New Growth On Campus

You may have been hearing about the increasing popularity of gardening. You may have seen some local community gardens, or have even participated in growing a garden. As of last month, the Mount has established its very own community garden. The main site is situated next to the President’s house in the Meadows in raised beds. Although they’re currently going dormant with these cooler temperatures, they were full of herbs throughout the summer.

So, what will be going on throughout the winter months? Edible indoor gardens will be placed around campus, like SAVE’s potted herbs currently livening up the Rosaria cafeteria. Much of the garden is currently in the planning stage, but will focus on food security, community building, sustainability and increasing awareness of the environmental impact of food choices.

Sarah Wilson, an MSVU dietetic intern, got the ball rolling last year by writing “Community Gardens at MSVU: Planting the seeds for progressive new hands-on approaches to teaching” as her honors thesis. In the thesis she discussed the benefits of a garden, as well as specifics such as location, funding, and how it could be used as a teaching tool. Sarah’s response to having a garden on campus this year was “I'm really glad someone has decided to pick up from where all my hard work has stopped. I'm only one person and it needs help from many people to get started”. Rebecca Green, a nutrition department faculty member, and Garden Coordinator Supervisor says “I am thrilled to see a community garden start on campus. I think it is essential for dietitians to have an understanding of where their food really comes from”. Congrats to Rebecca for getting the funding to hire a coordinator!

A bit about me, the Garden Coordinator: I am a fourth year dietetics student with a love of nature, watching things grow, and experimenting with home grown herbs and veggies in the kitchen. I am always looking for ways to involve Mount students in the garden’s programming, and would love to hear your ideas.

Stay tuned for more information about a pot decorating and seed planting party happening after the holiday break, as well as announcements of new indoor garden locations and other garden-related events.

Want to get involved, share your thoughts, or get more information? Contact me, Tanya James, MSVU Community Garden Coordinator at: garden@msvu.ca