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OSU Extension Master Gardener Volunteers <https://mastergardener.osu.edu/>

Ohio AgrAbility www.agrability.osu.edu

Everyone Can Garden! Vegetable Gardening for People with Physical and Other Limitations:

Planning Your Vegetable Garden, March 18, 2021

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The Office of Diversity, Equity, and Inclusion aims to create and maintain an accessible, inclusive and supportive community for all who learn, work and teach in the College of Food, Agricultural, and Environmental Sciences (CFAES) and OSU Extension at The Ohio State University.

Ohio AgrAbility's mission is to promote success in agriculture for Ohio's farmers and farm families who are coping with disability or a long-term health condition. Ohio AgrAbility provides education and resources to farmers, agricultural businesses and groups, healthcare, education and disability professionals, and anyone interested in making farming safe and accessible.

The Ohio State University Extension Master Gardener Volunteer (MGV) program provides intensive training in horticulture to interested Ohio residents who then volunteer their time assisting with educational programs and activities for Ohio residents through their local OSU Extension county office.

Vegetable Gardening – your goal: To be successful in your efforts – and have fun!

Considerations before you plant your vegetable garden

- Do you make your living from your vegetable garden?
- Are you able to maintain your garden (without causing yourself injury, pain or undue fatigue)?
- If you have trouble maintaining a large garden, or a garden that is not accessible, you may want to change how you garden, (structure, tools, methods, watering systems, etc..)

Vegetable gardens require PLANNING

Garden size - Determine how much to grow

- Available time
- Available space
- Size of family
- Start small!
- Canning or freezing



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Be aware of your limits

- Modify work practices – activities
- Be aware of environmental factors
- Medications can cause sensitivity to sun, heat, certain plants, numbness/neuropathy
- Fatigue, heat stress, dehydration

Universal Design is the creation of products and environments meant to be usable by all people, to the greatest extent possible, without need for adaptation or specialization. Universal Design is useful for creating a welcoming, user friendly and accessible garden or other living space

Raised Beds

- Raised beds should be 2^{1/2}' to 3' high, with leg room, and a depth of 2' – 3'
- **You should be able to reach the back or middle of the bed while seated or standing**
- Raised ground beds – especially good for people with mobility devices

Water is essential... and heavy!

Plant your garden near a water source, or have a plan to get the water to the garden

Garden Location

- Full sun – minimum 4-6 hours sun
- Partial – beets, onions, carrots, parsley, cauliflower, peas, Swiss chard, radishes, cucumber, spinach, lettuce, winter squash
- Full (more than 6) – beans, eggplant, broccoli, melons, cabbage, summer squash, corn, tomatoes
- Remember structures, vines, trees, etc.
- Access to water

Other considerations/precautions

- Nearby roads/driveways/ house/structures
- Wind direction
- Varmints
- Kids
- Underground Utility Lines (1-800-362-2764)
- Walnut trees (don't plant under them)

Garden site

- Soil
- Rich, loamy well drained
- No contaminants
- Lead

New Site Preparation

- Soil test
 - pH, nutrients, etc.
- Work soil when dry
 - Avoid compaction
- Fall tilling is ideal
- Add organic matter
 - 4" OM in 12" soil
- Containers
 - "soilless mix"

Planning decisions

- **Crop selection**
- Preferences
- Size of family

Choices

- Hybrids
- Open-pollination
- All-America Selections
- Heirlooms
- Seed Catalogs

Cool season - *Not injured by frost*

- Asparagus, broad bean, broccoli, Brussels sprouts, cabbage, collard, garlic, horseradish, kale, kohlrabi, leek, onion, pea, radish, rhubarb, shallot, spinach, turnip

Cool season - *Injured by frost but intolerant of temps above 70F*

- Beets, carrot, cauliflower, celery, chard, Chinese cabbage, endive, lettuce, mustard, parsnip, potato, Swiss chard

Warm-season

- Cantaloupe, cucumber, eggplant, lima bean, New Zealand spinach, pepper, pumpkin, snap bean, squash, sweet corn, sweet potato, tomato, watermelon
- Do not TOLERATE cold soils

Succession planting – this takes planning!

