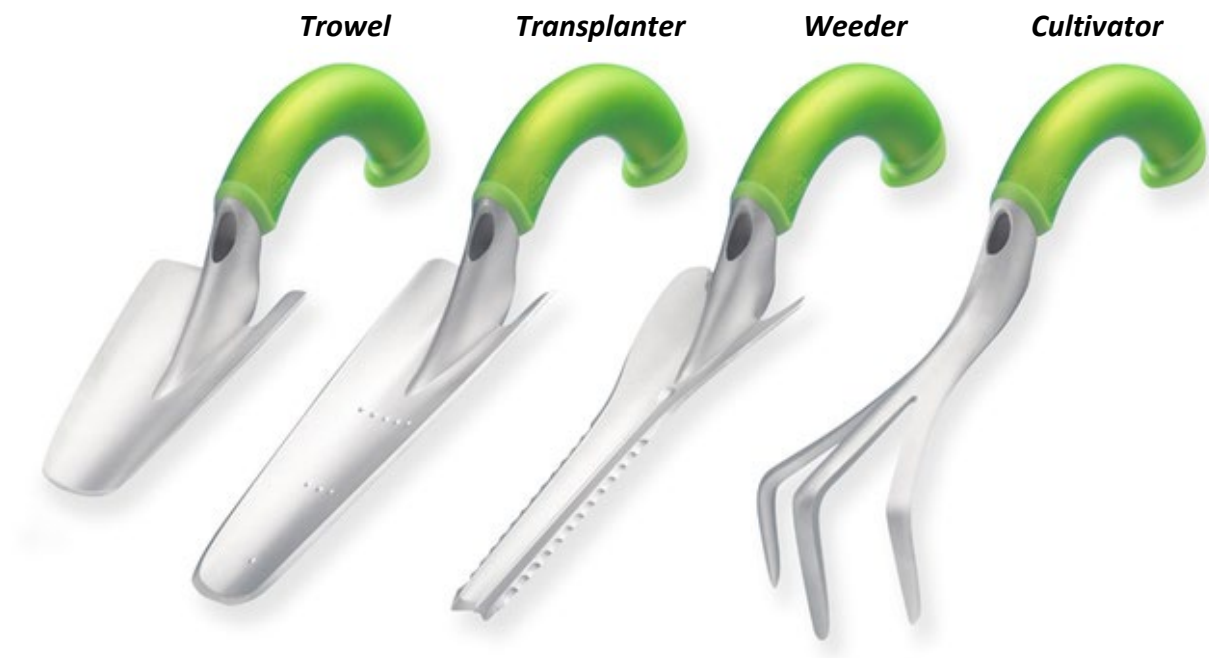
1. Decreased wrist stress and pain due to the neutral positioning.
2. Enlarged grip with less finger joint stress and pain.
3. Brightly colored handles makes tools easier to see and find.

### AVAILABLE

Hardware stores, garden centers, building supply stores, internet, and mail order catalogs.

### PRICE

Approximately \$10 each.



*Donated by Radius Gardens Co. and Lee Valley Tools*

**TOOL NO.: H16A thru D; H17A thru D; H18A thru D**

## YARDWORKS TELESCOPING CULTIVATOR

### DESCRIPTION

Becomes a long-handled cultivator when telescoping mechanism is used. Closed measures 30-37 inches.

### FEATURES

Telescoping feature permits gardening from a sitting position to reach the ground or standing position at a raised bed. Reduces stress on the back.

### AVAILABLE

On the internet at Menards or search “telescoping garden tools.”

### PRICE

Approximately \$7



**TOOL NO.: H19; H20**

## **REACHER (Long Handle)**

### DESCRIPTION

Long reach, lightweight aluminum device that allows gardener to reach to the ground or up on a shelf to retrieve objects; 32 inch reach.

### FEATURES

1. Picks up objects from the ground, decreasing bending and stress on the back, hips and knees.
2. Reaches objects that are not within easy reaching distance, decreasing shoulder stress and pain, reducing effort.
3. Decreases possibility of falling while stooping to pick up objects or getting on tip toe or using a ladder to retrieve high objects.
4. Slip-resistant ergonomic, contoured handle and serrated jaw offers a secure grip.

### AVAILABLE

Some hardware stores, garden centers, medical supply stores, drug stores, garden catalogs, and the internet, search “long handle reacher.”

### PRICE

Approximately \$21 - \$36



**TOOL NO.: H21**

## ARS MULTIPURPOSE SCISSORS

### DESCRIPTION

Lightweight scissors (2 oz.) with soft bow handle; fits left or right hand. For deadheading, cutting herbs, and crafts.

### FEATURES

1. Lightweight, conserving energy.
2. Large openings in handles for fingers.
3. Fits right or left hand.

### AVAILABLE

Gardening catalogs and the internet.

### PRICE

Approximately \$16



*Donated by Growtech Inc. – [www.growtech.com](http://www.growtech.com) – 1-800-204-4769*

**TOOL NO.: H22**

## ARS LONG REACH BONSAI SCISSORS

### DESCRIPTION

Soft bow scissors, specially designed to reach into tight spots. Extended pivot point. Can be used in either right or left hand. For light gardening. Weight: 3 oz.

### FEATURES

1. Lightweight, conserving energy.
2. Extended pivot point adds leverage at the tip of the blades, decreasing strength and energy required to use scissors. Less stress on muscles and joints.
3. Long narrow blades allow easy reach into dense plants.

### AVAILABLE

The internet.

### PRICE

Approximately \$21



*Donated by Growtech Inc. – [www.growtech.com](http://www.growtech.com) – 1-800-204-4769*

**TOOL NO.: H23**

# GARDENA SCISSOR

## DESCRIPTION

Cuts flowers and holds the flowers after cutting. Also strips thorns from roses. Six inches long, blade 1 and ¼ inches long. Designed for both right hand and left hand.

## FEATURES

1. Holds and cuts a flower with only one hand.
2. Can be used by gardeners who need to use opposite hand for support while standing and reaching.
3. May reduce risk of falling. Gardener does not have to reach far with both hands to gather flowers, thus displacing center of gravity less.

## AVAILABLE

In catalogs and on the internet, search “Gardena scissor.”

## PRICE

Approximately \$24



**NOTE:** Other cut and hold pruners are also available in both short and long handles.

**TOOL NO.:** H24; H25



## HOME MADE ENLARGED HANDLE FOR GARDEN TOOLS

### DESCRIPTION

Enlarged ergonomic handle home made by covering the handle of a standard hand tool with commercially available pipe insulation and secured with tape.

### FEATURES

1. Enlarged handle permits gripping with less bending of fingers, resulting in less pain and stress on the finger joints.
2. Enlarged handle permits gripping tool when fingers are stiff and cannot grasp smaller handles.
3. Softer grip reduces friction on skin, decreasing blister formation.

### AVAILABLE

Supplies can be purchased at any hardware store.

### PRICE

Approximately \$2 (single) - \$9 (4-pack)



*Fabricated by a SouthEast Wisconsin Master Gardener Volunteer*

**TOOL NO.: H28; H29**

## HOME MADE FIST GRIP FOR GARDENING TOOLS

### DESCRIPTION

Homemade fist grip (two versions) added to any garden hand tool:

- A. Using an old axillary wood crutch grip with cushioning and attaching it at a right angle to the handle of a regular garden hand tool.
- B. Using a straight piece of PVC pipe pushed into a T-connector making an upright hand hold, and then wrapping with foam pipe insulation.

This handle can also be used on long shaft tools, such as, hoes and rakes at end shaft or at both mid- and end-shaft for pushing and pulling action. It can be used at the end shaft **ONLY** for shovels and should not be used mid shaft for lifting.

### FEATURES

1. Fist grip added to the tool handle positions the wrist in line with the hand and forearm in a neutral position to decrease wrist stress and pain.
2. Cushioning sleeve or pipe insulation enlarges the handling, which permits gripping with less bending of fingers, resulting in decreased stress on finger joints.

### AVAILABLE

- A. Handles can be purchased at a medical supply store or on the internet.
- B. Supplies can be purchased at a hardware store or on the internet.

### PRICE

Approximately \$5

**A.**



**B.**



*Fabricated by a SouthEast Wisconsin Master Gardener Volunteer*

**TOOL NO.: H30; H35**

## YARDWORKS GARDEN KNIFE

### DESCRIPTION

Garden knife with an edged steel blade and a nonslip “control grip handle” for cutting through soil, roots, twine, and bags. Also used for weeding, dividing plants and transplanting; 13 inch total length with 7 inch blade length. Scoop blade loosens and lifts soil and plants. Forked tip digs deep to uproot weeds. Rust resistant coating, carbon steel blade.

### FEATURES

One tool serves many purposes, decreasing need to carry multiple tools out to the garden or needing to make a trip back to get one, conserving energy.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$13



**NOTE:** Other manufacturers make similar garden knives.

***TOOL NO.: H31***

## **FISKARS TROWEL (Made of Composite Material)**

### DESCRIPTION

Construction of this trowel makes it ideal for planting and transplanting in flower beds and other narrow spaces. The overall FiberComp construction makes the tool extremely lightweight and strong. The material will not corrode or age in the same manner as a steel tool. This planter may become dull over use, but the blade can be sharpened.

### FEATURES

Lightweight; decreases stress on joints, reduces pain.  
Hanging hole for easy storage.

### AVAILABLE

Hardware stores, garden centers, catalogs, and on the internet.

### PRICE

Approximately \$2 - \$3



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: H32**

# BIONIC GLOVES

## DESCRIPTION

Gardening gloves with ergonomic features. Come in various sizes to fit your hand; four sizes each for men and women. Several styles also available, including a rose gardening glove with extended forearm protection.

## FEATURES

1. Neoprene motion zones allow natural flexibility of hands resulting in less stress on finger joints.
2. Padding along pressure points of fingers and palms reduces formation of blisters and calluses.
3. Per manufacturer, grip and pinch strength are greater while wearing the glove compared to a bare hand.

## AVAILABLE

Catalogs and the internet at [www.bionicgloves.com](http://www.bionicgloves.com)

## PRICE

Approximately \$35 - \$50



**TOOL NO.: H34**

## INFORMATION FOR BEST FIT HAND PRUNERS

A set of hand held pruners should be in every gardener's tool kit, but selecting the right pair can be a challenge with an overwhelming selection available at most garden centers and online. Handheld pruners are designed for a variety of tasks in the garden. Some are large enough to cut small branches, while others are petite for delicate pruning of flowers. Pruners may be made for left- or right-handed individuals and may be large to small to fit various hand sizes. Ratcheting mechanisms and rotating handles may also be an option on some brands. Using the appropriate tool for the job can make the job easier and allow you to work longer without fatigue while decreasing stress on the muscles and joints of your hand. There are many options to consider when choosing a hand held pruning tool. Comfort should be a priority.

**Bypass pruners** are designed to have a blade slide pass the "bite" in a scissor-like action. When the blade is positioned towards the stem of the plant, a clean cut is made allowing for more efficient wound closure. The crushed portion on the bite site will be discarded. They are typically preferred for the "finesse pruning" of cutting small stems and twigs up to one (1) inch in diameter.

**Anvil pruners** consist of a blade pressing through the tissue against the anvil resulting in crushed tissue on both the discarded portion and the preserved specimen. This may slow the wound closure process. They are best used for cutting debris into disposable sized pieces.

Larger tools, such as loppers and saws, may be required for other pruning tasks.

To minimize arm fatigue, hand-held pruners should be of a manageable weight and selected to fit your hand size. Avoid a tool where the spread of handles exceeds what is comfortable for your hand. This could make gripping and closure difficult or impossible for some tasks. Longer levers on pruner handles allow you to produce more force at the cutting surfaces with less force from your grasp. Tools that provide a spring action to return to the open position also require less hand force to operate, as long as the open position is not too wide. When selecting the proper fit, notice which part of your thumb is producing the force to operate the handle. For many gardeners, especially those over 40, the small joints of the thumb can easily become irritated with repetitive or forceful motions. A contoured fit of the handle to the broad surface along the thumb and into the hand is recommended. This style is less aggravating to operate than handles that require isolated flexing of either of the small thumb joints. This is especially true if the fingers can produce the majority of the handle closure. By contrast, handle designs that include scalloped contours for the fingers can produce too much pressure on the sides of the fingers during forceful gripping. A smooth, comfortable surface that allows the fingers to shift and slide slightly during operation is a better ergonomic fit.

For home gardeners, low- to mid-priced hand-held pruners may suffice for most gardening tasks, if properly used. High-end tools may be more appropriate for avid gardeners or professionals.

Many types of the low- to mid-priced hand-held pruners come with attached blades. When dull, sharpening may be difficult or impossible. A more expensive tool may have an initial sticker-shock but may last a lifetime if cared for properly and when offering removable blades to sharpen.

Using a scabbard or sheath allows for quick and easy holstering of the tool to free up hands for use.

*Written by: Mike Maddox, Director Wisconsin Master Gardener Program, UW-Extension AND  
Darcie Olson, PhD., Instructor, Occupational Therapy Assistant Program, Madison Area Technical College*

## **CORONA ANVIL RATCHET PRUNER (3/4 Inch)**

### DESCRIPTION

¾-inch diameter cutting capacity. Power multiplying ratchet action for easy cutting. Suitable for right and left hand use. Nonstick coated blade for smooth cutting and easy cleaning.

### FEATURES

Ratchet mechanism multiplies force exerted, reducing joint stress and pain.

### AVAILABLE

The internet.

### PRICE

Approximately \$12 - \$16



*Donated by Corona Clipper, Inc. – [www.coronaclipper.com](http://www.coronaclipper.com)*

**TOOL NO.: P10**

## FELCO F12 BYPASS PRUNER

### DESCRIPTION

Bypass pruner for small hands with lower rotating handle. Able to cut through branches up to ¾ inch diameter. Has wire cutting notch, rubber cushion stops, blade tension adjustment. All parts, including the blade are replaceable.

### FEATURES

1. Rotating handle helps prevent or reduce blisters and fatigue.
2. Ergonomically designed handle for less hand and wrist stress.
3. Rubber stops between the handles cushion the hand from the cutting impact.
4. Small size for small hands – uses mid-range of motion of finger joints for more efficient use of muscles.
5. Red handles make it easier to find if lost.

### AVAILABLE

Gardening catalogs and the internet.

