



1. How would you summarize, in the form of an **abstract**, the **nature** and **purpose** of your research project?

*This project introduces the reader to the political and cultural significances of community gardens and the history of social movements surrounding gardens. In short, this project describes what steps community organizers can take to promote the reclamation of identity and thus healing through physical spaces such as gardens and lead community through trauma-informed practices. The process of reclaiming personal identity is most frequently sought by persons, specifically within the United States, who have been denied freedom to their autonomy and expression of self due to actions made by the ruling class within the US since its founding. The need for healing through physical space is a consequence of oppressive systems such as colonization or the prison industrial complex, past and present. Beginning with an analysis of kitchen designs, and linking modern garden spaces to the emotional geographies of kitchen spaces, this project answers the questions surrounding how healing can exist within these domestic spaces. The data for this project will come from a collection of interviews with community members throughout Thurston County gardens. Included in the final paper of this project is each subject's visual representation of a kitchen with regard to which that they hold a strong emotional bond and transcriptions of their own words narrating their stories about their relationship to food and gardens. The combination of community garden based research, kitchen memory mapping, and interviews will enable readings of my senior thesis to reflect on core issues and themes that influence relationships between people and their food. In reflection of each subjective narrative, the reader will find core issues and themes that influence relationships between people and their food. In addition to making these connections between garden, kitchen, and emotion, the widespread intention is to inspire community organizers to take a direction in their planning that acknowledges these relationships and to seek to provide informed political spaces based on this knowledge.*

2. What are the **procedures** to which humans will be subjected, i.e., questionnaires, interviews, audio or video recordings, etc.? When, where, and how will these procedures be carried out? In the case of questionnaires or interviews, please attach a copy of the questions you will be asking.

*At the beginning of each interview, subjects will be asked to give a visual representation of a kitchen from their own memory. This will be part one of the interview. The project manager will ask each subject to orally describe the kitchen and based on the subject's constructed narrative, the project manager will move into part two of the interview. In part two of the interview, the project manager will verbally ask the prepared questions, the interview in its entirety—including the verbal description of the subject's creation, the prepared questions, and the subject's verbal answers will be recorded on an audio recorder. Due to the subjectivity of visual representation and emotional memory, no subject will likely be asked the same questions, in the same order, as the last. (A list of questions that interviewees may hear is attached to this application.) The interviews will take place at public and central locations of the 11 Thurston County community gardens. Those gardens being: Bucoda Community Garden, River Ridge Covenant Church Community Garden, St. Mark Community Garden, Capital Vision Community Garden, Capital Vision Community Garden, Evergreen Community Gardens, The Garden of Weedin', Olympia Community Garden, Sunrise Park, Yauger Park, Rainier Community Garden, and Tenino FFA.*

3. How will the **recruitment of human subjects** for your proposed project be carried out? Include your recruitment criteria and procedures. Attach copies of any advertisements, flyers, announcements, or messages you will use to recruit participants.

*I will be recruiting human subjects through email, posters, and individual request. The criteria for subjects is that they need to be a member of the Evergreen Community Garden, or, they must be a member of a community garden within Thurston County. To recruit subjects, I will be writing an email that summarizes the purpose and scope of my research project. This email will be sent from the Evergreen Garden Coordinator email to their contact list. In addition to this email, I will create paper flyers that will be posted at the 11 community gardens in Thurston County. After I have published these requests for subjects, I will reach out to individual persons who meet the criteria.*

4. What are the possible **risks to the human subjects**? Specify possible kinds and degrees of risks, e.g., minimal, emotional risk in the form of distress or embarrassment. Outline the precautions that will be taken to minimize these risks, including methods of ensuring confidentiality or obtaining a release to use collected material and information. For more information, visit <http://www.evergreen.edu/humansubjectsreview/risk.htm>.

**NOTE:** The concept of risk goes beyond obvious physical risk. It could include risk to the subject's dignity and self-respect, as well as emotional, psychological, legal, economic, and behavioral risk. Risk could, for example, include the potential for jeopardizing one's employment or standing in an academic program, organization or workplace, community, or other group.

*The possible risks to the human subjects are classified as minimal. The most notable risks include risk from emotional discomfort and risk from loss of privacy. By agreeing to participate in these interviews, subjects are consenting to being asked questions about their personal experiences with food, relationships, and family. At any time, subjects can choose to refrain from answering a question or end the interview. However the questions and topics that may arise from these conversations may be emotionally triggering (including embarrassment, anxiety, and sadness) given that the project manager is asking subjects to reflect with vulnerability on the subject's own memory. In addition to risk from emotional discomfort, subjects are at risk from loss of privacy if the project manager does not follow confidentiality protocols (outlined below.)*

What are the specific, anticipated **benefits** to be gained by completing the project? These may be at an individual, institutional, or societal level. How do these benefits justify the risks identified in question 4?

