

Encouraging Gardening for All Abilities by Rehabilitating a Seed Table at Pillwillop Therapeutic Farm

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Pillwillop Therapeutic Farm



Project Motivation and Goals

Pillwillop Therapeutic Farm (PTF) is a program of Community Counseling of Central CT Inc. It has had many incarnations. It has had animals, vegetable crops, timber and Christmas tree sales as well as a host of other uses. Originally covering hundreds of acres, the farm is currently around 50 acres including hard and soft woods, a community garden and hiking trails. The farm uses an Americans With Disabilities Act (ADA) Compliant seed table to encourage individuals of all abilities to be able to garden.

The goal of this project is to provide all individuals the opportunity to learn how to garden seeds on a seeding table. After this project the steps will be easy to learn how to grow seeds on the table with some good soil and good seeds.

Rehabilitating the Seed Table

General maintenance

- In October, 2017, my work began on the seed table. It was full of dirty sand and tools.
- First, I moved the tools to their right place, then removed the old soil, and filled the table with good and organic soil.

Seeding

- Using seeding trays, I filled them with organic soil and placed lettuce seeds in them. I used approximately four or five seed in every column, and used two packets of seeds and eight trays.

Transplanting

- In November, 2017, the planted seeds were mature enough to transplant.
- We carefully removed them from the seeding trays, dug a small hole in the soil on the seeding table, placed them in the hole, and gently covered the plants with soil to bury the roots.
- The plants require water once per day, and are still continuing to grow

Project steps



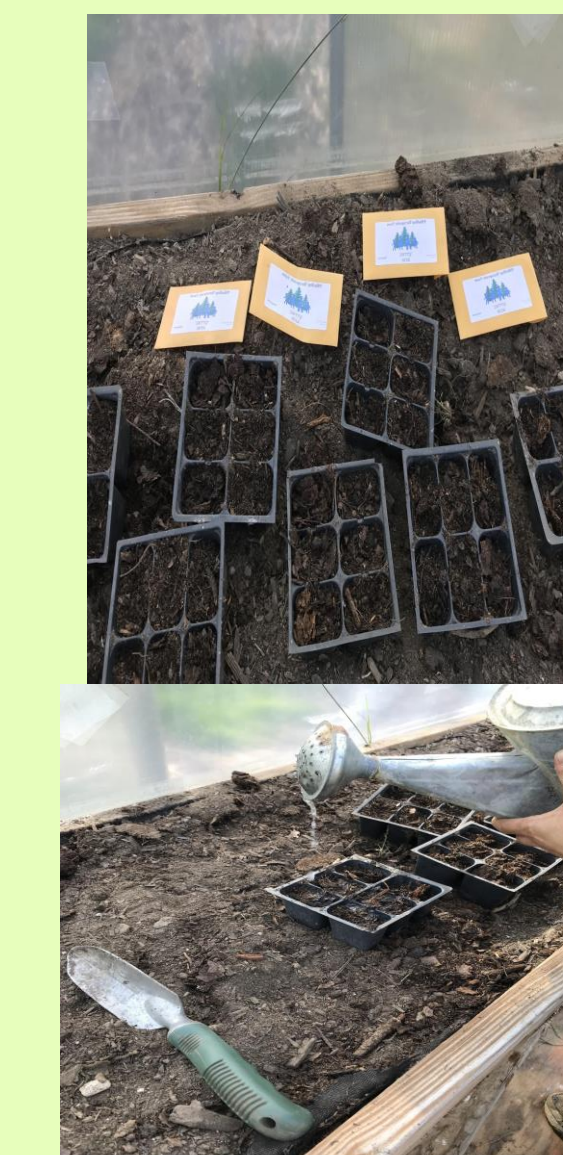
First, I met my community partners, Doc Warren (right) and Lisa Corson to come up with a plan.



I took all the dirty soil out and cleared the table and then put some organic soil in it.



I filled every single tray with organic soil and then added some seeds in it.



This is the picture after the seeds started growing.

Conclusions & Recommendations

This project was a test if this seed table could be used to grow lettuce. This was a successful project, and anyone can use these techniques to grow food at their home. The lettuce grown in this project will be useful as people coming to the farm can harvest them for use in salad and other food. Other farms should use this technique for the seeding table because this is a easy process and helpful. Anyone can work with this technique as it is does not require a lot of resources and is an easy way to grow your own food regardless of your ability.

Acknowledgements

This project was a really good one to work on as I liked to do some gardening and this helped me getting more ideas what I can do well. And this project wouldn't have been possible with my team partners help so thank you Doc and Lisa for helping me and making my project possible.



Due to the cold weather the plants were not growing well. We covered them with landscape fabric to give them a little warmth.