

Bell County Master Gardeners
Tip of the Week
By Joyce Friels
“Gardening With Limitations”

If health circumstances have kicked you ‘out of the loop’ for tending to your garden, don’t be discouraged! Look at your limitations as an excuse to get outdoors to enjoy the early morning fresh air and to get a little sunshine. Don’t let yourself be ‘locked in’ to a situation that may not change. If you have always wanted grow some flowers or vegetables, there are ways to make it happen. These suggestions may help you figure out how to grow a greener and bigger garden than you thought possible! And you will be the envy of your neighborhood.

To get yourself ready to make this change, make a plan. Ask yourself the questions: (1) Do you have easy access to the outdoors: a porch, a patio, a deck, or even the driveway? If not, put that into your plan. (2) What do you want to grow: flowers, vines, and /or vegetables? (3) What kind of containers do you have sitting around your home? Gather them all up to see what you can plant in each one. You may want to add some twenty-four inch or thirty-six inch window boxes. These are just the thing for growing crops of lettuce, radishes, onions or herbs. (4) Where are the containers to be placed so you can have easy access to them for watering and tending?

If there is a wheelchair ramp for your use (consider putting one in), place an old potting table or picnic table along the length of the ramp and put the window boxes on the table. Or place the window boxes along the railing of the deck or porch where they can be reached easily. Place other containers along the edge of the driveway, porch, or patio. Try to keep your ‘gardening area’ within the confines of the ramp or patio. Consider the ground surface also for ease of motion in a wheelchair or walker. This will make it easy for you to get close to your garden when watering. Squash and climbers can be planted in a container to climb up over the ramp. Fill each container with a light mixture of compost and garden soil, plant the seeds or plants, water them daily and watch them grow!

With a little imagination, you can grow the garden you have always wanted and be proud to call it your own! In addition, what could be better therapy than to have your hands in the dirt and also to enjoy the sun and garden sights? Have any questions about gardening in Central Texas? Contact ask.bcmga@gmail.com