### PRICE

Approximately \$60



*Donated by Walt Nicke Co. – 1-800-822-4114*

**TOOL NO.: P11; P12**



## FELCO F10 LEFT HAND BYPASS PRUNER WITH ROTATING HANDLE

### DESCRIPTION

Ergonomic left hand by pass pruner with revolving handle. One inch cutting capacity. Weight 10.2 oz. Length 8 ¼ inches. Replacement parts available. Wire cutting notch, and sap groove, which prevents blade from sticking.

### FEATURES

1. For use by left-handed gardeners. Handle maximizes muscle function and decreases stress on the distal finger joints.
2. Non-slip covering on handles.
3. Revolving handle allows fingers to move naturally, decreasing development of blisters and hand fatigue.
4. Shock absorber and cushion decrease stress on hand.

### AVAILABLE

Garden catalogs and the internet.

### PRICE

Approximately \$65



*Donated by Walt Nicke Company – [www.gardentalk.com](http://www.gardentalk.com)*

**TOOL NO.: P13**

## FISKARS POWERGEAR BYPASS PRUNER

### DESCRIPTION

Patented gear technology multiplies leverage giving you three time more power on every cut. Has a rotating handle and cutting capacity of 3/4 inch. Designed in two sizes; standard and one specifically designed to help users with larger hands.

### FEATURES

1. Reduced cutting effort, less joint stress and pain.
2. Rotating handle reduces blistering during extended use.
3. Available in a larger size for “average to larger hands.”

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$26



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: P14; P15**

## FISKARS POWERGEAR BYPASS PRUNER WITH GRIPEASE

### DESCRIPTION

Patented gear technology multiplies leverage giving you three time more power on every cut. Has a contoured, rotating handle and cutting capacity of 3/4 inch. GripEase pad improves grip and reduces stress on pressure point of the thumb.

### FEATURES

1. Reduced cutting effort, less joint stress and pain.
2. Rotating handle reduces blistering during extended use.
3. GripEase pad reduces stress on pressure point of thumb.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$15



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: P16**

## STIHL BYPASS HAND PRUNER

### DESCRIPTION

Nine-inch length for larger hands; one inch longer than Stihl's regular pruner. Cutting capacity .80 inch. Hard chrome plated blades can be sharpened or replaced. Non-slip, lightweight handles. Weight 9.52 oz.

### FEATURES

Longer handle for more efficient use by gardeners with large hands.

### AVAILABLE

Gardening catalogs and the internet.

### PRICE

Approximately \$50 - \$60



*Model PP80*

Donated by Stihl Inc. – [www.stihlusa.com](http://www.stihlusa.com)

**TOOL NO.:** P17; P18

## ARS GENERAL PURPOSE HAND PRUNER

### DESCRIPTION

Lightweight (5 oz.) by-pass pruner for pruning twigs, medium sized stems, as well as flowers and shrubs. Lightweight, ergonomic, non-slip grips for continued use. 2-inch long curved blade holds the stem in place during cutting. Good for small hands. Cutting capacity  $\frac{3}{4}$  inch. Available in multiple colors.

### FEATURES

1. Lightweight for energy conservation and less stress on muscles and joints.
2. Fits small hands; using hand muscles in their most efficient range of motion.

### AVAILABLE

The internet.

### PRICE

Approximately \$35



*Donated by Growtech Inc. – [www.growtech.com](http://www.growtech.com) – 1-800-204-4769*

**TOOL NO.: P19**

## BAHCO BYPASS PRUNER

### DESCRIPTION

A lightweight bypass pruner for medium-sized hands. The blade can be swapped for another size cutting head when the size of project changes. The spring handles can also be changed making this tool easily customizable. The non-rotating handles are made of composite material, and the upper handle has a soft rubber grip for added comfort. Length 8 ¼ inches; weighs 12.2 ounces; cutting capacity 1 ¼ inch.

### FEATURES

Lightweight, conserving energy with less stress on muscles and joints.

### AVAILABLE

The internet.

### PRICE

Approximately \$37



**TOOL NO.: P20**

## ARS TELESCOPING HEDGE SHEAR

### DESCRIPTION

Telescoping handles extend from 28 to 41.5 inches in three steps to reach the top of tall hedges and the back of deep flower beds. Lightweight aluminum handles with push button springs that lock handles into place; weighs only 2 pounds and has shock absorbers.

### FEATURES

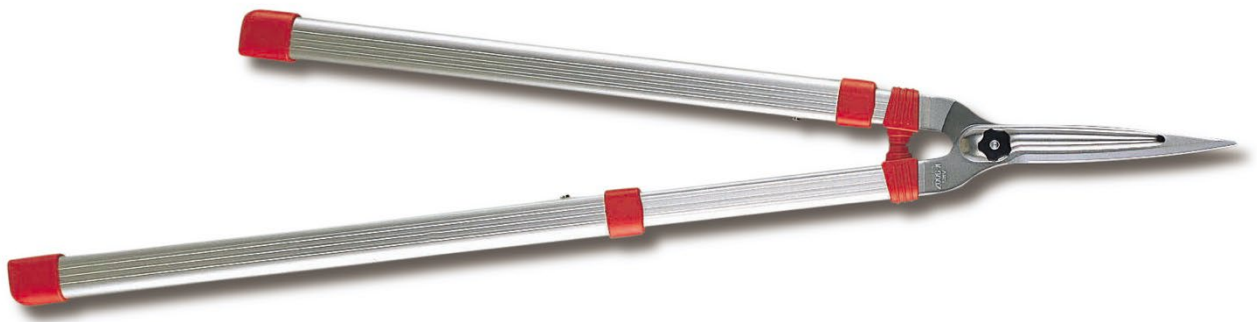
1. Telescoping handles allow reaching without need to lean or use ladder, decreasing risk of falling.
2. Light weight for energy conservation; less fatiguing.
3. Telescoping feature decreases stress on hip and back joints because gardener does not have to lean or bend to reach plant material to be trimmed.

### AVAILABLE

The internet.

### PRICE

Approximately \$79 - \$91



*Donated by Growtech Inc. – [www.growtech.com](http://www.growtech.com) – 1-800-204-4769*

**TOOL NO.: P21**

## CORONA COMPOUND ACTION HEDGE SHEAR

### DESCRIPTION

Lightweight strong aluminum handles with ergonomic grips. Top blade is serrated and features a limb cutting notch. Bottom blade is PTFE nonstick coated for easy clean cutting.

### FEATURE

Compound action multiplies cutting power, decreasing strength required, and decreasing stress on joints.

### AVAILABLE

The internet.

### PRICE

Approximately \$28



**TOOL NO.: P22; P23**



## FISKARS POWERGEAR HEDGE SHEARS

### DESCRIPTION

PowerGear mechanism increases leverage to give up to three times more power on every cut. Fully hardened steel blades cut all the way to the tip and stay sharp through heavy use. Low-friction blade coating helps the blade glide through branches for smooth cutting and prevents the blade from gumming up with sap and debris. Shock absorbing bumpers help reduce jarring at the end of cuts. Blade coating helps the blade resist rust. Aluminum construction makes it lightweight; length is 23 inches. *Winner "Ease-of-use" commendation from the Arthritis Foundation.*

### FEATURES

1. Reduced cutting effort for less joint stress and pain.
2. PowerGear technology, with its enhanced leverage, means these shears can be smaller and lighter than other shears with the same cutting capabilities.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$50



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.:** P24; P25

## FISKARS POWERGEAR BYPASS LOPPER

### DESCRIPTION

Power-gear technology multiplies leverage to give up to three times more cutting power on every cut. Cuts through branches up to 1-1/2 inch diameter. Fully hardened steel blade stays sharp through heavy use. Low-friction blade coating helps the blade glide through stems and branches for smooth cutting and prevents the blade from gumming up' with sap and debris. Blade coating helps the blade resist rust. Aluminum construction provides strength and reduced weight; length is 18 inches.

### FEATURES

1. Reduced cutting effort, less joint stress and pain.
2. Power-Gear technology, with its enhanced leverage, means that this lopper can be smaller and lighter than other loppers.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$39



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**NOTE:** Also available in longer lengths with increased maximum cutting diameter, BUT beware of increased weight.

**TOOL NO.: P26**

## FISKARS POWERGEAR2 BYPASS LOPPER (25-inch long)

### DESCRIPTION

Power-gear technology multiplies leverage to give up to three times more cutting power on every cut. Elliptical gear with integrated cam mechanism optimizes power in the middle of the cut – where the branch is the thickest and the user’s strength is the weakest. Cuts through branches up to two inches in diameter. Fully hardened steel blade stays sharp through heavy use. Low-friction blade coating helps the blade glide through stems and branches for smooth cutting and prevents the blade from gumming up with sap and debris. Blade coating helps the blade resist rust. Rounded ergonomic handles with Softgrip touchpoints enhance comfort and control.

### FEATURES

1. Reduced cutting effort, joint stress and pain.
2. Power-Gear technology, with its enhanced leverage, means that this lopper can be smaller and lighter than other loppers.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$39 - 25 inch; \$40 - 32 inch; \$30 - 18 inch.



***Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)***

**NOTE:** Available in other lengths with increased maximum cutting diameter, BUT the weight also increases with length.

**TOOL NO.: P27**

## ARS LONG REACH PRUNER, FIXED LENGTH (Cut and Hold Snipper)

### DESCRIPTION

Lightweight (one pound), four-foot long, extended reach, bypass pruner that cuts and holds the material. The arm rotates 180 degrees to turn the blade, not the handle, for precise pruning angles. Zinc alloy rust proof rod good for water gardening. ¼ inch cutting capacity.

### FEATURES

1. Length of pruner allows reaching plant material without bending or leaning, decreasing risk of falling.
2. Cut and hold feature decreases risk of falling by eliminating the need to either reach to one side with both hands to hold branch while cutting or by eliminating need to bend to retrieve cut material.
3. Lightweight feature makes it possible to prune with less energy and less stress on muscles and joints.

### AVAILABLE

The internet.

### PRICE

Approximately \$83 - \$103



*Donated by Growtech Inc. – [www.growtech.com](http://www.growtech.com) – 1-800-204-4769*

**NOTE:** ARS brand is available in five fixed lengths and two telescoping lengths.  
Other manufacturers make similar pruners; look for the cut and hold features.

**TOOL NO.:** P28

## FISKARS POWERGEAR2 BYPASS PRUNER

### DESCRIPTION

Bypass pruner with power gear technology that multiplies the leverage to give up to three times more power. Elliptical gear with integrated cam mechanism optimizes power in the middle of the cut – where the branch is thickest and the user’s strength is the weakest. Includes a contoured handle with a unique rolling design that fits the shape and natural motion of the hand, for comfortable use and reduced hand fatigue. Hardened steel blade stays sharp through heavy use. Low friction rust resistant blade coating helps the blade glide through stems and branches for smooth cutting and prevents the blade from gumming up with sap and debris. Enlarged handle grips with strategically placed Softgrip touch points increase control and prevent blisters. Maximum cutting capacity is 3/4 inch diameter.

### FEATURES

1. Reduced cutting effort, joint stress and pain.
2. Rotating handle reduces blistering during extended use.

### AVAILABLE

Hardware Stores, garden centers, and the internet.

### PRICE

Approximately \$25



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: P30**

## FISKARS POWERGEAR2 HEDGE SHEARS (23-inch long)

### DESCRIPTION

PowerGear technology increases leverage to give up to three times more power on every cut. Fully hardened steel blades cut all the way to the tip and stay sharp through heavy use. Low-friction blade coating helps the blade glide through branches for smooth cutting, and prevents the blade from gumming up with sap and debris. Shock absorbing bumpers help reduce jarring at the end of cuts. Blade coating helps the blade resist rust. Cutting length 10 inches.

### FEATURES

1. Reduced cutting effort, joint stress and pain.
2. PowerGear technology, with its enhanced leverage, means these shears can be smaller and lighter than other shears with the same cutting capabilities.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$45



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: P31**

## LEE VALLEY LONG ARM, CUT AND HOLD PRUNER, TELESCOPIC

### DESCRIPTION

Lightweight, telescoping pruner that cuts and holds the material from 71 inches to almost 10 feet in length giving the average person the ability to reach things up to 16 feet from the ground. The handle rotates to orient the blade in the best position for the job. Cuts up to  $\frac{3}{4}$ " Sturdy aluminum, steel and reinforced poly construction.

### FEATURES

1. Length of pruner allows reaching plant material without bending or leaning, decreasing risk of falling.
2. Cut and hold feature decreases risk of falling by eliminating the need to either reach to one side with both hands to hold branch while cutting or by eliminating need to bend to retrieve cut material.
3. Lightweight feature makes it possible to prune with less energy and less stress on muscles and joints.

### AVAILABLE

The internet.

### PRICE

Approximately \$65



*Purchased from Lee Valley Tools, Ltd. – [www.leevalley.com](http://www.leevalley.com)*

**NOTE:** The long lever arm of this tool may make it difficult for some gardeners to control and thus compromise safety. Prolonged looking up this high may cause stress to neck joints and muscles. The cut and hold feature may also compromise safety if pruning overhead branches.

**TOOL NO.: P32**

## LEE VALLEY ANVIL LOPPER, TELESCOPIC

### DESCRIPTION

With telescoping handles and a large ratcheting head, these lopper can increase cutting power with less effort. Aluminum pin-locking handles have a comfortable grip, and the carbon-steel blades have a non-tick coating to reduce cutting friction. They can extend from 28 inches to 42 inches.

### FEATURES

1. Length of pruner allows reaching plant material without bending or leaning, decreasing risk of falling.
2. Lightweight feature makes it possible to prune with less energy and less stress on muscles and joints.

### AVAILABLE

The internet.

### PRICE

Approximately \$43



*Purchased from Lee Valley Tools, Ltd. – [www.leevalley.com](http://www.leevalley.com)*

**TOOL NO.: P33**



## BULB AUGER

### DESCRIPTION

Auger attaches to a power drill. Available in several diameters for large and small bulbs.

