



Weeding

Description of activity	PAL
Removing unwanted plants from beds, pots and planters	Planned, Exploratory
Time of Year	Time needed to complete activity
Spring, Summer and Autumn	10 minutes + (Can be done at any time)

Preparation

1. Weeding can be made accessible to most people by using raised beds, long handled tools or by bringing planters indoors.
2. Leave plastic hand forks in raised beds so that people can engage in weeding and tidying on a whim.
3. Keep larger weeding tools in an easily accessible place, such as a secure but unlocked outdoor box or cupboard.
4. Ensure that each gardener has a suitable weeding tool.
5. Ensure that each gardener has a seat if needed.

Tools and materials

1. A range of weeding tools
2. Empty plant pot or bucket
3. Garden kneeler/stool
4. Long handled dustpan and brush
5. Gloves if desired but not necessary



What to do

1. Provide a range of heights of beds, seating and tools so that gardeners are physically enabled to carry out weeding.
2. Use long handled hand tools or adapted tools so that gardeners can work standing or seated.
3. Divide large areas into smaller areas with string lines or bamboo canes so that the task doesn't seem overwhelming and that satisfaction can be achieved on completion of that area.
4. If identification of weeds is difficult, place upturned plant pots over plants to be retained.
5. Weeds can be placed in a bucket or empty plant pot when removed.
6. Any small weeds and soil can be tidied up using a long-handled dustpan and brush.

Extras

Leave parts of the garden for periods of time, so that there are always areas that need weeding.

Some weeds are very recognisable and may be a source of reminiscence eg. daisies and daisy chain making, dandelions and their 'clock' seed heads.

The weeds will need to be disposed of - annual weeds can be composted.

Adaptations and variations

Some gardeners may struggle with weeding but may still benefit by being outside and taking part in any associated reminiscence.

Weather contingency

Bring potted plants or planters indoors for people to work on low tables or placed on the floor.

Resources:

Long and short handled hand tools with pistol type grips and optional arm cuffs - <https://peta-uk.com/product-category/garden-tools/>



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