

OSU Extension Service - Lane County Master Gardener volunteers can provide you with information to assist you in adapting your garden. Contact the OSU Extension Service - Lane County Master Gardener hotline for information or to request a presentation to your group.

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Adaptive Gardening

What is it?



How do you make adaptations?



OSU Extension Service - Lane County
Adaptive Gardening Committee



What is Adaptive Gardening?

Adaptive Gardening aims to adapt tools and techniques commonly used in gardening to fit the needs of people of various levels of physical ability. Gardening adaptations can be used for the elderly, the wheelchair bound or for people with a limited range of motion, as well as anyone wanting to reduce stress on joints while gardening.

Garden Smarter Not Harder So You Can Garden for Life!

Adaptive Gardening is all about creative problem solving. Finding what works for you so you can get the most enjoyment out of your gardening experience. OSU trained Master Gardener™ (MG) volunteers can provide information that can help make your gardening efforts successful and enjoyable. Gardening has something for everyone.

How do you Make Adaptations?

Start with an assessment of yourself (now and possible future needs), your garden site, tools you have, and what resources you have (\$\$ for plants/materials, time to do the work, help with tasks you can't manage, etc.).

The use of raised beds can be the solution to many gardening problems. Raised beds can be as simple as mounding up your soil. They can also be very substantial and beautiful structures made of stone, concrete, wood, recycled materials, or a combination of materials. Stock tanks (hold water for farm animals) and other large containers also work well as raised beds.

There are many new garden tools and a plethora of products that can make caring for your garden a little easier on your body. There is also a bounty of books that cover every aspect of gardening.

Select plants that are a good match for you and your garden. For example: you love carrots, but your "garden" is in shallow containers on a sunny patio. You would want to select a variety developed for those conditions or change containers. There are many vegetable varieties that have been developed especially for container gardening.