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If it drops below 60 degrees Fahrenheit, lawns usually require less water. If patches of grass turn a blue-grey color, and the soil is dry to a depth of 5 inches, your lawn needs moisture. References

**Sod Sixty!: Amazon.co.uk: Dr Claire Parker**

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Extracted from Sod Sixty! The Guide To Living Well by Dr Claire Parker and Sir Muir Gray, Published by Bloomsbury at £12.99.

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This book - uniquely targeted at the 60-75 demographic - tells you what steps you can take in late middle age to give you the best chance of living a long, healthy and fulfilling later life. Keep fit, keep the brain going, and with a spot of good fortune you can be living a rewarding, active life into your nineties and beyond.

**Sod Sixty!: The Guide to Living Well by Muir Gray, Claire ...**

The Guide to Living Well, Sod Sixty!, Sir Muir Gray, Dr Claire Parker, Bloomsbury



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Sod can usually be purchased by the case or

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in bulk by the pallet. Cool vs. Warm Season Sod: Sod types are divided into seasonal categories. Cool season sod grows best at temperatures between 60 and 70 degrees Fahrenheit. Warm season sod grows best at temperatures between 80 and 95 degrees Fahrenheit.

### **Sod Sixty The Guide To Living Well - 1x1px.me**

So SOD 60! is about getting and staying fitter as we age, increasing our health-span (the number of healthy years ahead), independence and resilience- whether or not we have a condition or disability. It is a

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friendly, hands on book that doesn't dictate but encourages and empowers: every little bit of help in the right direction counts!

**Amazon.com: Sod Sixty! (9781472925985):**

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