

# Soul & Soil Project Thymes



MARCH  
2018

COMMUNITY NEWS FOR RESILIENCY & JOY

## JUMP START YOUR GARDEN THIS YEAR

Are you INSPIRED to grow your own food this spring? Plant start sales coming soon!!! Support our nonprofit and grow ABUNDANCE! >> p. 5

## CLASSES & EVENTS

Grow with us! Whether you want to dive deeper into permaculture, sustainable self-care, or creative arts therapies, check out our upcoming community calendar >> p. 7

## FROM CHALLENGE TO INNOVATION, A NEW CAMPAIGN FOR THE NATION

Read and get behind the #SupportOurSchools campaign! Real food for all! >> p. 4



Soul & Soil Project youth member adding soil at our community food forest project

## FOOD JUSTICE IS ECO-SOCIAL- JUSTICE.

AN INVITATION FROM SOUL & SOIL PROJECT TO INTEGRATE YOUR PASSIONS WITH THE FOOD SOVEREIGNTY MOVEMENT

FOODSHED.

A healthy foodshed makes a healthy community. But what does a healthy foodshed look like? After decades of industrial agriculture, the answer is not as common sense as one would hope.

Yet our foodshed, whatever state its in, affects each of us, everyday.

So many of us want to invest in our local (and global!) community, but don't know how! With rent so high, kids to raise, class to go to, activist meetings to attend, let alone self-care time, how can we possibly tackle the food system too?? But believe us, whether by teaching, cleaning rivers, playing music, crafting locally-harvested tinctures, waiting tables, raising kids, working with local youth, advocating for equity, running a business, making coffee or forming cooperatives, each of us makes a difference everyday, in one way, or another. Every One of Us has SOMETHING to bring to the table, which we shall refer to as our FOOD SHED. Share your voice, your hands, your passion. Collaborate. Volunteer. Network. Donate. Get involved with Soul & Soil Project. Click here >>> In SOLIDARITY

by: Alina Talladen

# Grass-Roots

STORIES, INSIGHTS, MOTIVATIONS

*"sharing with you our experiences as a sacred-activist group made from scratch and with love."*



Alina and Kelly at Smith Mill Works

## 2017 RECAP by Kelly

Greetings Communities! It has been such an incredible year of growth and learning for Soul and Soil Project.

We wanted to reach out and really thank y'all for your support, love and energy. We have experienced such beautiful involvement last year and are very enthusiastic about the development and unfolding of 2018! It will be a great year of collaboration and connection.

Gratitude for all the helping hands that have touched the soil and created bountiful abundance all around Asheville. We look forward to supporting all the community garden spaces that allow food and education to blossom.

We hope you enjoy this newsletters' articles and pictures we captured from the projects implemented last year.

Let us GROW FOOD EVERYWHERE!

-Kelly "Sunshine" Hollinger, co-founder

## DEAVERVIEW

Our garden project in the Deaverview neighborhood has been a life changing experience. We were introduced to this community by collaborating with Noel from Creative Peacemakers. We jumped into a multi-age group of children ready for fun in the sun! (continue p.3 >)



Thoughts.  
by Alina

Many of us, in our heart of hearts, desire to live within the vibrant fabrics of a strong, joy-based community, closer to the land and to our own creative, joyous selves. While we continue along the path of BIG VISION, may we remember to come together with what we have, with who we are, NOW, and plant seeds of change and hope.

Kelly with Mark & Bella

## DEAVERVIEW CONT'D

Each Friday of the summer, we of SSP and Creative Peacemakers all picked the kids up at their apartment doorsteps for a morning snack and time outdoors.

We had gotten the go-ahead from Housing to revitalize the neglected fruit orchard in one of the back lots, so we started scheming on food-growing and soil-healing designs, while spending time with the kids who live there.

Each day together, whether composting, seed saving, planting or simply harvesting, we related our snack of the day to gardening. We created a compost bin, "hugel-beds" and a pea plant teepee trellis.



The kids have been having a blast being part of the garden development and helping to create a stage out of an old burned down shed, which will be used for talent shows!

This year, we look forward to combining permaculture principles to grow a food forest sanctuary with the community.

