



## Appalachian Teaching Project

The Appalachian Teaching Project (ATP) engages students and regional citizens in posing answers to the question, “How can we build a sustainable future for Appalachian communities?” The project teaches students and communities about the work of the Appalachian Regional Commission (ARC), its state and local partners, and the goals of the Commission’s strategic plan. The Consortium of Appalachian Centers is currently composed of 15 colleges, universities, and community colleges from the Appalachian region that are dedicated to working more closely together in service to the Appalachian region to improve the quality of life for its residents.



[www.arc.gov](http://www.arc.gov)



## LoganBerry Heritage Farm

Official partner of the  
University of North Georgia  
Appalachian Studies Center

LoganBerry Heritage Farm is more than just a ‘sustainable’ Farm that employs basic organic growing standards. We have immersed ourselves in the research of the world’s most successful methods of healthy food production that heals the land, builds soil and protects future resources.



[www.loganberryheritagefarm.com](http://www.loganberryheritagefarm.com)

## Saving Appalachian Gardens and Stories



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## Seedkeeper Stories

### The Grindles

The Grindles plant heirloom seeds every year. Some seeds were passed down for many generations, such as the running Crowder peas, which date back to the 1800's. The Grindles choose not to use any chemicals but instead use alternative organic methods such as planting bamboo around the garden as an air filter and for beans to use to climb up to keep them off the ground and prevent rotting posts. They pass down their knowledge, Appalachian values, and culture with each new generation. They realize that they must instill in their grandchildren the values of fresh, home grown produce and self-reliance. So far, it seems they are successful. Elizabeth proudly claims, "...our grandchildren love the green beans so much they would eat them for breakfast".

[www.facebook.com/seedsandstories](http://www.facebook.com/seedsandstories)

### Growing Community & Sustainability Through Arts-based Research

For their 2013 Appalachian Teaching Project, the *Introduction to Appalachia* class, selected a methodology that would provide students and community members with reciprocal opportunities to engage in the local food system through cultural literacy. They interviewed local tradition bearers about foodway practices and heirloom seeds. Then they collaborated with faculty

members, volunteers, and each other to create the communograph, a collective memory bank that artistically represents not only the seedkeeper's contributions of donated seeds and shared stories but also the community connections and conservations that led to locating the cultural tradition bearers.

"We hope that this art-based research design will build more social bridges between new and long-term residents of north Georgia and foster the sustainability of the local food system."

-Appalachian Studies students

### Harold Coleman

For Coleman seedkeeping provides a sense of stability when everything around him is changing. Being of Cherokee descent, Coleman keeps and shares these seeds for his ancestors. Coleman says, "I figure if the good lord is good enough to let me grow it, then I am going to share it".



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