- Continuous harvest through season
- Warm-season followed by cool season
- 2nd crop of same plant
- Plant every 2 weeks, same species
- Plant different cultivars with varying maturity dates
- More attention to watering in later plantings

Fall Crops plant these around August 1

- Bush Beans –
- Beets
- Broccoli
- Chinese Cabbage
- Carrots
- Cauliflower
- Endive

Fall Crops plant these around August 1-15

- Kale
- Kohlrabi
- Radishes
- Spinach

Fall Crops plant these around September 1

- Turnips
- Collards
- Lettuce

Plant spacing Traditional layout: **Row planting**

Hill planting

- Soil warms sooner
- Germination quicker

Intensive planting

- Square foot – concentrated planting
- Space saving varieties
- Wide rows

Raised beds/containers

- Soil warms earlier in the season
- Good drainage compared to the ground soil
- Easier cultivation, particularly if you can't bend far

Vertical space

- Watch the upright plants, keep from shading other crops

Interplanting

- Leeks with sweet potatoes
- Radishes and carrots

Seeds or plants????

- Depends on gardener
- Depends on crop
- Plants
- Cabbage, broccoli, cauliflower, tomato, pepper, squash, lettuce, corn
- Almost anything goes for today's gardener!
- Consider space (for starting seedlings), dexterity, fine motor skills
- Indoor environment needed to start seedlings
- Is it easier for you to plant seeds or plants in the ground?

Planning a user-friendly garden: Physical limitations

- Wide smooth paths, no thresholds
- Storage in the garden
- Easy access to water
- Device to haul your garden stuff
- Raise those beds!
- Seating with shade (*not too much shade – this can cause trouble seeing clearly and with depth perception*)

Planning a user-friendly garden: Memory or cognition

- Label EVERYTHING, include pictures of items, tasks if possible
- Lights and lightly shaded areas
- Paths should continue to the house/entrance, not dead end

Maintaining the garden

- Set reasonable expectations, take breaks after you finish a task
- Consider your energy, mobility and time
- Will you have help in the garden?

Hauling Equipment & Supplies: Compare Garden Carts & work seats

- Rolling work seat, padded seat and backrest, long handle to move the cart, loops to hold tools
- Hard seat, no backrest, hard to move around
- Weighs 95 pounds, removable front panel, carries up to 400 pounds
- Weighs 21 pounds, sides fold down, carries up to 150 pounds

Please join us for more tips and ideas for gardening with physical limitations

Planting Your Vegetable Garden

Thursday, April 1st, 6:00-7:30PM

You've strategized and come up with a plan, now it's time to execute it! In this session we will highlight best practices for preparing the soil and planting techniques and cover tips and tricks for planting a garden that fits your abilities.

Garden Maintenance

Tuesday, June 1st, 6:00-7:30PM

Learn how to manage various garden pests using Integrated Pest Management. This approach utilizes cultural control, biological control, as well as chemical control to minimize pest pressure in the garden. We will also go over a variety of garden tools that have been/can be adapted to be easier and more comfortable to use by people with physical limitations

Canning and Preservation Basics

Tuesday, July 20th, 6:00-7:30PM

In this session you will learn how to get started canning and preserving the food you have successfully grown in your garden. We will cover basic equipment and techniques and address how people with physical limitations can make adaptations to make canning and preserving fun, not painful!

Garden Clean Up and Preparations for Next Year

Tuesday, August 31st, 6:00-7:30PM

In this session we will look back over the growing season and sort out what worked, what didn't work, and how to use what you learned this year to plan for the next growing season. We will address tips for making garden clean up easier and what needs to be done to prep for next year.

Register for any or all of the webinars at <https://go.osu.edu/everyonecangarden>.

If you have questions about accessibility or wish to request accommodations, please contact Alicia Baca at (baca.31@osu.edu). Typically, a two weeks' notice will allow us to provide seamless access. Please direct all other inquiries to Dr. Leo Taylor (taylor.3408@osu.edu)

All of the webinars will be recorded and archived at <https://go.osu.edu/everyonecangarden>.

And <https://agrability.osu.edu/resources/webinars-and-handouts-2020-2021>