



Jardiner en prenant soin de son dos (Les cahiers de l'expert Rustica) (French Edition)

Robert Elger

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Du semis à la floraison ou à la récolte, qui n'a pas souffert du mal de dos en bêchant ou en arrachant des mauvaises herbes ? Car le jardinage sollicite beaucoup les vertèbres lombaires, qui sont le point névralgique de notre corps.

Dans cet ouvrage, vous trouverez toutes sortes d'outils adaptés ou mécanisés qui vous aideront dans vos gestes de culture au quotidien : la brouette, le siège ou le coussin de jardin, le semoir à bras, la canne d'arrosage coudée, la cisaille à gazon, le motoculteur, la tondeuse, la bêche automatique, la bineuse à bras... L'auteur vous propose également des adaptations au jardin : créer des planches de culture surélevées, cultiver les plantes en pots, adopter l'arrosage automatique ou le désherbeur thermique...

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