Grow your own

Growing and preparing fruit and vegetables on school grounds educates children’s senses of taste, touch, and smell.

Richard Louv, who wrote the book *Last Child in the Woods*, coined the term “nature deficit disorder”—that’s when kids have been so abstracted from nature that they can’t relate to life in a full way. I experienced it working as a canoeing instructor with kids who lived only in an urban context: If you asked them when a tomato grows, they’d tell you a tomato grows all the time because it’s available all the time. They didn’t have any knowledge of the cycles and rhythms that are only really accessible in the context of natural growth and life.

—Bruce Mau, BMD