

VEG-GET-ABLE

THE MULTIGENERATIONAL PLANT GROWING CHEST

FREE
TEMPLATES

Raised planting
bed



Pull-out platform

Wheelchair-
friendly access

About the prototype

Make gardening an activity everyone can enjoy. Veg-get-able is a raised plant chest designed to bring people of all ages and mobility levels together around plants, flowers, and fresh herbs without the strain of bending, kneeling or reaching. It's perfect for parks, community gardens, care homes, schools and shared housing.



Plant chest

Gardening for everyone — accessible, social, joyful.

Why Veg-get-able matters?

- **Improves wellbeing:**
Gardening reduces stress, lifts mood and helps tackle loneliness by encouraging meaningful, hands-on activity.
- **Removes barriers:**
Age, fatigue, back pain and balance difficulties shouldn't prevent people from caring for plants. Veg-get-able makes gardening possible for seniors, people with mobility challenges and children alike.
- **Builds community:**
Designed for shared spaces, it invites intergenerational interaction: neighbors, schoolchildren and caregivers can garden side-by-side.

Key features

- **Raised planting bed:**
Elevated boxes positioned at a comfortable working height to eliminate bending and stooping.
- **Wheelchair-friendly access:**
Open recessed knee space allows wheelchair users to reach plants easily and work at a natural height.
- **Retractable child platform:**
A pull-out platform gives children safe, stable access to the plants so they can participate comfortably.
- **Modular planting inserts:**
Removable trays make planting, soil replacement and seasonal changes quick and tidy.
- **Easy-grip handles and smooth edges:**
Comfortable operation for users with limited hand strength or dexterity.
- **Decorative, inviting design:**
Floral motifs and warm wood tones make the unit attractive in any setting and encourage interaction.



Benefits for

- **Seniors:**
Reduced need to bend or kneel lowers strain on joints and back; promotes light physical activity and purpose.
- **Wheelchair users:**
Thoughtfully sized knee recess and reachable planting zones enable independent participation.
- **Children:**
The retractable platform and child-height planting zones foster curiosity, education and motor skills development.
- **Care home & facility staff:**
Low-maintenance planting inserts and accessible design reduce caregiver lifting and make group activities easier to organize.
- **Community organizers & urban planners:**
Compact footprint yet high social return, which adds green, interactive focal points to streets, parks and courtyards.

Target audience

- **Community parks and plazas**
encourage neighbors to tend communal herbs and flowers together.
- **Schools and after-school programs**
teach children about plants, food and ecology in an inclusive setting.
- **Senior centers and assisted living facilities**
offer therapeutic horticulture activities that are easy to run.
- **Healthcare and rehabilitation centers**
support occupational therapy and gentle physical activity.
- **Apartment courtyards and shared housing**
provide a low-barrier way for residents to grow food and connect.

Activities

- **Weekly “Green Hour”**
scheduled drop-in times when neighbors pair older adults with children for planting and storytelling.
- **Harvest and share days**
community meals featuring produce grown in Veg-get-able units.
- **Therapeutic gardening sessions**
collaborate with local health providers to run structured wellbeing programs.
- **School outdoor activities**
science and nutrition lessons centered on real plants.
- **Senses & Mindfulness sessions**
slow sensory tour of the chest: smell herbs, touch different leaf textures, listen for insects, observe colors.



Teacher-ready activities

Seed to Snack (Planting & Nutrition)

- Students plant quick-growing edible seeds (lettuce, radish, herbs). Over weeks they observe growth, harvest small portions, and prepare a simple snack (e.g. small salad).
- **Time:** 45–60 min planting, 10–20 min weekly observations, 30–45 min harvest/snack session.
- **Materials:** Seeds, compost, labels, watering cans, simple snack ingredients, hand-wash supplies.
- **Main takeaways:** Understand plant life cycles; connect gardening to food and nutrition; responsibility through regular care; basic hygiene and food safety.

Intergenerational Story & Plant Swap (Social Skills & Community)

- Invite older community or family members to co-tend the Veg-get-able units with students for a session. Pair a child and elder to plant, share stories about food memories, and exchange a small plant cutting to take home.



- **Time:** 60–90 min event.
- **Materials:** Plants/cuttings, name tags, inspirational stories.
- **Main takeaways:** Community building, respect for elders, oral history and social skills.



This material was created within the project “KidsLikeUs: Empowering NGOs & public institutions in helping children overcome migration traumas using creativity and favors of nature”, co-financed by European Union funds (European Regional Development Fund) from the INTERREG Baltic Sea Region program.

Interreg
Baltic Sea Region



Co-funded by
the European Union

RESILIENT ECONOMIES AND COMMUNITIES



KidsLikeUs

The project was co-funded by the Polish Ministry of Science and Higher Education (International Co-financed Projects program). Agreement no. 5874/Interreg BSR 2021-2027/2024/2”.