

Adaptive Gardening Committee New Master Gardener Training Class

I. What is “adaptive gardening”.

“**Garden Smarter Not Harder**”. Adapt gardening techniques to fit the gardener. Adapt tools, use special structures, plan irrigation, select appropriate plants, plan pathways, think about shade and seating. Consider low maintenance, maximum accessibility, cost of improvements, and assistance available to the gardener.

II. Four steps for planning your future garden

1. **Assess yourself.** Physically, financially, and the amount of assistance that will be available to you.
2. **Assess your garden.** Size and accessibility, water source, soil tilth and drainage, amount of sun.
- 3 **Consult resources.** Extension office, horticultural therapist, books, organizations, internet.
4. **Design a plan and make any necessary changes**
Consider pathways, containers, raised beds, water source, irrigation, shady rest areas.

III. Tools and resources

Adapting tools: Add pipe insulation to handle, use multipurpose, lightweight, or children's' size tools, use extendible handles or

wrist support grips, use knee pads, kneeling benches, or rolling stools.

Resources: Catalogs, books, internet, handouts from Extension office, workshops, members of Adaptive Gardening Committee.

IV. Mission statement and goals. How you can participate

“ to be a resource to the community by demonstrating how to adapt practices to make gardening enjoyable and successful for people of different ages, levels of ability, interests and needs. “

“to help educate and instruct the public in various methods and techniques of utilizing tools and incorporating different structures, materials and resources to accommodate all levels of abilities and functionality.”

JOIN THE ADAPTIVE GARDENING COMMITTEE

Maintain the demo garden at Extension

Present classes at assisted living facilities, recreation centers, fairs, Oasis, educational centers.

Develop and distribute educational materials.

Advocate for more public adaptive garden sites in the area.

Contribute your creative thinking so we can all

Continue To Garden For Life