

## My Experience at Earthbox® Camp

Paige Clark age 11

July 2013

World hunger is an issue that affects all of us. There are many reasons that cause hunger. It happens when the soil is in poor condition. It can also occur when people waste resources. It can cause diseases such as mental and physical illnesses which include blindness, scurvy, and weakening bones. World Food Day is observed on October 16<sup>th</sup> to end world hunger.

The Earthbox for World Food Day Garden Camp for elementary and middle school students was held at Lackawanna College during the summer to make us aware of World Food Day and hunger and to help us to become part of the solution. It was a fun, week-long experience. We learned about and practiced sustainable agriculture using the EarthBox. Putting the Earthbox System together was fun. It gave us a chance to get our hands dirty. We learned that Earthbox systems grow high yields using less water. They are not just used to grow food. They can also be used to plant flowers, saplings, and other plants, which help reduce the risk of the Greenhouse Effect. We also planted seeds in a starter tray so we could transplant them to our very own EarthBox three weeks after they germinated.



From Front - L to R

Paige Clark, Quiyan McClain, Corey Bridges, Isabella Ayden, Trent Clark, Bella Carlyse

2<sup>nd</sup> Row- L to R Kayla Bickauskas, Molly Philbin, Earthbox Instructor; Jessica Parr, Julianna Merced, Leona Giordano, Alex Waskovich, Noah Shaw and Amy K Fifth-Lince, Assistant Instructor.

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With an EarthBox, you can grow foods to prepare meals for your family, and you can also give some to a friend. Or, you can donate some of the food you grow in your Earthbox to a local Soup Kitchen. Donating the food you have grown in your Earthbox is a way to observe World Food Day. You can register how you observe World Food Day on [the World Food Day website](#). To help some of the people who do not have food, you can also donate pennies and pop tabs to a donation service near you.

Buying food locally is important. Farmers markets are places that sell fresh, locally grown fruit and vegetables. The foods are very fresh and have been grown in a garden by someone you know. Farmers also sell meat, fresh spices, baked goods and other foods. Many people shop at farmers markets because they provide sustainable access to unprocessed healthy foods. Buying local improve the local economy too.

During camp, I learned that there are many different varieties of fruits and veggies. I also learned the importance of organic foods. Pesticides and chemical preservatives are not only unhealthy, but they also make some foods cost more. They also damage the soil and pollute the water.

My experience at the Earthbox for World Food Day Camp was very fun. I learned a lot of stuff that I didn't know about before. At the camp, healthy snacks were provided and we learned yoga. We also decorated our own EarthBox by painting pictures that expressed our goals for camp. Decorating the Earthbox was great fun. We also surfed the web to research topics about hunger and presented our findings to peers and parents. Earthbox for World Food Day Camp was all and all a great experience.