### FEATURES

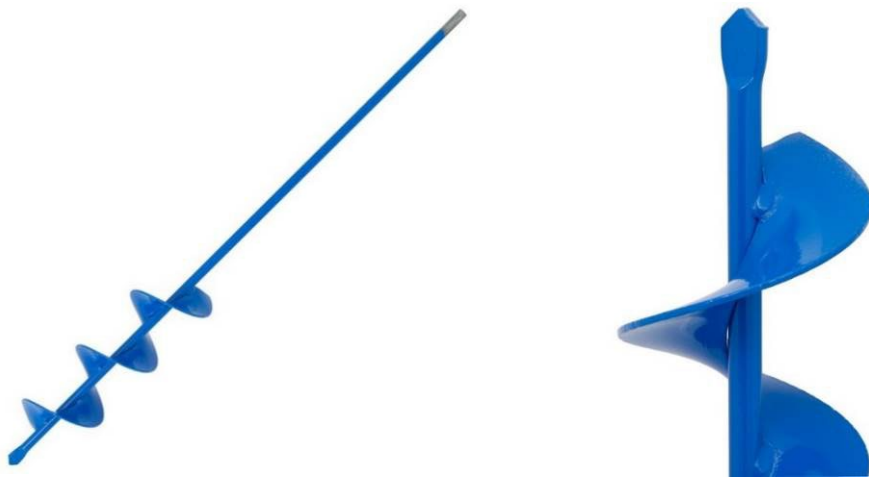
1. Less bending to dig holes for bulb planting, resulting in less stress on back, knees and hips.
2. Decreases effort to plant bulbs, conserving energy.

### AVAILABLE

Hardware stores, garden centers, catalogs, and the internet.

### PRICE

Approximately \$20 - \$93 depending on size/style.



**NOTE:** You will need a powerful drill. May need 3/8 inch power drill or 18 volt cordless drill. Wear eye protection. Do not use near underground utilities. See manufacturer's directions.

***TOOL NO.: S10 (small); S11 (large)***

## DIAL SEED SOWER

### DESCRIPTION

Dial seeder with multiple openings of different sizes for varying seed sizes. Shake the seeder and a few seeds come out at a time.

### FEATURES

1. Allows planting of seed even if finger dexterity or sensation is impaired.
2. May decrease effort due to better spacing of seeds and less need for thinning seedlings.

### AVAILABLE

Garden seed catalogs and the internet, search words “dial seed sower.”

### PRICE

Approximately \$2 - \$5



*Donated by J.W. Jung Seed Co., [www.jungseed.com](http://www.jungseed.com)*

**TOOL NO.: S12; S13**

# SEED TAPE

## DESCRIPTION

A strip of paper with seeds glued on it at the proper spacing.

## Directions

1. Cut water soluble paper into one-inch wide strips (newspaper, toilet paper).
2. Make glue with flour and water (consistency of gravy) or use water soluble glue.
3. Stick the stick end of a thin artist's paint brush into a Styrofoam ball.
4. Place the seeds on one paper plate and the glue on another.
5. Dip the brush end into the glue, then touch one seed, picking it up.
6. Gently rub the seed and glue on the paper strip.
7. After the strip is air dried, store it in a plastic bag and label it.
8. Plant paper strip in furrow of soil. Cover with soil and water.

## FEATURES

1. Using a seed tape to plant seeds decreases the stress placed on the back, knees and hips as a result of spending less time in the crouched or bent position and conserving energy from the time it would take to plant individual seeds.
2. Use of the Styrofoam ball, with the brush in it to pick up seeds decreases the stress on the finger joints.
3. Seeds can be properly spaced on paper, eliminating the need for thinning later, which also conserves energy and decreases stress on the body.

## PRICE

The cost of supplies.



**NOTE:** Commercial seed tapes are available from seed catalogs, garden centers, and on the internet; selection can be limited.

***TOOL NO.: S14***

## HOME MADE STAND UP SEEDER

### DESCRIPTION

One inch PVC pipe and dowel. Dowel attached to side of pipe is approximately one inch longer than the pipe and can be used to make a furrow before planting and to cover the seeds after planting. PVC pipe is used to place seed in furrow.

### FEATURES

Eliminates bending to the ground for those who want to stand to garden or have back, hip, or knee problems; conserves energy.

### PRICE

The cost of one length of one inch PVC pipe and dowel.



**TOOL NO.: S15**

## TENAX PRO SEEDER (PRECISION ENGLISH SEEDER)

### DESCRIPTION

Works like a baster to pick up tiny seeds. Has three tip sizes for different sized seeds, which store under the bulb.

### FEATURES

1. Manage picking up and planting small seeds, even if finger dexterity or sensation is impaired.
2. May eliminate need to thin seedlings because seeds can be managed and planted more accurately and with less waste, conserving energy.

### AVAILABLE

Garden seed and equipment catalogs and the internet, search “tenax seeder.”

### PRICE

Approximately \$25



Three tip sizes  
control seed  
distribution to save  
seeds and reduce thinning.

*Donated by Gardeners Supply Company*

**TOOL NO.: S16**

## WEDGIE

### DESCRIPTION

A seven-inch long wedge shaped planting tool with a knob handle. Push wedge into **loose** soil, rock it back and forth, pull wedge out and put plant in hole.

### FEATURES

1. Ergonomically designed handle. Wrist is held in a neutral position and fingers do not have to be tightly closed around the knob handle, resulting in less wrist and finger joint strain.
2. No need to lift soil to make a hole. Particularly good for use in containers where there is no place to move soil while making a hole.
3. Useful when planting in tight spaces where a trowel would not fit.
4. Yellow color makes it easy to find.

### AVAILABLE

Garden supply catalogs and the internet, search “wedgie garden tool.”

### PRICE

Approximately \$13



**TOOL NO.: S17**

## BACKSAVER GRIP

### DESCRIPTION

Add on handle for long-handled tools attached at mid-shaft.

### ENABLING FEATURES

Reduces need to bend over to reach mid shaft of tool, reducing back strain and/or pain.

### AVAILABLE

Hardware stores, garden centers, and the internet, search “back saving grip for garden tools.”

### PRICE

Approximately \$17



**TOOL NO.: B10; B11**

## MOTUS D-HANDLE (Add On)

### DESCRIPTION

Attaches mid-shaft to long-handled tools, such as shovels, forks, hoes and rakes. Please refer to their website for more detailed information, [www.motus.ca](http://www.motus.ca).

### FEATURES

1. Mounts mid-way down the garden tool handle and gives lifting leverage to the forward hand.
2. Reduces back strain/pain, blisters, fatigue and other repetitive stress injuries.
3. Ergonomic design adjusts to any stature, short or tall, left or right-handed.

### AVAILABLE

Internet at [www.motus.ca](http://www.motus.ca), or search "Motus D -Handle."

### PRICE

Approximately \$14 - \$20



**TOOL NO.: B13; B14**



## MOTUS T-GRIP (Add On)

### DESCRIPTION

Attaches at the end or mid shaft of long handled tools, such as hoes and rakes. Can be used in conjunction with D-handle (add on), or use two T-grips on the same long handled tool – one at the end and the other at mid shaft. Please refer to their website for more detailed information, [www.motus.ca](http://www.motus.ca).

### FEATURES

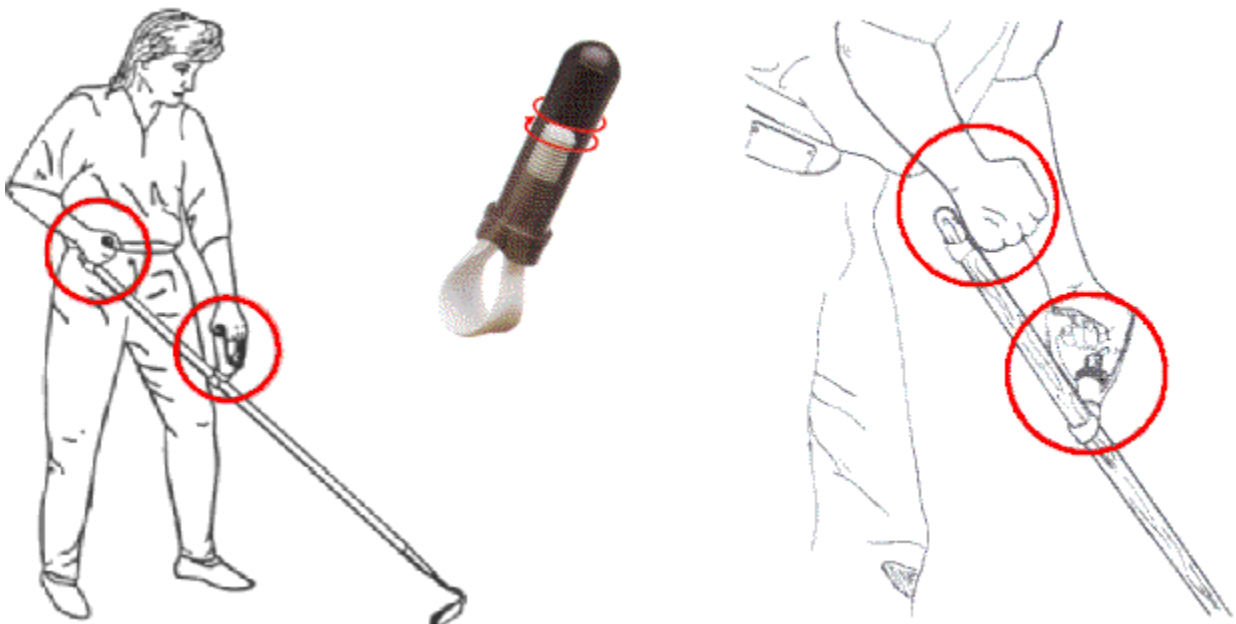
1. Mounts at the upper end of the garden tool handle and gives pushing and pulling control to the back hand.
2. Reduces back strain/pain, blisters, fatigue and other repetitive stress injuries.
3. Ergonomic design adjusts to any stature, short or tall, left or right-handed.

### AVAILABLE

Internet at [www.motus.ca](http://www.motus.ca), or search “Motus T-Grip.”

### PRICE

Approximately \$14 - \$20



**NOTE:** Do not use the T-Grip for lifting.

**TOOL NO.:** B15; B16

## RADIUS GATOR GRABBER

### DESCRIPTION

Tool with telescoping handles that adjust to gardener's height and the gardening task. Tool end has poly fiber jaws with serrated inner ribs and close fitting teeth that will grab and hold any material until released. 14 inches wide by 10 inches high and 37 inches long; weighs 64 ounces.

### FEATURES

Able to pick up objects, such as, twigs, leaves, debris etc. without bending. Conserves energy. Less stress on back, hips and knees.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$30 - \$40



**TOOL NO.: B20**

## DIAMOND HOE WITH LONG T-HANDLE

### DESCRIPTION

2" x 8" diamond shaped blade sharpened on all four edges, six-foot long, with a T-handle grip.

### FEATURES

1. The push and pull hoe action allows much more cultivating area to occur in a very short time frame. Do not chop; run (skim) the blade slightly beneath the soil surface for less fatigue and pain.
2. Decreased neck/back strain and less fatigue – the long six-foot, lightweight handle allows lots of work to be done without having to take an extra step or two to reach the plant, and the end blade allows you to cultivate closer to the plant.
3. T-handle puts the wrist in a neutral position for less stress and pain.

### AVAILABLE

On the internet, search “diamond hoe.”

### PRICE

Approximately \$56 – \$90



***Purchased from Glacier Valley Enterprises in Baraboo, Wisconsin – 1-888-236-6670.***

**NOTE:** The extended length of this hoe may make it difficult to transport in a car. Also, the very sharp four edges and two points of the tool end may be hazardous.

**TOOL NO.: B22**

## PETA EASI GRIP LONG REACH TOOLS (HOE)

### DESCRIPTION

31-inch long tool with an attachable forearm cuff and ergonomically angled hand grip. The forearm cuff attached to the long reach tool is recommended due to its increased weight and to gain leverage. Available as hoe, cultivator, trowel, and fork.

### FEATURES

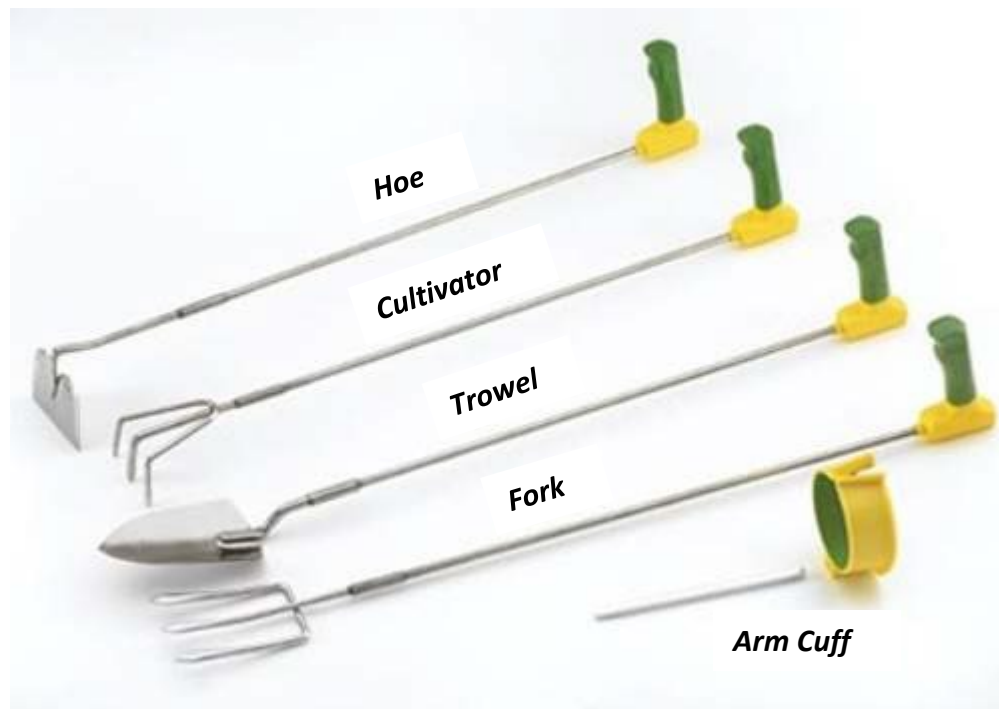
1. Allows working from a sitting position to reach the ground or standing position to reach raised beds depending on height of bed.
2. Ergonomically angled, which keeps the hand and wrist in a neutral position, decreasing stress and pain at these joints.
3. The forearm cuff attached to this tool relieves stress on the wrist muscles and joint by transferring some of the work to the larger elbow and shoulder muscles and joints.

