GUAM ENABLED GARDENING: ADAPTIVE GARDENING SERIES
Planning the Garden

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In the U.S. today, gardening is considered a favorite outdoor activity, right alongside golfing and jogging. Approximately 75% of U.S. households, whether novice or experienced, participate in some type of gardening activity.

However, gardening is not only a recreational hobby. It can also help one's physical and mental well-being, regardless of age. For instance, people affected by health conditions that limit mobility can benefit from increased physical activity. Furthermore, through the activity of nurturing plants to bear vegetables, fruits or flowers, one can experience the product of the effort. Also, decreased stress and an increased sense of well-being are reported as other benefits of gardening activities.

*Nevertheless, there are barriers for those who experience physical and mental limitations. For example, people who experience arthritis may be challenged due to joint pain from bending or stooping to tend to the garden. An enabled garden allows an individual with specific challenges to participate. This series of fact sheets explain gardening methods, technique adaptations, and how to create enabled gardens specific to Guam.**

Planning is the second step when starting a garden. After inspecting the site, sketch out the proposed garden to scale on grid paper.

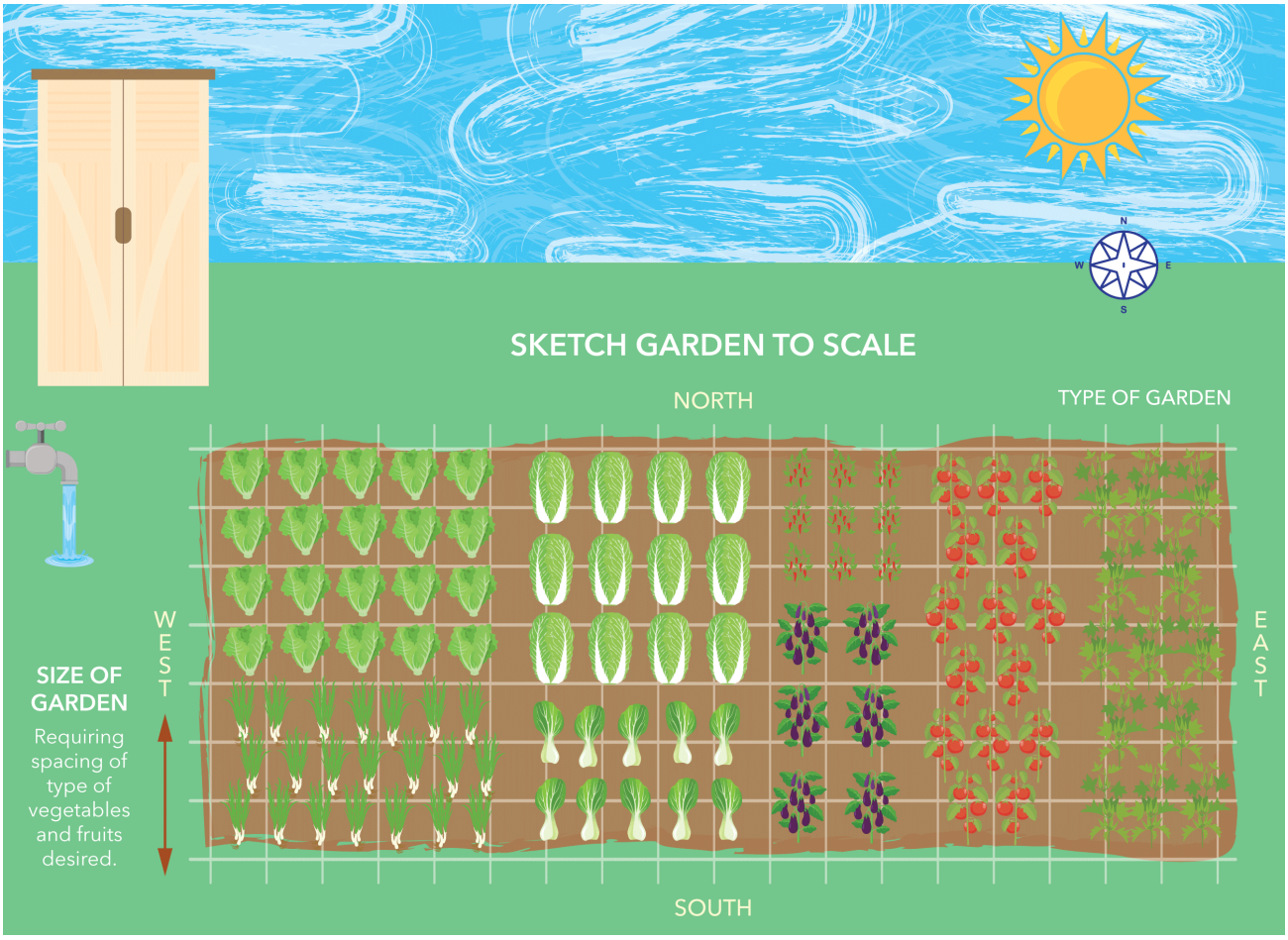
The following information should be included in the sketch:

- Light
  - Site orientation to the sun. Ideal direction is oriented north to south with the tallest plants facing east and the shortest plants facing west.
  - Buildings, trees, and other obstructions that could shade the garden.
- Location of water source.
- Location of slopes and puddles. Do not put garden in low spots where water puddles form after a rain event.
- Size
  - Size of the garden is dependent on the amount of available space, fruits and vegetables desired, type of garden, and amount of time a gardener must spend on maintenance.
  - Type of garden desired, such as in-ground, raised bed or container garden.
- Location of a tool shed if one is used to store tools and equipment.
  - Type of tools and equipment largely depends on the size and type of garden, as well as adaptive tools needed (see Fact Sheet #5).
  - Common tools used for gardening include shovels, spades, rakes, picks, hoes, etc.
- Type of vegetables and fruits desired, as well as required spacing.

Other items to consider:

- Number of hours of direct sunlight.
- Record the slope, soil depth, low spots, rocky areas, and drainage.
- Type of garden to be used, based on fruits and vegetables desired and abilities of the gardener.
- Select vegetables and fruits to be grown
  - Gardener can use the "Guam Crops Charts." This guide lists what time of year different vegetables and fruits grow, varieties of vegetables and fruits that grow on Guam, as well as spacing between plants for in-ground gardens.

* The references used for the Introduction of each fact sheet in the Guam Enabled Gardening: Adaptive Gardening Series is listed in the Bibliography of *Site Selection*.



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