**make a donation**



Food desert syndrome is at an all time high, with pockets not only in low-income, rural communities of WNC, but within the city proper itself.

Because organically-grown foods tend to be higher-cost to the consumer, healthy and fresh foods seem to be un-affordable to many.

The solution to the problem? Surprise, surprise, GROW YOUR OWN FOOD!

Soul & Soil Project is working with other Food growers to create a unique cooperative which will help everyday people get a jumpstart on their own food growing goals.

2017

**PHASE 1 OF KAIROS  
~ FIRESTORM  
COOP'S CORNER  
GARDEN**

- PALLET FENCE
- TERRACING
- PRUNING
- WEEDEATING
- LITTER PICKUP
- NOURISH BEDS

**PHASE 1 OF  
DEAVERVIEW FOOD  
FOREST**

- KIDS SUMMER  
CAMP
- WEEKLY FUN!
- COMPOST
- PRUNING
- HUGELKULTUR
- NATIVE, ROUND  
GARDEN BED

**3 FULL YARD  
RESIDENTIAL  
GARDENS**

**1 FOOD JUSTICE  
ROUND TABLE  
MEETING WITH  
LOCAL NONPROFITS**

**JOINED SUPPORT  
OUR SCHOOLS  
CAMPAIGN**

**5 FUNDRAISERS**

visit our  
website  
for more  
information  
and updated  
calendar  
events!

# Why Garden-to-School Programs Can End Hunger, State-Wide

BY ALINA TALLADEN

In an article titled "In a Growing State, a Growing Hunger", by Gene Nichol, published in Raleigh's The News & Observer, hunger was *already* a major concern for North Carolina residents. According to a 2013 report, Asheville ranked 9th highest in the nation for hunger, with Greensboro at 2nd highest. Imagine the reality of this topic today, 6 years after this publication.

Now, WNC is in full boom of expansion. Not only is gentrification happening in "the mecca of the South", but school meal program (and art) cuts

are seriously affecting our children, and our communities at large. According to NC Foodbanks, 1 in 4 children in NC are food insecure.

But we don't have to just sit and wait for policy to change.

Soul & Soil Project has jumped on board with **#SupportOurSchools**, a campaign started by Greensboro-based nonprofit Homegrown Heroes, who are committed to nurturing youth leadership and to launch garden-to-school programs as a platform for social, economic, health, environmental and educational change.



Support Homegrown Heroes Fundraiser to launch an educational mobile market >>

According to a 2013 report, **Asheville ranked 9th highest in the nation for hunger!** *That's despite all the farms, I might add.* **In 2017, do you think it got better?**

**! CALL TO ACTION !  
GROWERS, SCHOOLS,  
PARENTS, YOUTH**

Schools are incredibly vital aspects of any community. They are second homes for our community's children, and provide jobs, business, and many other learning and community building opportunities.

Join the mission to END HUNGER in NC by supporting garden-to-school initiatives. The campaign works with existing school garden programs and initiatives, and collaborates on a state-wide level to affect state policy.

# JUMP-START YOUR BIO-GARDEN

VEGGIES, HEIRLOOMS, NATIVES,  
SALAD GREENS, HERBS, FLOWERS  
AND MORE!  
PLANT STARTS FOR YOUR GARDEN

*Soul & Soil Project has a MAJOR game-changer this year. Yes, that's right dear food-eaters, we have our very own GREENHOUSE!!!*

*One of our collaborations this year is working with Smith Mill Works: a growing food hub of 20-some acres in west Asheville, current home to Mother Earth Produce and many other local foodies.*

*We will extend our educational workshops to this landscape, and help to bring balance to the natives vs opportunists ("invasives"), attract pollinators, and beautify this local grow-space. In exchange, they are contributing one of their greenhouses for our use!*

*Our big, beautiful house of plants will get hundreds of seeds started not only for our community food gardens, but for YOURS TOO!*

*Sign up for plant-start pick-up by emailing [info@soulandsoilproject.org](mailto:info@soulandsoilproject.org) or keep a look out at local shops!*

# Letter from the Editor

Hello dear reader, and thank you >>> We hope that you have enjoyed reading our very first newsletter, giving you a glimpse of our world as a people-run, hands-on, hand-up, solidarity not charity nonprofit.