### AVAILABLE

Specialty catalogs and the internet, search “Easi Grip tools” or at [www.peta-uk.com](http://www.peta-uk.com).

### PRICE

Approximately \$45 each; \$170 for the set; \$11 arm cuff.



**Hoe Donated by Mecan aids Company, Inc. – [www.mecan aids.com](http://www.mecan aids.com) – 1-800-227-0877**

**TOOL NO.: B24 (hoe); B25 (hoe)**

## TELESCOPING EXPANDABLE SHRUB RAKE

### DESCRIPTION

Lightweight rake that can adjust in length from 35 to 69 inches and in width from 7 to 21 inches.

### FEATURES

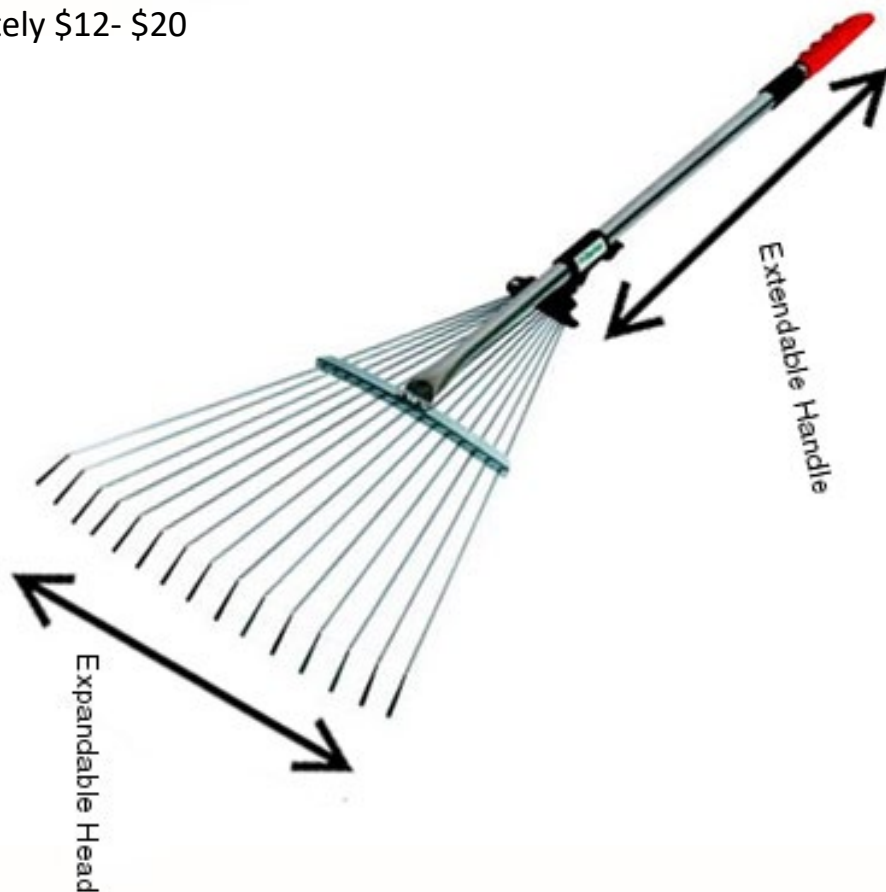
1. Telescoping handle allows user to rake while standing without bending, less stress on back.
2. Handle can be adjusted to gardener's height.
3. Expandable "business end" of rake permits use in small spaces between and under shrubs. No need to bring two rakes into the yard, conserving energy.
4. Lightweight, conserves energy.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$12- \$20



**TOOL NO.: B26**

## SPEAR HEAD SPADE

### DESCRIPTION

Tough on tasks, easy on you! “Spear Head” blade profile gives it the ability to auto-seek the path of least resistance and then gradually ease, wedge, and cut through the most challenging conditions. 33% thicker and 25% harder than normal shovels. Sharp from tip to tail at a 35 degree angle to give it an effective and durable edge. Reinforced fiberglass handle. Three sizes: 59 inch, 41 inch, and 30 inch.

### FEATURES

Gives the gardener more digging power. Reduces effort needed up to 80%. Powder coated with an epoxy resin for durability and ease of cleaning. Most valuable when digging the toughest jobs: rocky soils; dense, compact, or heavily traveled areas; clayish soil; heavily rooted areas; working in limited spaces; doing detailed or fine digging in limited space, separating/transplanting perennials. Lightweight, cushioned D grip on some models make it easier and more comfortable when doing tough digging.

### AVAILABLE

The internet, search “spear head spade.”

### PRICE

Approximately \$35 - \$54 depending on size: 59 inch; 41 inch; 30 inch.



**NOTE:** Choose a size that allows you to garden without bending.

**TOOL NO.:** *B27 (30 in.); B28 (41 in.)*

## RADIUS TRANSPLANTER SHOVEL

### DESCRIPTION

A multi-purpose tool that functions as a transplanter, drain spade, digging spade, and standard shovel. It has a narrow, deep blade and sized for also working in raised beds. Large O handle accommodates the use of two hands. Resin encased steel core shaft makes it unbreakable.

### ENABLING FEATURES

1. Small tool end for moving less soil at a time, conserving energy and putting less stress on back, hip and knee joints.
2. O handle accommodates two hands, spreading the force required, thus reducing stress on each individual hand.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$60 - \$75



*Donated by Lee Valley Tools Ltd. – [www.leevalley.com](http://www.leevalley.com) – 1-800-871-8158*

**TOOL NO.: B29**

## FISKARS UPROOT WEED & ROOT REMOVER

### DESCRIPTION

Pronged weed puller works from a standing position. Long handle is used as a lever to pull weeds and its root from the ground. Works best in moist soil. A few versions available.

### FEATURES

1. Allows you to pull weeds/roots while standing up, resulting in less stress on the back, hips and knees.
2. Lever action requires less effort with less pain and fatigue.
3. The uproot weeder holds the weed after pulling and an ejection mechanism on the handle allows you to deposit it in a receptacle, eliminating the need to bend over to pick up the weed. Reduces stress on the knees, hips, and back and conserves energy.

### AVAILABLE

Hardware stores, garden centers, gardening catalogs, and on the internet.

### PRICE

Approximately \$37



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: B30**



## **FISKARS LONG HANDLED SWIVEL GRASS SHEARS (36 inch long)**

### DESCRIPTION

Long shaft grass shears with blades that swivel 360 degrees for trimming at any angle. Lightweight aluminum construction; 4 ½ inch steel blades cut all the way to the tip. Easy open lock protects the blades during transport and storage. Trims and edges around flower beds, trees, and sidewalks.

### FEATURES

Long shaft eliminates bending over or kneeling, resulting in less stress on, and fatigue of, hips, knees, and back; decreasing incidence of joint pain or disability.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$25



*Donated by Fiskars Brands – 1-866-348-5661 – [www.fiskars.com](http://www.fiskars.com)*

**TOOL NO.: B31**

## HOME MADE HANDLE ON TOOL – PIPE INSULATION

### DESCRIPTION

Enlarged ergonomic handle made by covering the handle of a hoe/rake/shovel with commercially available tube pipe insulation and secured with tape.

### FEATURES

1. Enlarged handle permits gripping with less bending of fingers, resulting in less stress on finger joints and possibly less pain.
2. Enlarged handle enables gardeners with decreased flexibility in their fingers to grasp the tool handle.
3. Soft pipe insulation reduces friction on skin, decreasing chance of blisters.

### AVAILABLE

Supplies, insulation and tape, can be purchased at any hardware store.

### PRICE

Approximately \$5.00



**TOOL NO.:** B32 (small shovel); B33 (rake); B34 (hoe)

## HANDY CAMEL BAG CLIP

### DESCRIPTION

Unique clip allows you to secure bag tops to reseal, store, and carry them. Special 3-ratchet system allows thin or thick bags to be closed. Sturdy handle allows you to carry any bag up to 40 lbs. with ease. Reseals all types of bags to keep pest out. May also be placed on the side of an open bag to pour contents more easily.

Comes in two sizes: Mini, 3.5" x 1.5" x 10" long; carries up to 10 lb.

Large, 5" x 1.5" x 16" long; carries up to 40 lb.

### FEATURES

1. A versatile clip with sturdy handle for easy carrying, storing, and pouring.
2. Clip creates a tight seal on most open bags and no-tear design teeth won't puncture your bag.
3. Ratchet system allows for all bag thicknesses.

### AVAILABLE

The internet, search "Handy Camel Bag Clip."

### PRICE

Approximately \$10 mini; \$30 large



**NOTE:** Requires excessive large force on finger joints.

**TOOL NO.:** T10; T11

## **POT MOVER (PotMover Caddy)**

### DESCRIPTION

Gardening 2 wheeled device [similar to a hand truck] that moves pots/containers. Carries any potted plant up to 20 inches wide by 30 tall and up to 100 pounds. Two adjustable rubber-tipped arms grab and secure your container to the caddy. Folds up for storage and has a hang-hole so it can be attached to a wall.

### FEATURES

Moves pots and containers with less energy and less stress on joints and muscles, particularly back, knee, and hip joints and muscles.

### AVAILABLE

Gardening catalogs and the internet, search “pot caddy” or “pot mover.”

### PRICE

Approximately \$70



**TOOL NO.: T12**

## POT LIFTER

### DESCRIPTION

Two person harness that fits around, and used to lift and move pots, tree root balls, and rocks with a low center of gravity. Strong anti-slip polymer straps detach and refasten to encircle and grip whatever is to be moved. Self-cinching nylon straps securely cradle objects up to 6 feet in circumference. Double PVC handles are height adjustable so two people can lift, balance and transport up to 200 pounds with less stooping. Comes with drawstring pouch.

### FEATURES

1. Allows two people to lift larger, awkward objects in the garden, resulting in energy conservation and less stress on joints and muscles.
2. Use of harness results in less bending to lift and carry with less stress on the back.

### AVAILABLE

Garden catalogs and the internet, search “pot lifter.”

### PRICE

Approximately \$30



**NOTE:** While the manufacturer states this pot lifter can be used for objects up to 200 lbs., this is the maximum limit and should not be construed that it is safe for all people to lift that weight. Use caution and good judgment in determining if this is the best way to lift heavy objects.

**TOOL NO.: T13**

## SMARTCART TWO-WHEELED GARDEN CART

### DESCRIPTION

Two wheeled cart for transporting tools, bags of fertilizer, plants etc. to and from the garden.

### FEATURES

1. Weight is centered over wheels [compared to a wheelbarrow}. Therefore less effort is required to lift and move the load. Back protecting and energy conserving.
2. Two wheeled cart is more stable than a wheelbarrow. The load will not shift causing tipping, which in turn can cause strain to the back and upper extremities.
3. Conserves energy when transporting garden loads.

### AVAILABLE

Hardware stores, garden catalogs, and the internet, search “Smart Cart.”

### PRICE

Approximately \$100 up to \$250 depending on model.

### NEW VERSION



### OLD VERSION



*Smart Cart® 4.5 Cu. Ft. Garden Cart (SLC450)*

**TOOL NO.: T14**

## GARDEN TOOL CART

### DESCRIPTION

Two-wheeled, upright cart that transports both long- and short-handled tools. Also transports bags of fertilizer, etc.

### FEATURES

Transports tools and gardening supplies from storage area to garden without need for lifting and carrying, resulting in less pain and stress on back and arms and conserves energy.

### AVAILABLE

On the internet, search “Vertex Carry-All Garden Essentials Cart.”

### PRICE

Approximately \$100.00 - \$150.00



**TOOL NO.: T15**

## FISKARS BUCKET CADDY

### DESCRIPTION

Canvas tool holder that fits on a five-gallon bucket. Lightweight, durable and easy to clean. Nine deep pockets and two “pencil” pockets. Frees up internal bucket space for yard waste or other items.

### FEATURES

Transports small garden tools, cell phone, etc. Frees up second hand for cane use, if necessary. Lightweight method for carrying tools with less effort and stress on joints. Eliminates trips back to storage area, conserving energy.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$10 - \$15



**NOTE:** Bucket not included

**TOOL NO.: T17**



## GARDEN APRON WITH FOLDABLE BAG

### DESCRIPTION

Convenient garden apron for hands-free work. Easy-to-access pouch is designed to hold leaves and grass or veggies, fruits, and herbs. Release the pouch at the bottom to easily empty the contents in your chosen spot or container.

### FEATURES

Frees hands to clean up garden debris or harvest. No lugging around cumbersome trash bags or containers. Conserves energy.

### AVAILABLE

On the internet.

### PRICE

Approximately \$15



**TOOL NO.: T18**

## FAUCET HOSE EXTENSION

### DESCRIPTION

A faucet on a stake with a hose running to the faucet at the side of the house. Comes in various heights. Look for a taller one, to decrease the need for bending while attaching hoses.

### FEATURES

1. Brings the faucet out from an inaccessible place (behind bushes planted along foundation]), or out to a firmer area of ground to stand on while attaching hoses.
2. Reduces bending to attach hose, reducing stress on hips, knees and back.

### AVAILABLE

Garden centers, building supply stores, catalogs, hardware stores and internet [search words: hose faucet extender, faucet extension with stake].

### PRICE

Approximately \$22 - \$39 depending on length of hose extension [3 ft. to 10 ft.] and height of post for faucet.



*Donated by Walt Nicke Co. – [www.gardentalk.com](http://www.gardentalk.com) - 1-978-887-3388*

**NOTE:** Look for the highest stake to decrease stress on back, hips and knees.

**TOOL NO.:** W12

## WATER FAUCET SHUT OFF VALVE

### DESCRIPTION

Converts a standard faucet handle to a lever type. For faucet or hose ends.

### FEATURES

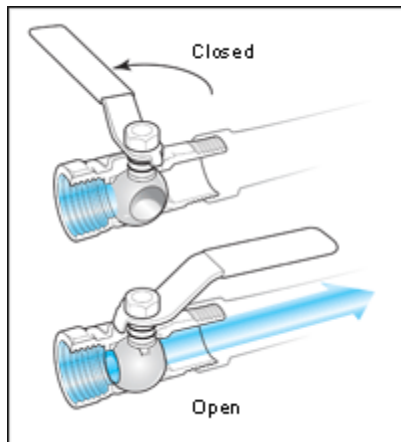
1. Shut off valve provides leverage to turn water on/off at the faucet or hose end with less effort and pain.
2. Place valve at the end of hose to turn water on/off, for interchanging watering devices etc. without having to go back to the faucet, conserving energy.
3. Helpful for gardeners with poor dexterity of hands.

