

Gardening with Grit Garden

Every wednesday from 4-6pm Utah Valley University's Grit Garden calls for volunteer help taking care of the Garden. Anyone can go and sign up to become a volunteer there and help take care of plants that will provide fresh fruits and vegetables available to all of Utah Valley University's hungry college students. Volunteers there get the opportunity to care for plants, weed, gather produce, and at the end of the season uproot the vegetables to ready the plots for the spring.



Purple Beans ready to be picked and uprooted

From the start of spring to the end of the summer, everyone is welcome to come help out at UVU's Grit Garden, where they can learn to garden and care for their community. Volunteers are

welcome every Tuesday through Friday, and help support the entire garden. I had the opportunity to volunteer a couple times over the fall semester, during which time I weeded, harvested fruits and vegetables, weeded some more, and uprooted plants to prep plots for the spring.

The Grit Garden gives its fresh produce to university students on the first Friday of every month, all for free. The project teaches volunteers and students grit and hard work, while providing for the community of college students in need. I really enjoyed volunteering for this program as I could tell every hand was needed and appreciated.



All volunteers can sign their name on the green house

While volunteering here I got to work with a lot of different volunteers and enjoyed getting to know all types of people. There would be groups coming from BYU for research projects that I would get to talk to and discuss their research on the garden. There would also be volunteers from other majors and classes hoping to get volunteer hours.

I learned a lot of teamwork and self motivation skills that come from working with others and doing work that just requires a little elbow grease and getting your hands dirty. These are principles I'll use in every aspect of my career moving forward as sometimes things just need to get done, and it's best if you know how to get it done while enjoying the work with the people around you.

Having lived through times of food insecurity and not being able to afford much fresh produce, I really appreciate what this garden is doing for the UVU community. It's a resource I wish was available and widely communicated to more individuals and families. Resources like this don't

just affect the people who are able to benefit from the fresh produce, but they also have an impact on the volunteers such as myself who can gain from the perspective and positive influence service like this provides. I enjoy service like this because I can see the growth over the weeks and the tangible difference my service can have.



Alley Holt, volunteer, helping in the green house

This garden is possible thanks to the support of UVU. Thanks to them not only are all UVU students getting access to fresh and free produce, the community is getting access to sources of learning and growth at all levels, something we can all be grateful for.

By Alley Holt, Political Science Student at Utah Valley University