

Garden Smart...Garden Easy...

Accessible Gardening in Containers

Container gardening is booming in popularity. The term container is a broad one, including everything from a small clay pot to giant wooden or concrete boxes. Plants used in them can be anything from petunias, to salad greens, to pine trees. The advantage of using containers is that they not only call attention to the spot where they are used but they are extra special ornaments themselves.

There is an additional advantage to container gardening. Those who cannot stand, walk or bend over can enjoy the pleasures of this type of gardening. Seated gardeners are not only allowed independence, but are able to beautify their own landscape. Large planters that are at least 24 inches tall, or better yet 36 inches, allow accessibility for wheelchair users and seated gardeners. So containers keep the garden off the ground and within easy reach.

Place lightweight or foam containers on the deck or patio if taller planters are not available.

For individuals with disabilities making it impossible to reach the ground, container gardens set on shelves, tables of any height (plant table), or walls can be the answer to such a dilemma.





Both flower and vegetables work in containers. If choosing several different flowers for a container, choose flowers that like the same growing requirements. Look for varieties that produce smaller plants. These are better suited for containers. There are vegetable plants that have been developed specifically for container growth. Seek them out for a bumper crop.

When growing plants in containers, there are some general principles that are helpful to understand. To begin with, container plants will dry out faster than those growing directly in the garden. They need to be watered much more frequently—probably every day during hot and dry weather. Soil must be special; it must be porous and fast draining, yet moisture retentive. It is essential to provide a way for drainage of excess water from the container. Since plants and their roots will be crowded, they will need frequent feeding—but not much weeding is necessary. That’s a bonus! Because they will be in conspicuous locations, they will need to be continually groomed so they look worthy of their important setting.

For many people gardening in pots is the only way to garden comfortably. With a little bit of planning and a few modifications, gardening can easily be adapted to allow anyone to partake of its many benefits. It is known that there is something wonderful that stirs in the hearts and souls of every gardener; especially when their one-of-kind living and breathing masterpiece comes alive and they are able to see, touch, smell and taste the fruits of their labor.