### AVAILABLE

Hardware stores, garden centers, catalogs, and the internet.

### PRICE

Approximately \$20 - \$35



*Purchased from Lee Valley Tools, Ltd. – [www.leevalley.com](http://www.leevalley.com)*

**NOTE:** Look for one that does not reduce water flow.

**TOOL NO.: W13**

## QUICK CONNECT HOSE/WATERING DEVICE ENDS

### DESCRIPTION

Connect and disconnect quickly by sliding a spring loaded ring. Can be used to connect hose to faucet or hose to sprinklers or nozzles.

### FEATURES

1. Can connect and disconnect quickly, decreasing time spent bending over a low faucet, protecting back from stress and pain, and conserving energy.
2. May be easier on the hands and wrists to connect/disconnect hoses, etc.

### AVAILABLE

Hardware stores, garden centers, catalogs, and the internet.

### PRICE

Approximately \$10 - \$20 per set.



**TOOL NO.: W14**

## FISKARS EASY POUR WATERING CAN

### DESCRIPTION

2.6 gallon watering can with unique handle design that accommodates multiple hand positions for better maneuverability and control. Two handles (one is hinged, allows use of two hands for carrying and pouring). Spout rotates for adjustable flow control, from a gentle shower to a steady stream. The offset hole for filling fits under most spigots easily and handles do not get in the way of filling. Lightweight resin construction.

### FEATURES

1. Lightweight, requiring less effort and less stress on muscles and joints.
2. Permits use of two hands when transporting and pouring, resulting in less stress on finger and wrist joints and muscles.

### AVAILABLE

Hardware stores, garden centers, and the internet.

### PRICE

Approximately \$30



**NOTE:** One gallon of water weighs 8.35 lbs. 2.6 gallons of water weighs 21.71 lbs. Filling the can up to the top with water negates the enabling features of this watering can.

**TOOL NO.: W18**

## WATERING WAND

### DESCRIPTION

Hose end watering device with long arm.

### FEATURES

1. Conserves energy. No need to carry heavy watering cans.
2. Reduces stress on joints and muscles.
3. Reaches into hanging baskets, low pots on the ground and into raised beds without need to bend or stretch to reach pots, decreasing risk of falls.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$10 - \$50 depending on the features and size.



**NOTE:** Look for a wand that does not require continuous squeezing to maintain water flow. This is usually a ring that secures a lever on the handle to maintain the flow. If possible, add a lever-type flow stop valve to turn water on /off at the wand to eliminate trips back to the faucet.

**TOOL NO.:** W19

## PUSH BUTTON WATER TAP ADAPTER

### DESCRIPTION

Push-button adapters provide easy, push-button water control right at your fingertips. Durable metal adapters are a convenient, ergonomic solution to turning water on and off. Available in single-tap and two tap styles. The single-tap can be installed at the spigot, between two sections of hose or at the hose end. The two-tap adapter allows you to attach two hoses to a single tap, with a separate on/off button for each.

### FEATURES

1. Easy to turn water on and off with the push of a button. Conserves energy.
2. Reduces stress on joints and muscles.
3. One hand button control, less stress on the hands.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$10 single adapter; \$20 double adapter.



*Donated by Gardeners Supply – [www.gardeners.com](http://www.gardeners.com) – 1-888-833-1412*

**TOOL NO.: W22**

## WATERING WAND

### DESCRIPTION

Compact wand is ideal for watering flowers in pots, beds, or hanging baskets. The spray adjusts from gentle mist or gentle shower to a drenching soak or blasting jet. The handle trigger allows you to conveniently control watering where you need it.

### FEATURES

1. Ergonomic grip with a built-in trigger for water shut-off and flow control. Conserves energy. No need to carry heavy watering cans.
2. Reduces stress on joints and muscles.
3. Reaches into hanging baskets, low pots on the ground and into raised beds without need to bend or stretch to reach pots, decreasing risk of falls.

### AVAILABLE

Hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$15 - \$25



**NOTE:** Look for a wand that does not require continuous squeezing to maintain water flow. This is usually a ring that secures a lever on the handle to maintain the flow. If possible, add a lever-type flow stop valve to turn water on /off at the wand to eliminate trips back to the faucet.

**TOOL NO.: W23**



## HOME MADE FAUCET ADAPTER

### DESCRIPTION

Converts a standard faucet handle to a lever type handle. If space allows, the lever can be made long enough to use with both hands.

### FEATURES

1. The lever feature reduces the amount of strength necessary to open and close the faucet.
2. The lever feature permits use of larger muscles and joints to open and close the faucet, resulting in less stress on smaller, more vulnerable muscles and joints.
3. If the lever can be long enough for two hand use, this will spread the work over two hands, thus further decreasing the stress on individual hand muscles and joints.

### AVAILABLE

Parts available at hardware stores, garden centers, garden catalogs, and the internet.

### PRICE

Approximately \$5.00.



**TOOL NO.: W24**

## CLASSIC JUMBO EZ READ RAIN GAUGE

### DESCRIPTION

Jumbo size and brilliant colors make it easy to read up to 50 feet away. Specially calibrated to ensure accuracy and easy to install (mounting bracket included). Funnel is constructed to prevent debris from entering. Measures 26 inches tall.

### FEATURES

1. Easy to read; magnifying water levels and orange water marking float.
2. Stake it or mount it.

### AVAILABLE

Hardware stores, garden centers, catalogs, and on the internet.

### PRICE

Approximately \$17.00.

