

News Release

Grow Box Encourages Respect for Nature and Healthy Eating

By Itollefs on Tuesday, September 2, 2014

A raised bed or "grow box" was recently set in place at Early Childhood Development Center (ECDC) at the University of Minnesota Crookston. The box, placed by student athletes, is made of solid oak recently processed at a mill in northeast North Dakota.

Growing soil will be placed in the box and used to grow vegetables such as cherry tomatoes, carrots, green beans, and edible pod peas for the children. The project is sponsored by the Crookston Students for Sustainable Development (CSSD), U of M Crookston Horticulture Club, and the Center for Sustainability with financial support from the Office of Academic Affairs. Construction was by Josh Bruggeman and Alex Nemmers, interns with the Center for Sustainability and Northwest Research and Outreach Center.



The grow box is part of an emergent national movement to engage children in not only eating more vegetables but to expose them to the process of gardening itself. There are many advocates of children's gardens but Ron Finley, an advocate for teaching children to garden from South Los Angeles, Calif., asserts that, "Kids eat what they grow." A sign is being prepared to showcase Finley's quote that will be attached to the grow box.

Soo-Yin Lim-Thompson, interim head of the Liberal Arts and Education Department on the Crookston campus is excited about what the grow box means to the children at the Early Childhood Development Center and the campus. "Gardening brings community together, as it has proven, bringing college students, faculty, staff, and preschoolers together for a common interest: growing a community garden. Gardening provides a natural space for hands-on learning in science inquiry through patient observation and experimentation. Gardening also promotes children to respect nature, work together, and eat healthy."

Early Childhood Specialist Connie Camrud notes the value of the garden and how it represents "everything we look for in early childhood education." She continues, "It is learner-centered, hands-on, inclusive, socially bonding, emotionally uplifting, physically stimulating, integrative, and aesthetically appealing."

Today the University of Minnesota Crookston delivers 29 bachelor's degree programs, 20 minors, and 36 concentrations on campus--as well as 13 degrees online--in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umcrookston.edu.

Photo: The Center for Sustainability led by Professor Dan Svedarsky - in collaboration with natural resources students, education students, student-athletes, Crookston Students for Sustainable Development, and the UMC Horticulture Club--recently installed a "grow box" at the ECDC on campus. The project is an extension of the Allen and Frida Pedersen Campus Garden, which was established this spring on the north edge of campus.

News Categories

[Department - Liberal Arts and Education](#)

[Tweet](#)

[News Home](#)

[News Archives](#)



Small Campus. Big Degree..

[Employment](#)
[Events Calendar](#)
[Academic Calendar](#)
[Library](#)
[Directories](#)
[Maps, Directions & Parking](#)
[Quick Facts](#)
[Bookstore](#)

[Faculty & Staff](#)
[Email & Calendar](#)
[Contact Webmaster](#)
[System Website](#)
[Home](#)

2900 University Ave., Crookston, MN 56716
800-862-6466 | 218-281-6510 | umcinfo@umn.edu

© 2021 Regents of the University of Minnesota. All rights reserved.

The University of Minnesota is an equal opportunity educator and employer.
[Privacy Statement](#)