

## Objectives

- To use the Shiloh garden as a platform for conversation, exploration and discovery.
- Connect Shiloh Community with UNCA (and the Asheville community at-large), via community gardens.
- The garden serves as the center for education about sustainable systems of food production.
- Work to strengthen/ support intergenerational relationships within the community of Shiloh.

## Outcomes

- Brought Malik Yakini to UNCA and Shiloh (spoke to a crowd of 300)
- Established weekly community garden work days.
- Promoted and fostered relationship between Shiloh and UNCA
- Promoted social and food justice.
- Shifting the culture of food consumption.
- Promoting health through fresh and local food.
- Work to address health disparities.
- Summer Super Series: Supporting community

### Shiloh Community: Community-Based Participatory Research

By: LauraLee Petritz and Kevin Rumley

UNC Asheville students Kevin Rumley and LauraLee Petritz had the opportunity to work learn and grow with the community of Shiloh in Asheville, North Carolina. Shiloh stands as the oldest autonomous African-American community in Asheville. Over the last year, under the direction of AFRI supervisor Dr. Leah Matthews these two students explored the value of community gardens and how they can serve as a platform for discussion and ideas. Their journeys lead them to unique and wonderful places, both within Shiloh and throughout western North Carolina. What they found from this experience was the powerful potential and opportunity for addressing health disparities through community gardens. Utilizing community-based participatory research they established lasting friendships. As a result, they have equal vested interest in the outcomes of the community. They sought to create and promote environments that foster the discussion of health promotion through an experiential approach. A simple example was in the bringing of fresh juice (and literature about juicing) to the garden every Saturday. This allowed for community members to taste the raw and rich flavors of fruits and vegetables and to immediately feel the positive results in their body. This simple action resulted in community members purchasing their own juicers. Utilizing the community garden

as the arena for discussion and ideas these two students explored avenues of sustainable systems of food production. During the early summer they created Friday Community Movie Night, when they showed movies focusing on social, economic and food justice issues.

Working in conjunction with the Shiloh Community Association

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they sought to strengthen and empower the youth of the community. These two students brought prominent social justice/good-food movement activist Malik Yakini to speak at UNCA and the Shiloh community garden. Through various activities, supporting fundraising events and healthy-living events within the community, they sought to promote awareness about fresh and local whole foods. They held events



A highlight of their experience stems from the unique complimentary backgrounds and perspectives that Kevin Rumley and LauraLee Petritz offer to the community. Kevin Rumley is an injured combat veteran/Purple Heart recipient (U.S.M.C) and LauraLee Petritz was raised in a family business and is a licensed massage therapist. Both are advocates for self-determination and local, sustainable economies. As health promoters, Kevin and LauraLee entered into this community with the desire to affect positive health outcomes and help promote positive change. Perhaps the most exciting element of their experience was their own personal growth and development; through the community members they met and relationships they built, the real and lasting change occurred in Kevin and LauraLee.

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**[SHILOH COMMUNITY: WHERE GARDEN AND COMMUNITY GROW]**

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