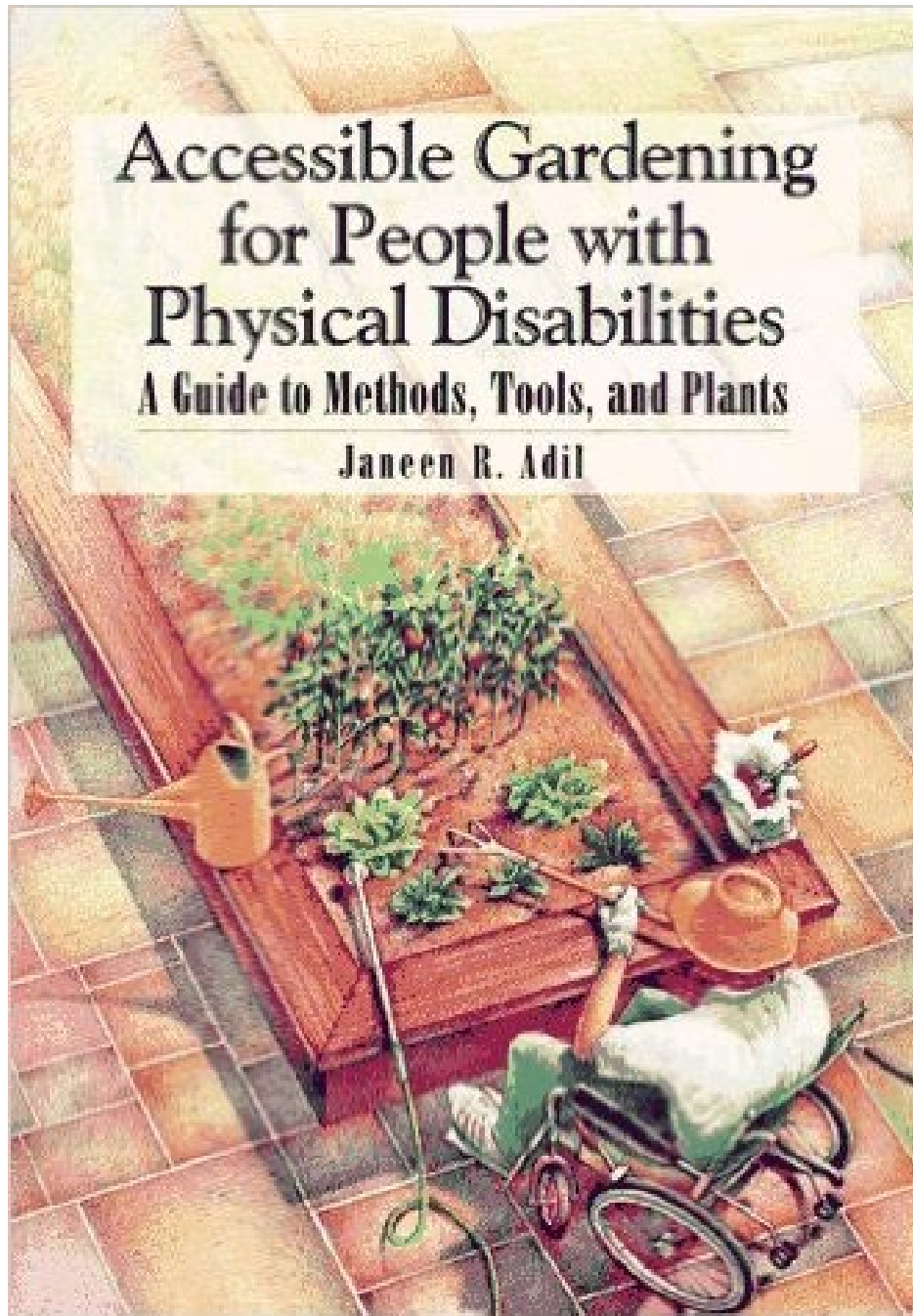


**TOOL NO.: W25**

# Accessible Gardening for People With Physical Disabilities

A Guide to Methods, Tools, and Plants

*Janeen R. Adil*

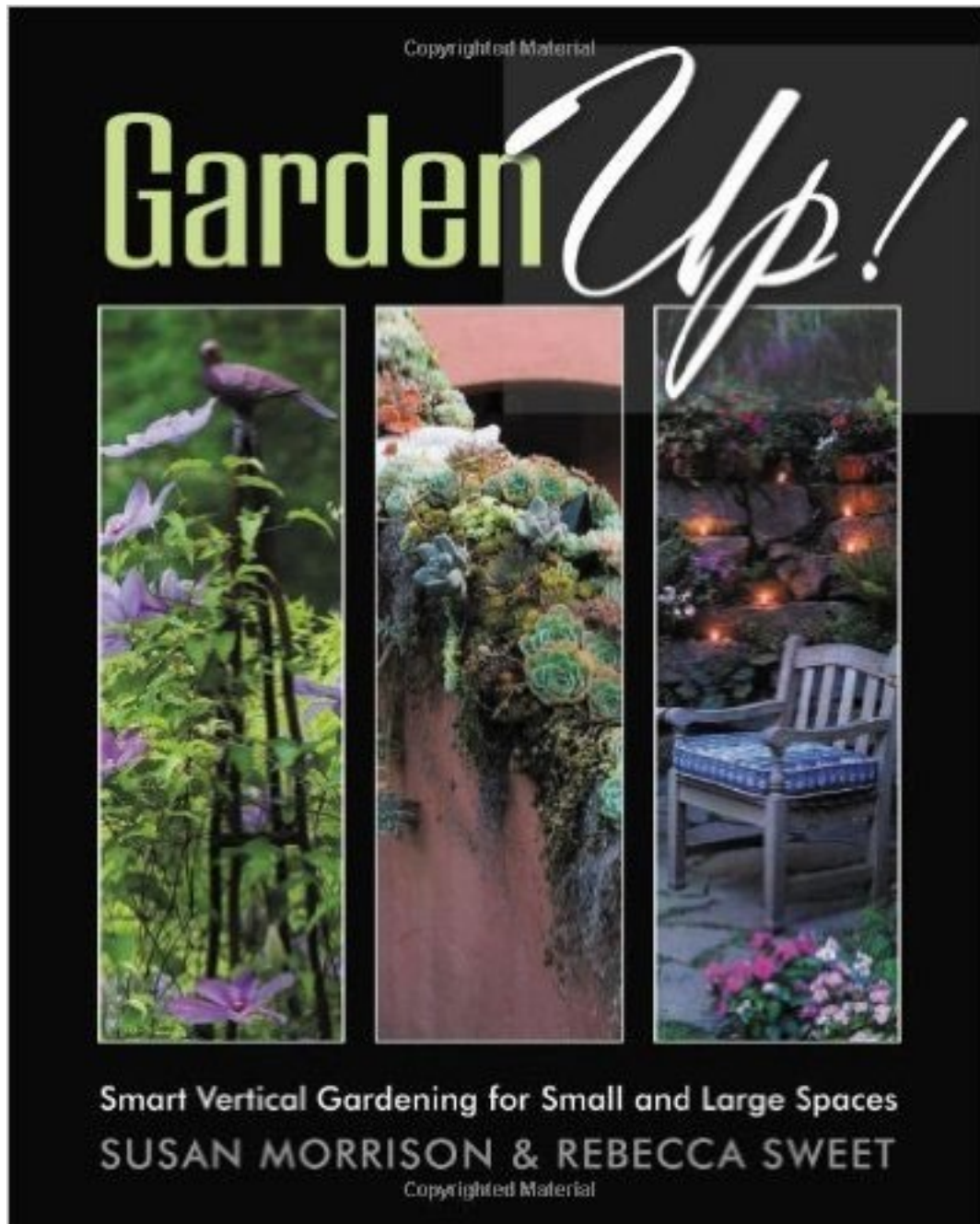


**TOOL NO.:** L10 (paperback)

# Garden Up!

Smart Vertical Gardening for Small and Large Spaces

*Susan Morrison & Rebecca Sweet*

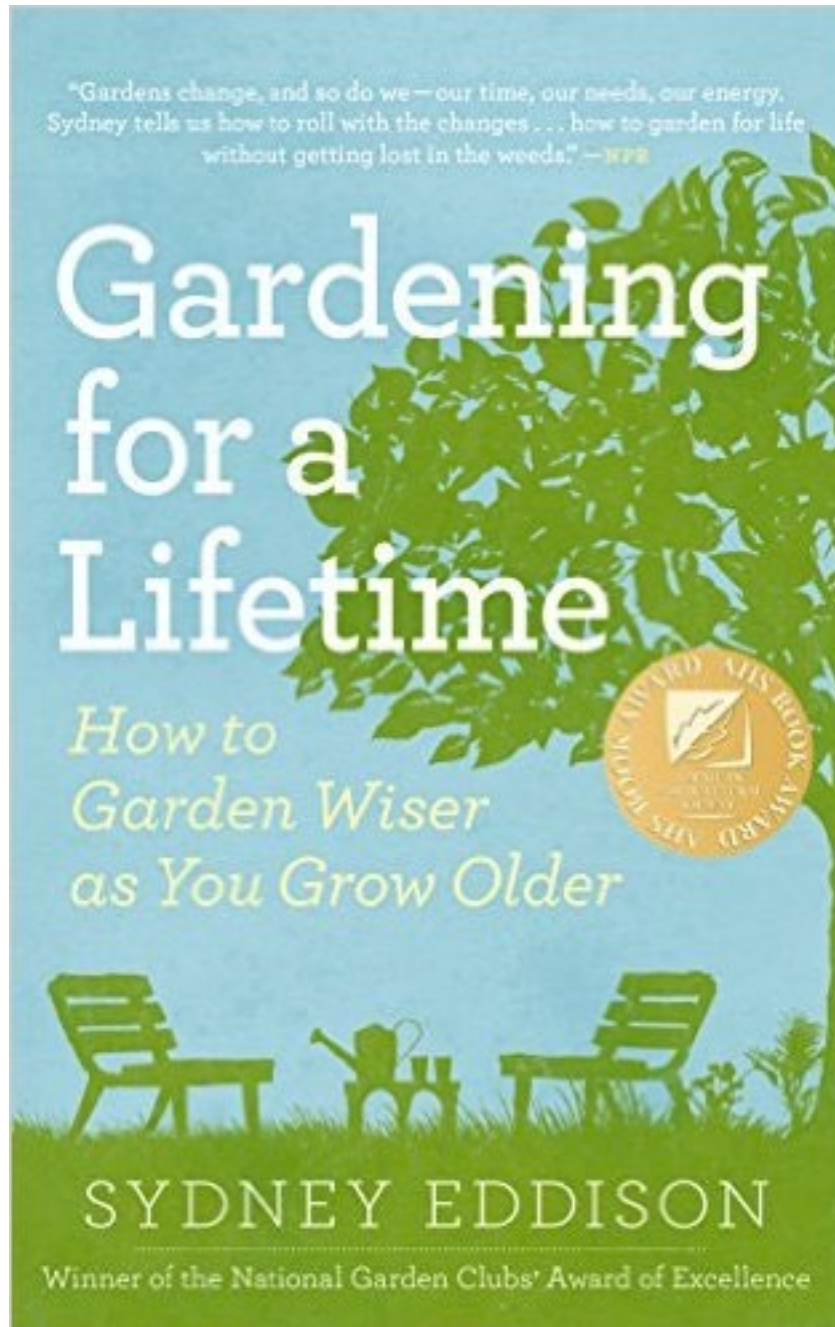


**TOOL NO.:** L11 (paperback)

# Gardening for a Lifetime

How to Garden Wiser as You Grow Older (2010)

*Sydney Eddison*

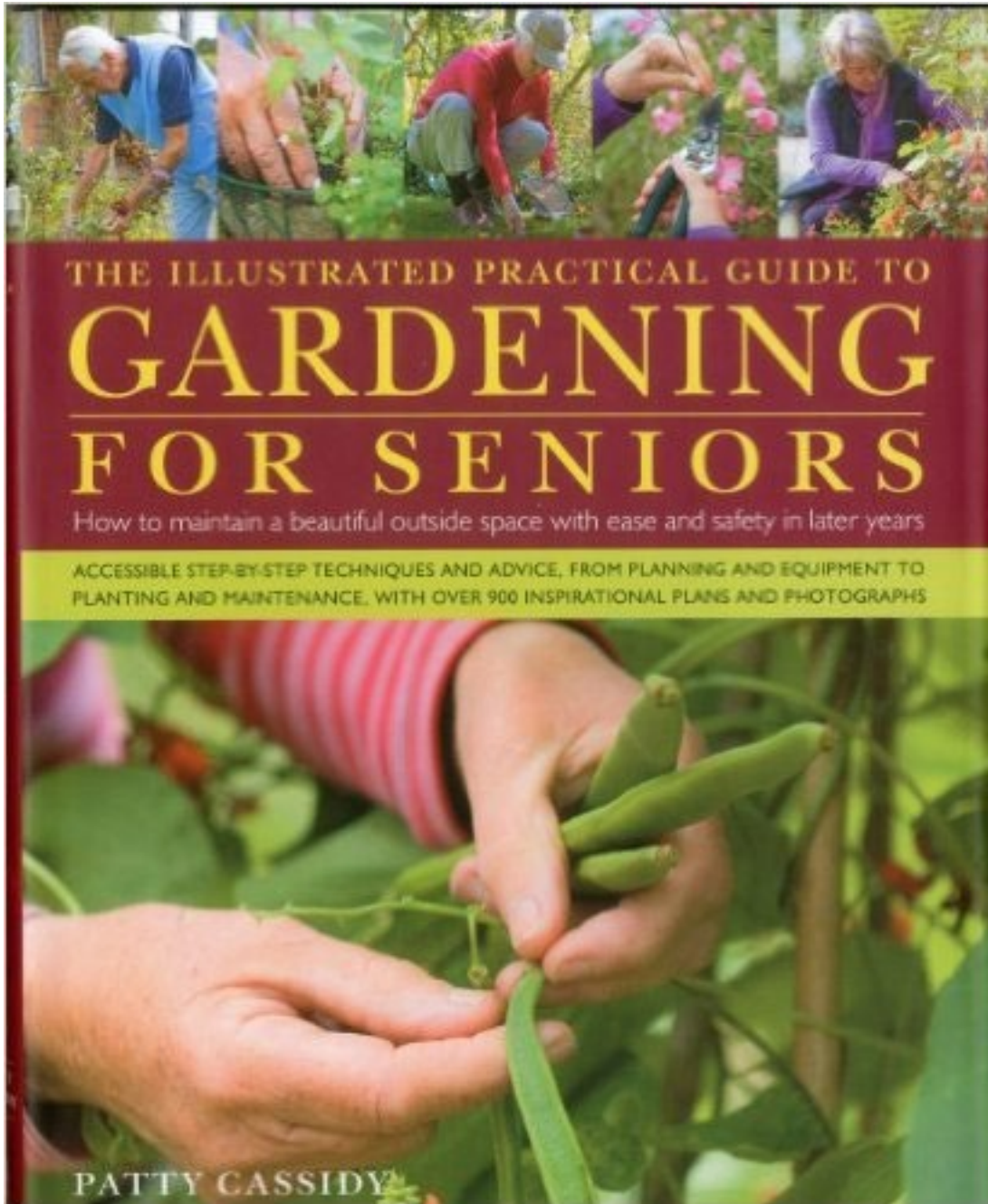


**TOOL NO.:** L12 (paperback)

# The Illustrated Practical Guide to Gardening for Seniors

How to maintain a beautiful outside space with ease and safety in later years

*Patty Cassidy*

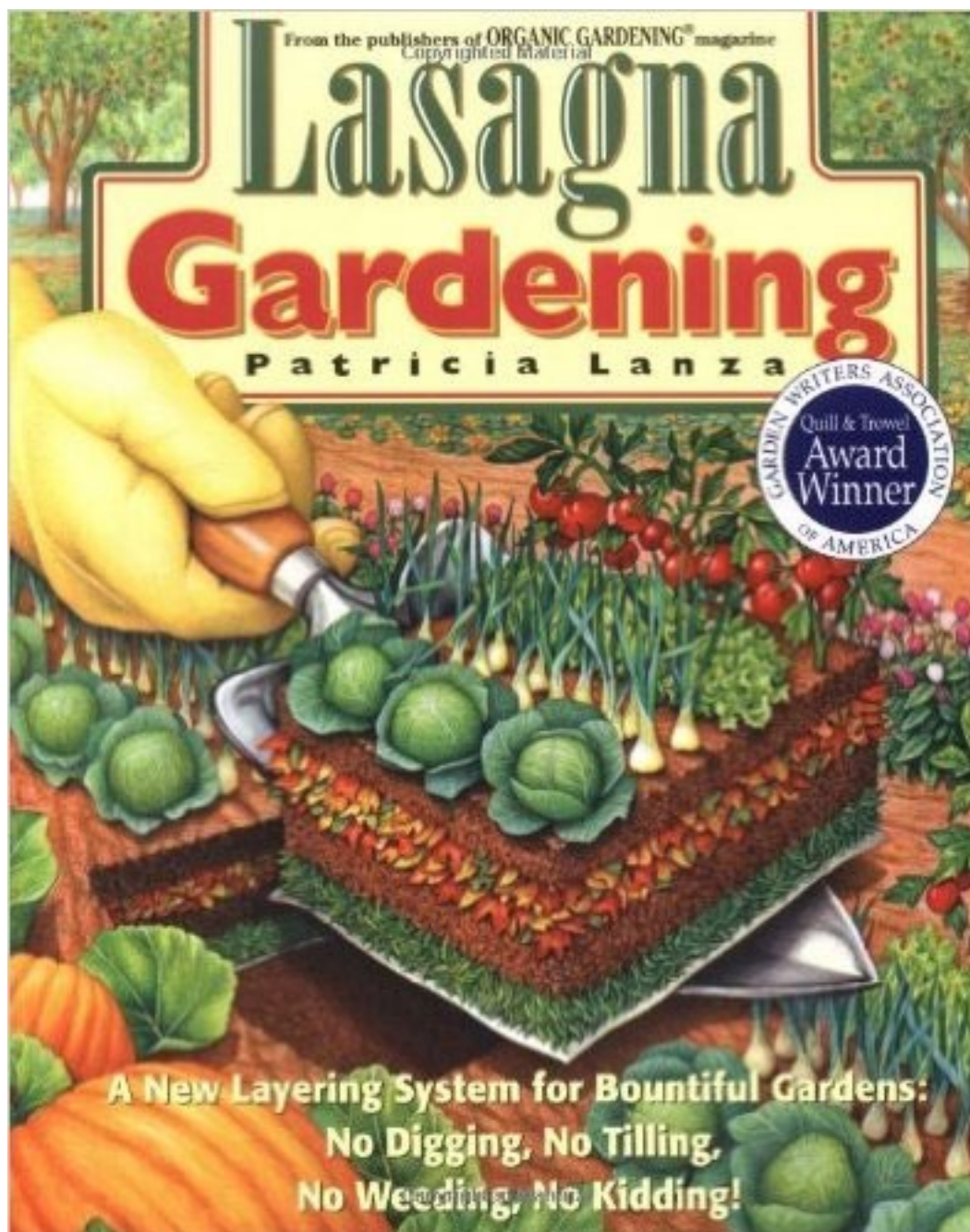


**TOOL NO.:** L13 (hardcover)

# Lasagna Gardening

A New Layering System for Bountiful Gardens:  
No Digging, No Tilling, No Weeding, No Kidding! (1998)

