

Accessible Gardening

You deserve a safe and comfortable garden to work in. Try and listen to your body. Follow basic safety, wear closed-toes shoes, avoid tripping hazards, use sunscreen, drink water!



Stretch or warm up first.



Switch it up! Repetitive movement can cause pain. Set good limits for yourself of how long you work in your garden.

Use a short stool or 5-gallon bucket to sit on while you garden.



Plant perennials or shrubs rather than annuals – it will save you work. Simplify and keep your garden smaller. Adding edging and planting densely can reduce weeds.

Use ergonomic tools that are comfortable to use. AskJan.com can be a good source for adaptive tools specific to your needs.

You can install pool noodles over handles to make them easier to grip.



A grabbing tool can be used to pick up weeds or other debris.



Raised beds bring the garden to you. Planting in containers/pots means you can care for your garden on a table or raised area.



Containers with drainage holes in the bottom made of plastic, metal or composite are best for Minnesota winters. Look for lightweight planters. Fill the bottom couple of inches of your container with mulch before you add soil. This will help with drainage and make the container lighter. Some containers/pots are even designed to self-water.



Consider using a sharpener so every cut you make is with a sharp tool.



Look for extendable tools or add length with PVC piping. You can use PVC with a funnel on top to seed while standing or seated.

Use a lightweight hose or make your own soaker hose: poke holes in a hose and run it through the garden.

