



UC Master Gardeners of Napa County

Las Flores Learning Garden

January 28th 2023

‘Ergonomics in the Garden’

Information links

Information on Ergonomics in the Garden:

UC Berkeley

[https://uhs.berkeley.edu/sites/default/files/ergonomics\\_tips\\_for\\_gardenin\\_g\\_at\\_home.pdf](https://uhs.berkeley.edu/sites/default/files/ergonomics_tips_for_gardenin_g_at_home.pdf)

Information on colored mulch

Univ of Florida extension

<https://nwdistrict.ifas.ufl.edu/hort/2019/05/17/is-colored-mulch-bad-for-the-environment/>

UMass Amherst

<https://ag.umass.edu/landscape/fact-sheets/colored-bark-mulch>