*Patricia Lanza*

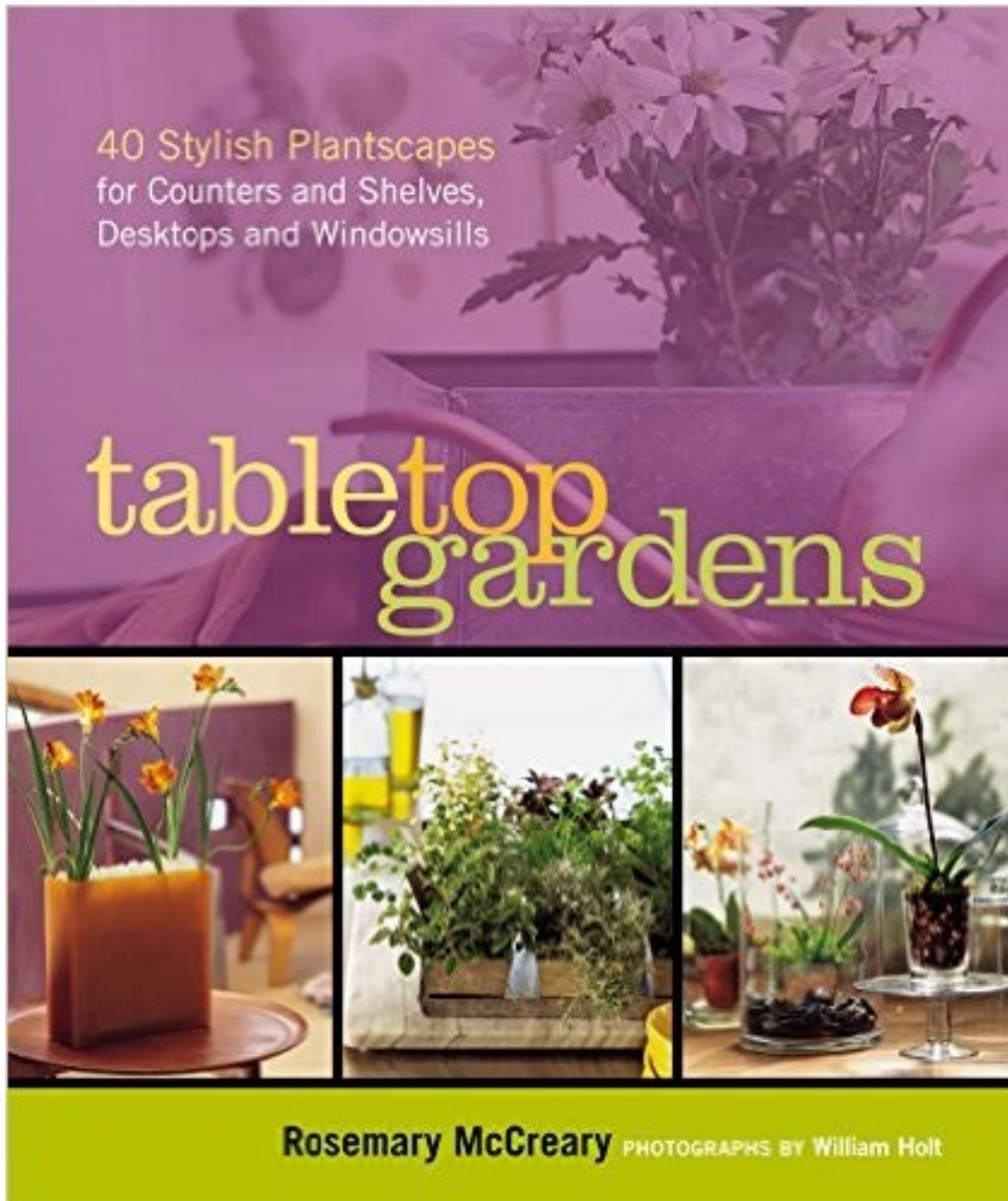


**TOOL NO.:** L14 (paperback)

# Tabletop Gardens

40 Stylish Plantscapes for Counters and Shelves, Desktops and Windowsills

*Rosemary McCreary; photographs William Holt*



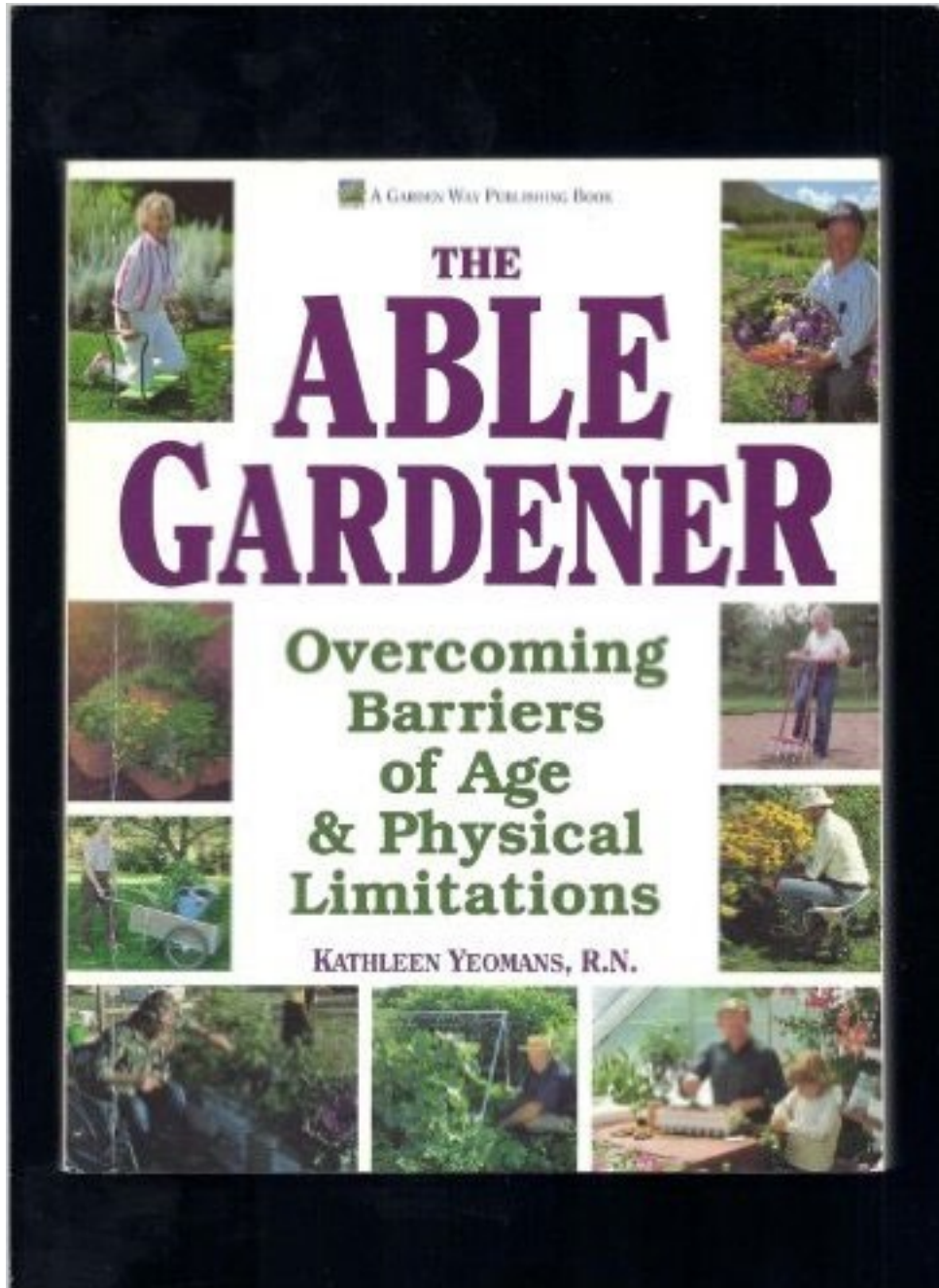
**TOOL NO.:** L15 (paperback)



# The Able Gardener

Overcoming Barriers of Age & Physical Limitations

*Kathleen Yeomans, R.N.*

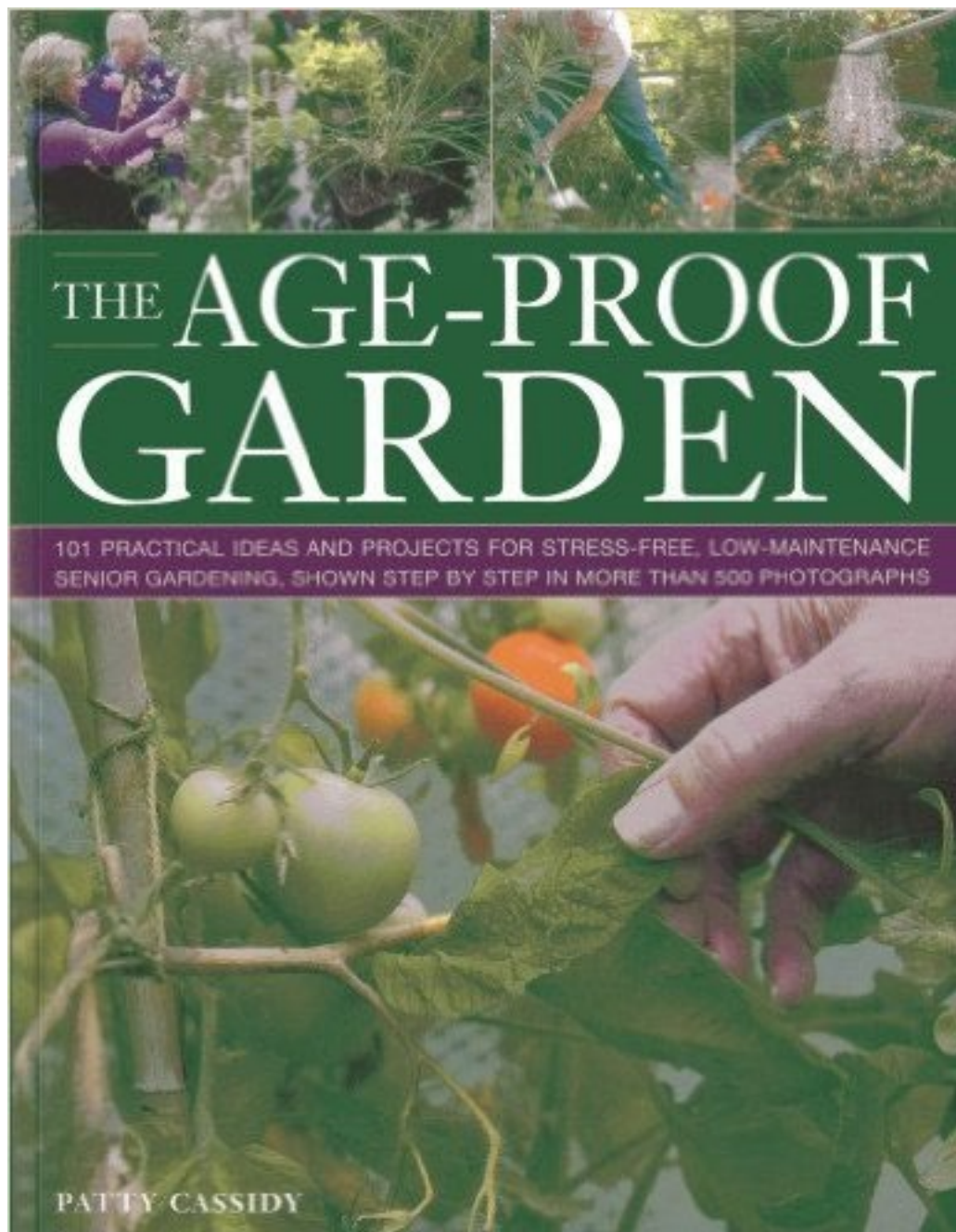


**TOOL NO.:** L16 (hardcover)

# 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*

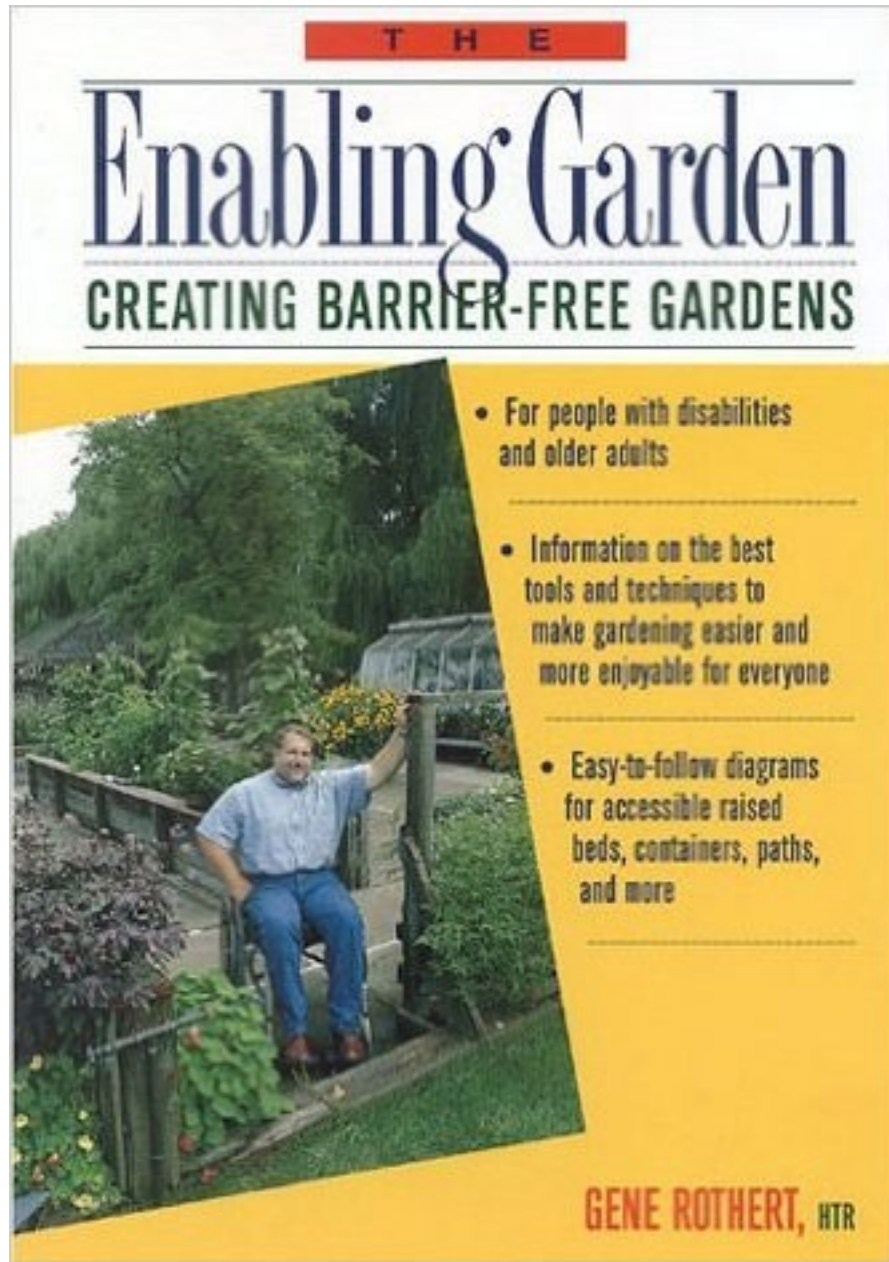


**TOOL NO.:** L17 (paperback)

# The Enabling Garden

Creating Barrier-Free Gardens (1998)

*Gene Rothert, HTR*

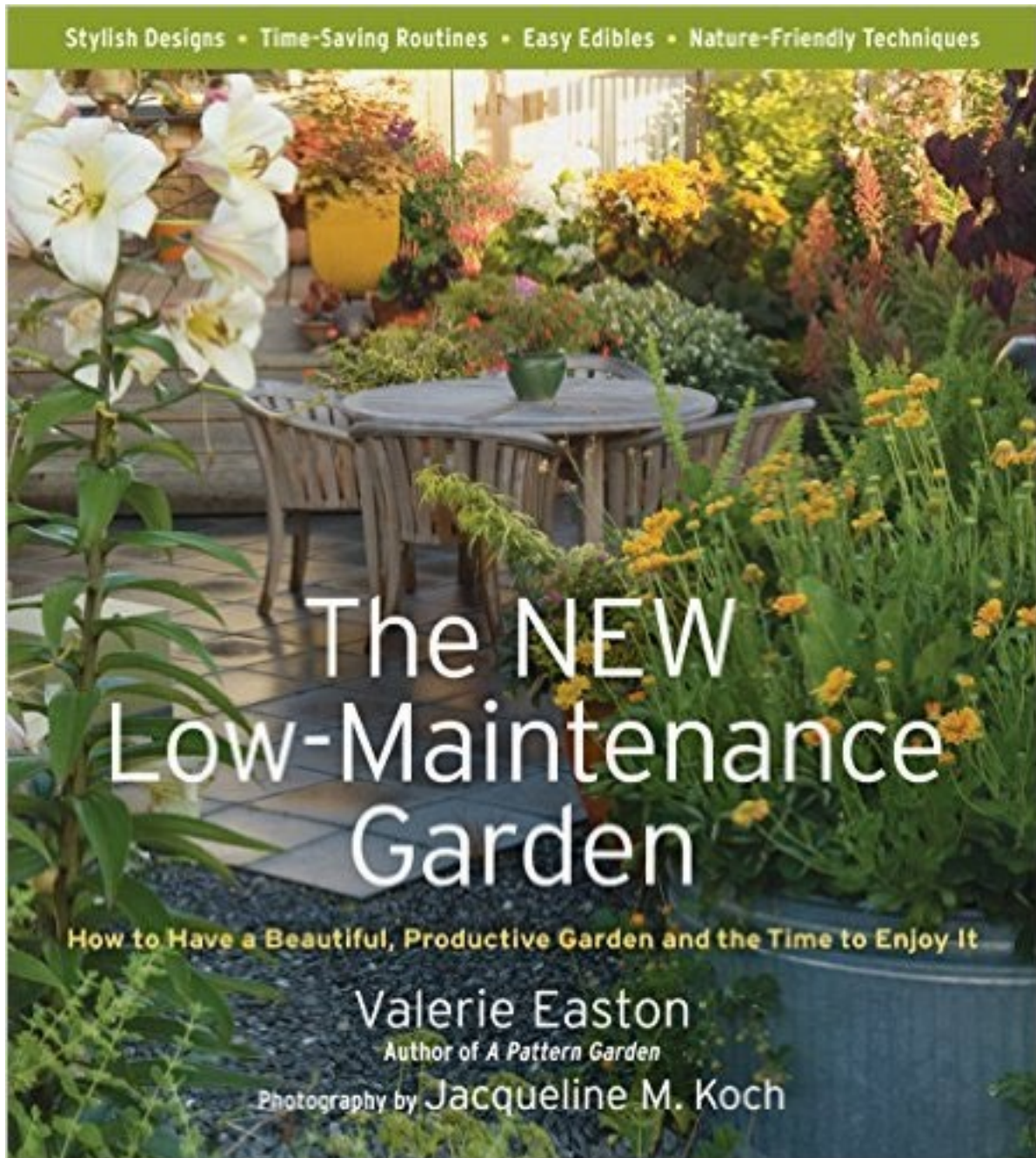


**TOOL NO.:** L18 (paperback)

# The NEW Low-Maintenance Garden

How to Have a Beautiful, Productive Garden and the Time to Enjoy It (2009)

