Gardening for Everybody and Gardening for Every body

By Jessi Spring
Today’s Topics

• How I can Garden
  Planting
  Weeding
  Watering
  Harvesting
  Help
Where/How Can I Garden? I have Limited ROM

- Raised beds
- Containers
- Salad Tables, raised planter boxes, gardens for wheelchairs
Quick Basics

• Location, Location, Location
  – Hours of Sun (6+ for veggies)
  – Proximity to Water Source
  – Easy Path to Access
Quick Basics

• What to Grow
• Who will be doing the work
Raised Beds
Raised Beds
Raised Beds
Speaking of Imagination...
Raised Beds With No Tools

• Order Corners online
• Buy lumber or composite decking at your local hardware store to fit your corners

www.gardeners.com
Materials Raised Beds

- Cinderblocks
- Recycled Concrete
- Rocks
- Lumber*
- Cedar Logs or boards
- Plastic Decking (ie: Trex)
- Kits
Container Gardens

http://blog.ahrn.com/container-gardening-renter/
Container Gardens
Wheelchair Friendly
Wheelchair Friendly

http://dirt.asla.org/2012/03/15/gardening-for-all/
Wheelchair Friendly

https://www.pinterest.com/pin/363595369890167319/

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I have Limited ROM, I can’t do
• Planting
• Weeding
• Watering
• Harvesting
Planting

• Choose raised beds, some type of taller container or table.
• Improve your soil. Soft soil is easier to plant.
• Don’t rely on hands and good grips. Use planting tools.
Weeding

• TOOLS!
• Always position yourself for maximum hand strength and comfort if possible.
Watering

• Why water?
• Let technology help you!
Harvesting

- Knives!
- Scissors!
Where can I get help?

• Call Local Contractors for help building beds, etc

• If the job is simple, considering hiring a local Church youth group or school club, etc.
Some Final Thoughts

- Never assume