Low-Hassle Grasses

These durable flowers were recommended by The American National Garden Bureau. Apparently these plants can take just about anything nature can dish out.

- Begonia, wax or fibrous-rooted
- Butterfly weed (Asclepias tuberosa)
- Celosia plumosa or Celosia cristata (cockscomb)
- Cleome (spider plant)
- Coreopsis grandiflora or Coreopsis tinctoria (annual)
- Cosmos (Mexican aster)
- Nicotiana (flowering tobacco)
- Petunias
- Salvia coccinea or Salvia farinacea
- Vinca (periwinkle)
- Zinnia
- Portulaca (moss rose)
- Achillea (yarrow) (which will take over your garden if you let it)

HOE-2-3-4

In his book *Fitness the Dynamic Gardening Way*, author Jeff Restuccio says that gardening is the perfect tool for exercise, a healthy diet and stress reduction. Gardening isn’t for wimps, especially if you follow Restuccio’s tips. They include: gardening while wearing arm and leg weights, using the “lunge and weed” method and doing step aerobics on a wood box placed between garden beds. Besides exercise tips, the book is also full of gardening tips. (Available from Balance of Nature Publishing, P.O. Box 637, Cordova, TN 38018)