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How to Garden Your Way into Old Age

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Given their financial mess, the Greeks are not being asked much for advice on anything and it's a pity because they have a lot to teach the world, for example, how to live to 100 while keeping your wits about you.

[This article in the New York Times](#) [1] focuses on one Greek island called Ikaria where residents routinely live past 90 and seeks to understand why. It all seems to come down to lifestyle: good food, physical activity, and social interaction.

I think it's worth noting that the word "garden" appears 11 times in the article!

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