

# Accessible Food Production

Growing food is rewarding. However, people with limited mobility or strength were often restricted from being very engaged in food production because most methods or tools were difficult for them to use. Today, the ability to grow food is more accessible to all through the use of specially adapted designs, growing systems, and tools.



Elevated planting beds reduce strain on back and knees; brings plants in closer view and reach.



Tools with cushioned grips and ergonomic handles minimize strain on hands and wrists.



Seat benches and kneeling cushions can reduce pressure and fatigue on your knees, legs and feet and lower back.



Use a small block of wood or tools with built-in leverage aid to reduce strain on wrists and arms.



Hand gripping aids are designed to allow those with limited hand/finger strength or control to use tools and equipment that require a strong grip for proper use.



Add another grip handle to your long-handled tools for more tool control and to reduce strain and fatigue on back and arms.






Containers and trellises may be used to grow crops and can be placed in spaces and heights best suited for maximum accessibility.



Watering is an essential task of any garden system. Consider a no-squeeze, flow control water nozzle or wand for hand watering, or an irrigation system with timer to conserve water and reduce strain and fatigue.

Accessible gardening tools for demo at 2017 Pitahaya Festival

	<p>Gardening hand tools with ergonomic handles to limit strain on joints. Examples include handles that are curved, soft-grip/cushioned, grips with finger indentations or alternative-design grips (see below).</p> <p><b>Demo tool:</b>  <u>Radius Garden Ergonomic Aluminum Hand Trowel</u>; also available in a 4-pc set: Trowel, Transplanter, Weeder, and Cultivator (purchased from Amazon)</p>
	<ul style="list-style-type: none"> <li>- Vertical grip reduces strain on wrist.</li> <li>- Some tools have built in leverage-assistance in design (or use a small wood block) – for extra strength and reduce strain on hands/wrist/arm.</li> <li>- Some tools have attachments to help steady grip and encourage use of whole arm vs. strain on hand and wrist joints.</li> </ul> <p><b>Demo tool:</b>  <u>Easi Grip Garden Tools and Arm Support Cuff by PETA</u>; also available with extended long-reach handles (purchased from Amazon)</p>
	<ul style="list-style-type: none"> <li>- Gripping aid gloves/tools are helpful when tool requires strong grip for use and safety</li> <li>- Good for those with a weak grip (e.g. Arthritis, Carpel Tunnel, MS, Weak Grip, Injury and other physical and medical conditions)</li> <li>- May relieve tension and strain from the hand, wrist and forearm</li> </ul> <p><b>Demo tool:</b>  <u>Active Hands General Purpose Gripping Aid (standard-right hand)</u>; also available in small and X-lg sizes; right and left hand versions; other types and brands of gripping aids available such as Gripeeze Garden Gloves (purchased from Amazon).</p>



- Add an extra handle to your tools to increase your stability, reach and strength, while limiting strain on back.

- Multiple types of auxiliary handles available; can often be used on a variety of handle sizes (e.g. some are just the grip handle without the extension).

**Demo tool:**

The HEFT Garden - Ergonomic Back-saving Multi-tool Auxiliary Handle; (purchased from Amazon).



- Kneeling cushion and seating benches relieve strain on knees, legs and back.

- This is a multi-purpose style – offers both types of uses; as a kneeling cushion the handles can provide safety grips to aid while getting to and from a standing position; handles/legs fold down for space-saving convenience

**Demo tool:**

SONGMICS Garden Kneeler Seat with EVA Kneeling Pad; (purchased from Amazon); many brands and versions available at multiple garden retailers.



- Tools that collapse for easy storage are helpful when garden space is limited; keeping items put away when not in use can also increase safety.

- Consider size and weight of gardening equipment to help reduce strain on joints and muscles (e.g. this bucket may be used to hold water, is lightweight canvas and a smaller size)

**Demo tool:**

TuffTote Presto Bucket, 2.9-Gallon; (purchased from Amazon)