Let me just share with you that deciding to commit to collaborating with others on something bigger than our selves (and not necessarily knowing how to do it!) has been a challenging, inspiring, fun, silly, empowering and rewarding experience.

Sometimes the BIG VISION, the BIG DREAM (personally, I want to build a whole village ^\_^) just seems too... BIG to handle at the moment, let alone manifest! Yet we can't just sit around and wait, either. After all, we're all in this together, co-creating our shared reality. Life keeps going.

I find that what trips people up the most is the hesitation... "where do I (or we) begin?" It's the overwhelm. It's okay. We get it. It happens. Brush it off. And begin (again) with what you have, with who you are, with a sincere desire to grow and learn, even stumble, along the way. That's what LIFE itself is like.

So if all the world's a stage, let's play the "good guys". Let's make some groovy, solution-based stuff happen! Advice from the Earth?

Be practical. Remember the bigger picture. Be imaginative. Keep grounded. Be authentic. (What moves you?) Simply choose to take steps, everyday, to be of service.

And then, with time, practice and compassion, we get more organized, effective, energized, resilient, happy. When in doubt?

Look for others who are doing something good, and bring yourself to the table! "Many hands make light work." The power of getting together to create change is real! And simple. So keep it real and simple.



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SOULANDSOILPROJECT.ORG

With Mettā,  
Alina Talladen

# COMMUNITY RESILIENCY CALENDAR

sacred activism = engaged compassion

## APRIL CLASSES

### **Garden Design & Preparation >>>>**

*Starting a garden from scratch! Practice and learn how to design sustainably, prepare the ground, build the soil, add cover-crops, and more! Permaculture wisdom <3*

Monday April 9 Permaculture 9-5

Monday April 23 Permaculture 9-5

EARTH DAY Sunday April 22 Flowers at all our gardens!

## MAY CLASSES

*Fruit trees and shrubs are one of the best investments you can make. Try some. Plant some. Mmmmm.*

Monday May 14 Fruit Landscaping 9-5

Monday May 21 Fruit Landscaping 9-5

*REGISTER BY WRITING [INFO@SOULANDSOILPROJECT.ORG](mailto:INFO@SOULANDSOILPROJECT.ORG)  
FOR MORE CALENDAR EVENTS, VISIT OUR WEBSITE*

SOUL  
& SOIL  
PROJECT  
PRESENTS

# GLOBAL UNITY FILM CLUB

EXPLORING TRAUMA,  
JOY & RESILIENCY OF  
THE HUMAN SPIRIT

*an international film & local creative  
contribution series for cultural  
understanding, healing & unity.*

*Presenting 1 film each season,  
selected for their deeply  
inspiring content and often  
unheard of experiences.*

Program:

SPRING - BOY (NEW ZEALAND)

SUMMER - QUILOMBO (BRAZIL)

FALL - EMBRACE OF THE SERPENT (AMAZON)

WINTER - THE LIVES OF OTHERS, (DDR)

\$3-10 SLIDING SCALE DONATIONS ARE  
APPRECIATED AND CONTRIBUTE TO SOUL & SOIL  
PROJECT'S #EMPOWERANDHEAL ENDEAVORS

HOSTED BY ALINA TALLADEN

healing through stories of the ancestors

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*Soul & Soil Project* CALL TO ACTION

**WORKSHOPS &  
EVENTS FOR WHOLE-  
BODY-MIND-SPIRITS**



**EMPOWER  
AND HEAL**

- ~ REGENERATIVE GARDENING
- ~ SKILL SHARES AND POTLUCKS
- ~ CULTURAL SHARING CIRCLES
- ~ CREATIVE ARTS THERAPIES
- ~ HANDS-ON HEALTH EQUITY
- ~ YOUTH RITES OF PASSAGE

**SOULANDSOILPROJECT.ORG**

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**<<<< Empower & Heal >>>>**

**your FOODSHED**

**your COMMUNITY**

**your LIFE**