*Valerie Easton; photographs Jacqueline M. Koch*

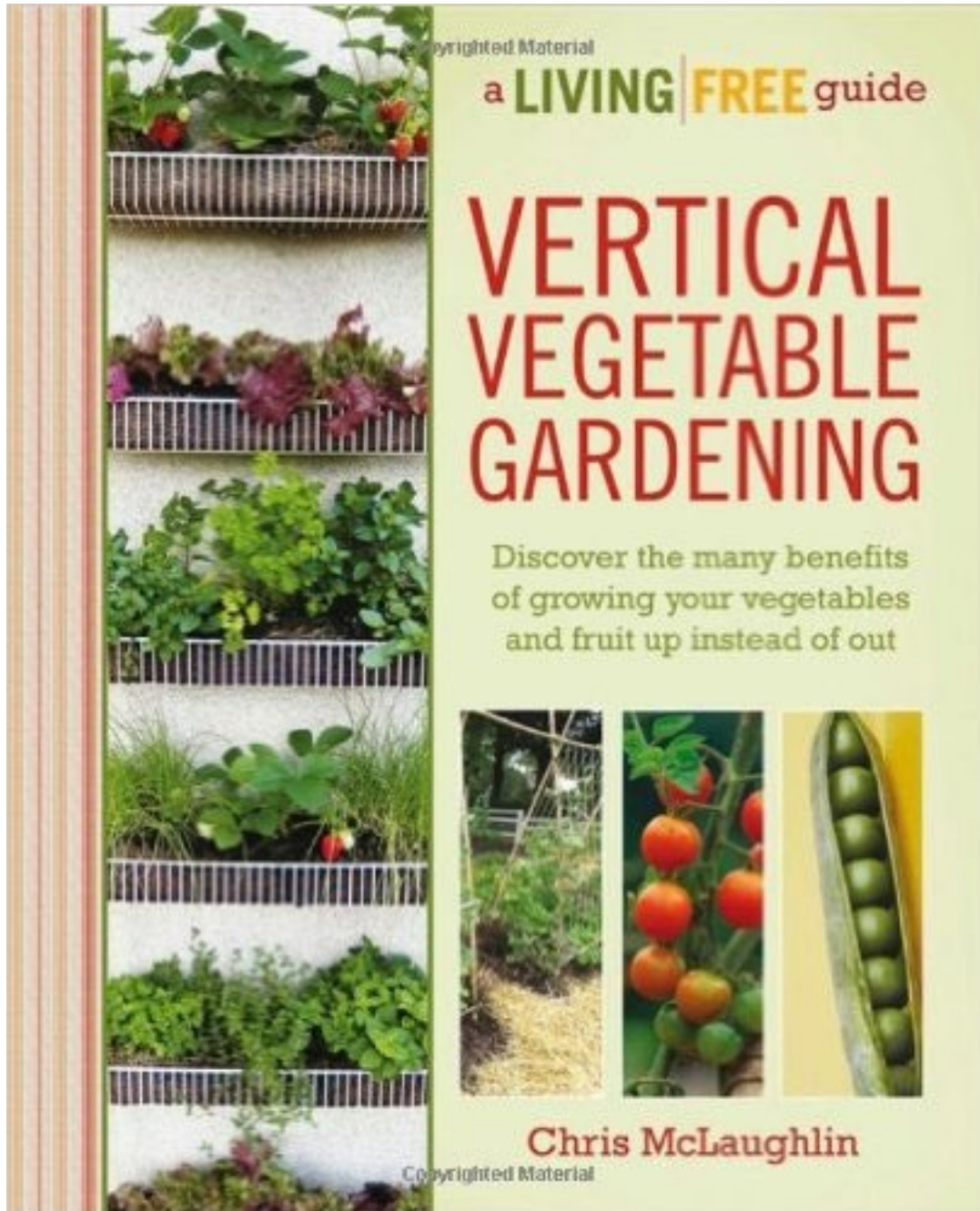


**TOOL NO.:** L19 (paperback)

# Vertical Vegetable Gardening

Discover the many benefits of growing your own vegetables and fruit up instead of out (2013)

*Chris McLaughlin*



**TOOL NO.:** L20 (paperback)

# DVDs

## **GARDENING AND ARTHRITIS**

Produced by UW-Extension, Cooperative Extension  
in conjunction with the Wisconsin Arthritis Program

## **LOOSEN UP!**

Produced by UW-Extension, Cooperative Extension  
in conjunction with the Wisconsin Arthritis Program

***TOOL NO.: L21 (Gardening and Arthritis) and L22 (Loosen Up!)***

Wisconsin Master Gardener Program  
Horticulture – History & Health  
Level 2 Training

N3973

# Wisconsin Master Gardener Program

## Horticulture—History & Health

Level 2 Training



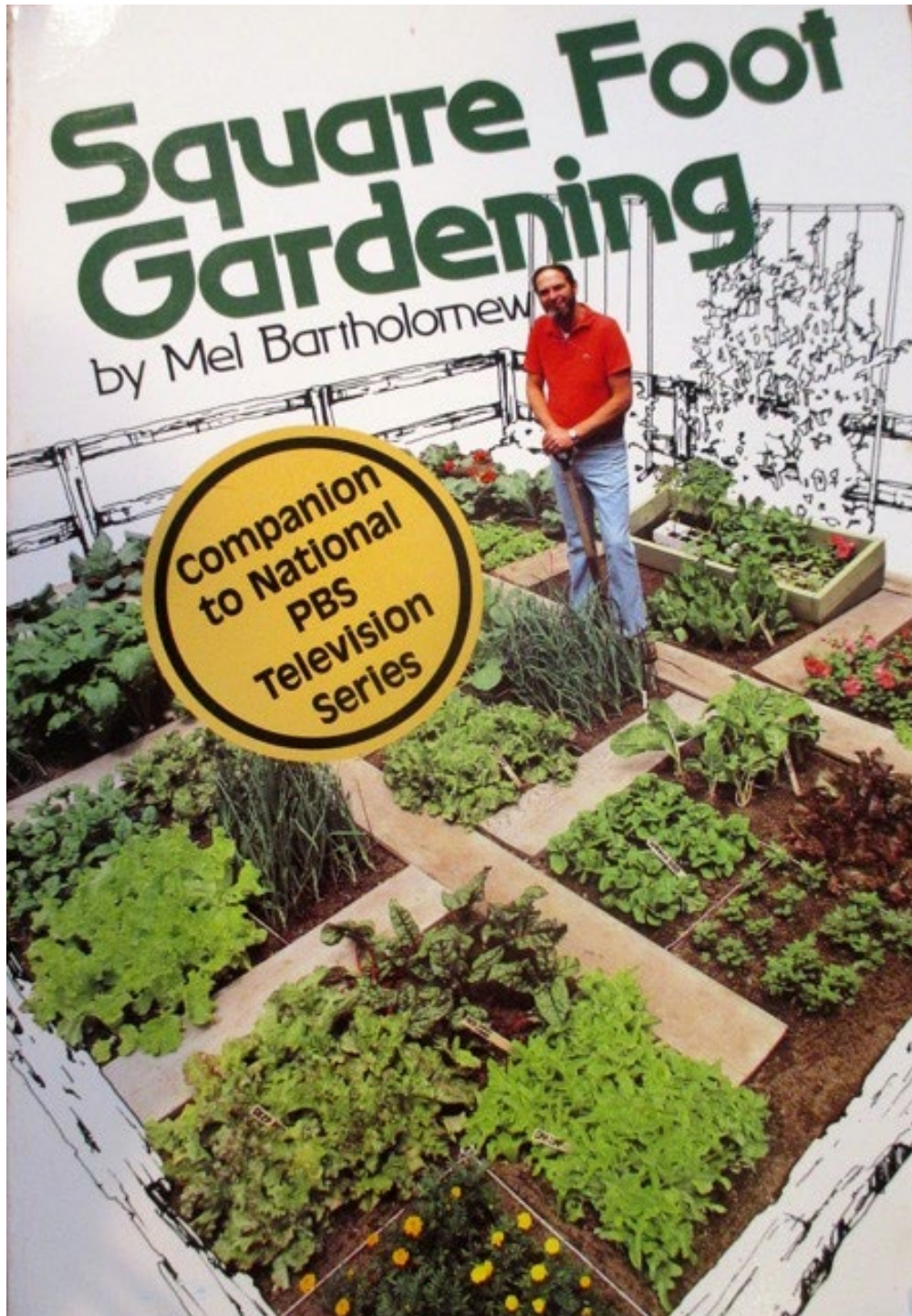
**UW**  
**Extension**  
Cooperative Extension



**TOOL NO.: L23; L24**

# Square Foot Gardening

*Mel Bartholomew*

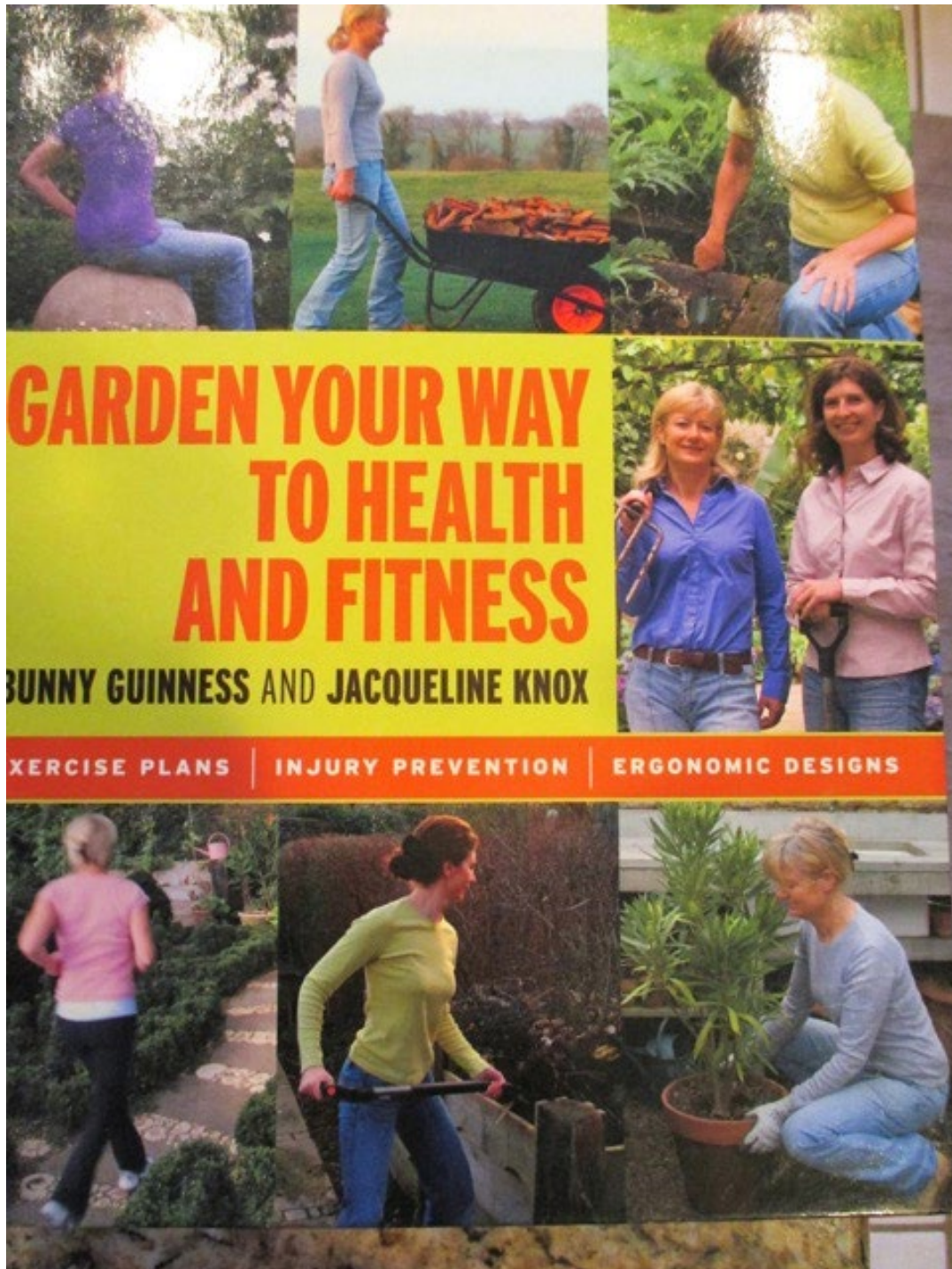


**TOOL NO.: L26**



# GARDEN YOUR WAY TO HEALTH AND FITNESS

*Bunny Guinness and Jacqueline Knox*



**TOOL NO.:** L27