Today on Gardening in a Minute: table gardens.

Trouble with kneeling and bending can force many gardeners to quit their favorite hobby. But before you throw in the trowel, try a table garden.

Table gardens are a raised-bed garden that places the soil level at tabletop height. Unlike a box-style bed, table gardens have room for a chair under the work surface. They can even be put on wheels!

The shallow soil depth can limit space for roots, and can cause soil to dry out quickly in the sun. Use shallow-rooted, drought-tolerant herbs, hardy vegetables or annual flowering plants, or build the table deeper at one end.

Table gardens are so versatile and fun that you might have to try one out even if you have no problem getting down to worm level!

For more information about table gardens and many other gardening topics, contact your county extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.

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