

Raised Bed Gardening

good for mind and body



By Lisa Coffey
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Gardening can be a fun hobby that can be good for the mind and body.

It can also be intimidating for beginners, but it doesn't have to be.

One way of getting into gardening is with raised beds.

Raised garden beds offer those new to gardening with the opportunity to begin small and gain confidence while learning the basics of gardening.

Raised beds are improved areas of soil "raised" above ground level.

The frame can be made from boards or other rigid materials.

Materials for the frame can be made of wood (treated wood is not recommended), stone, bales of hay, old furniture such as dressers, animal feeding troughs, concrete blocks, or milk crates.

Width for the beds can be two to four feet wide, while the length can be as long or as short as you wish.

Depth should range from six to 36

inches.

Filling a raised bed may take more soil than one might think.

A general mixture of topsoil, existing soil, and compost is recommended.

Miracle Gro makes a bagged soil for raised beds and is available locally.

There are several advantages to