In this video from K-State Research and Extension, Local Foods Systems administrator Rebecca McMahon describes numerous ways that people with physical limitations can enjoy the benefits of gardening.

“Gardening often seems like it's an activity that is really only available to those in great physical health with no limitations in what they can do, whether they can bend, or stand or kneel or things like that,” McMahon says. “But there are lots of different tools and styles of gardening that can make gardening accessible to you, no matter what your limitations might be.”

Some accessibility options include vertical gardens, a ‘salad table,’ raised beds and other accommodations. Numerous tools can also make gardening easier, particularly for those who have reduced strength to grip tools.

More tips on accessible gardening and other topics are available in the 2023 Kansas Garden Guide, released earlier this spring.

MORE INFORMATION:
Kansas Garden Guide
Local Food Systems (Kansas State University)
Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu. K-State Research and Extension is an equal opportunity provider and employer.

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