



COHARIE COMMUNITY GARDEN

ABOUT THE PROJECT

The garden is a partnership between the Coharie community and the UNC FFORC team, which seeks to provide fresh, nutritious produce to the local community. We sat down with community members to learn about their experiences working in the garden as part of this partnership. This is what they shared was most significant to them.



FFORC

Food · Fitness · Opportunity
Research Collaborative

INTERGENERATIONAL CONNECTIONS

Community members enjoyed that gardening and the potato dig brought multiple generations of people together to share knowledge and experiences, and they felt reconnected to childhood.

"The community, the enjoyment of being around everyone, the opportunity to play in the dirt, my dad is out there on the digger, I see him working out there riding on the digger right there, just to be out here working alongside of him gets nostalgic. Cause when I was little I was working alongside of him...its kind of just one of those moments."

FOSTERING COMMUNITY AND INCREASED WELLBEING

Community found a sense of satisfaction in helping people and enjoyed the opportunity for socializing and community building.



"The main purpose of how the garden started is in order to bring the community to the people... It is a food supply for the people and an opportunity to feel like hey I am really investing in myself and in my community ."

AWARENESS OF NATIVE AMERICAN COMMUNITY AND INDIGENOUS FOODWAYS

The community was excited about the increased awareness of the Native American community among the wider population and the importance of remembering the historical practice of growing one's own food. Feedback suggested expanding garden offerings with culturally and historically significant crops. Community thought the garden underscored the significance of preserving traditional food cultivation and preparation methods.

“One thing is bringing our people together. We used to have people work together, but that has gone away. Now you see people working together out there now. In fact, I’ve been saying the Native American Indian way went away for a long time, but it’s coming back. I’m just so blessed to see what’s going on.”



INCREASED ACCESS TO AFFORDABLE HEALTHY PRODUCE

Gardening has exposed community members to more healthy food options and they appreciated the increased access to quality produce.

“This fresh food is a big gift for me. But if you go in the store and take the meat, everything is fertilized to get it fast for sale. It’s not healthy. Now this is the healthy food.”

APPRECIATION OF NATURAL RESOURCES

Community feels connection to land that was lost and a sense of pride working and sharing food.

“It’s the joy of being involved in something – not necessarily just the community – but the land itself. Sort of like a recharging. Once in a while, you need to recharge and part of that is doing something that’s familiar from your past that maybe you didn’t appreciate as much then, but maybe you appreciate now and appreciate what our grandparents and parents were trying to do with sustaining our family.”

