

## Gardening for Students who are Blind / Visually Impaired



Gardens provide a wonderful learning environment for students who are blind / visually impaired. Raised beds, are good for children and young people with a visual impairment, it saves them having to bend. If a space is not large enough to allow raised beds, then container gardens work well...there is therapy in working with soil.

Young visually impaired or blind gardeners may use many different pieces of equipment, some specially adapted, some not, to help them access the normal process of gardening. Planting templates of various configurations can be used to make holes for seeds or seedlings....something similar to a signature gauge. ...or buy seeds on tape. Various items can be used for watering plants, small plastic watering cans, washing up liquid bottles, can all be used for watering plants. A bulb planter can be used in place of a trowel to dig out a uniform size core of soil when planting a seedling. An ice cream scoop can be used for filling pots or planters with soil as they are light and easy to control.

Scented flowers, or herbs can be used in the raised bed. This gives many benefits apart from the scent as it helps with orientation, produce for lunch, lettuce, parsley ,etc.

All of the above may be incorporated and enable inclusion in school activities....all children have their own patch, all may water with a plastic cup from a larger bucket, watering can sometimes be awkward to lift.