*Subjects will benefit from an individual level by having a platform to talk about topics such as their own identity, food insecurity, and personal stories that affected their current relationship with food. Subjects will also receive a final copy of the thesis by request. In exchange for taking the time to participate, project manager will return the time by trading an hour of the project manager's time for garden work or with a gift of fresh local produce.*

**How will the information derived from this activity be used?** To whom will the information be distributed, and if made, how will the promise of **confidentiality** be kept or carried out in the final product?

*Subject narratives and artistic visual representations will be edited and placed in conjunction with research about the relationship that individuals who participate in community gardens in Thurston county have with their food and the political food system within the US. Direct interview and transcript of interview will be accessible to the project manager and the subject. Selected pieces of interview will be shared with faculty supervisor. Aside from the final publication, the distribution of subject interviews will be limited in this way.*

#### **Confidentiality Protocols:**

*Audio recordings will be listened to and transcribed by the project manager. Segments of audio clips may be shared with the project manager's faculty, Sarah Williams. In the final publication, names and other identifying characteristics will not be used. To protect possible future implications from participating in this research, real names will be redacted and pseudo names will be used for all participants. In the final publication, any artistic visual representation that the subject creates will be electronically scanned and included. After the project manager has completed the final project, the project manager will delete all audio files and any transcripts, not including sections of transcripts that were included in the final project. All visual representations will be returned to subjects by request or disposed of.*

## **INTERVIEW QUESTIONS:**

- 1.) Draw a map, blueprint, sketch of a kitchen that you remember from your childhood, possibly one that you visited the most frequently, or, that had the greatest impact on you.**
- 2.) Can you tell me about the kitchen? What specific areas or objects stand out to you?**
- 3.) Was there a garden near by?**
- 4.) What memories do you have of this room (kitchen or/and garden)**
- 5.) Where did the recipes come from within your family? Do you know the origin of them?**
- 6.) Who cooked here?**
- 7.) What dishes do you remember eating the most frequent?**
- 8.) Where did you eat your meals?**
- 9.) Were you aware of the relationship that your parents, grandparents, siblings had with food? With money?**
- 10.) Do you feel a connection to the food that you eat now?**
- 11.) Have your values changed about the food you eat?**
- 12.) How would you describe the relationship you have to food?**
- 13.) What may have happened that defined this relationship?**
- 14.) Would you consider yourself to be food insecure or food secure?**
- 15.) Where did/does your food come from?**
- 16.) Why are you a member of this garden?**
- 17.) What is your relationship like with other members of this garden?**
- 18.) What do you plant in your plot? Why do you plant these things?**
- 19.) Where do you obtain transplants, seeds, and cuttings for your garden?**
- 20.) Have you experienced any loss, or additions of happiness, related to your garden plot?**

## Letter to Subject for Interviews

Dear Participant:

I am a student at The Evergreen State College. As part of my coursework in the class, "Student Originated Study: Food and Agriculture" I will be conducting a research project titled "Kitchen Stories: Seen through Cultural Gardens." The purpose of my project is to gather information about childhood experiences with cooking, gardening, and eating and its impact on relationships between individuals and food in order to produce a research paper and presentation about my findings. I will be conducting an audio-recorded interview of you about kitchens you have been in and the impact they may or may not have had on you. Interviews will be no longer than one hour.

Any risks to you are minimal, and would likely be nothing more than emotional risk such as distress or embarrassment from sharing information about your relationship to food or family, etc. There will be no monetary compensation for your participation, which is completely voluntary. You may withdraw your participation at any point or skip any question you do not wish to answer without penalty. In return of the time that you spend as being a subject for this project, I would like to trade you an hour of time helping you with your garden, or, with a small gift of fresh produce from my own garden.

I will keep the digital audio recording of our interview in a password protected computer accessible only by me. I may share part of this recording with my faculty supervisor. Upon completion of the project, September 2018, I will delete all audio recordings and transcripts of our interview, not including any transcriptions that may have been referenced in the final paper. Visual representations that I ask you to create within our interview will be returned to you by your request after I have made electronic copies for my final paper.

As mentioned above, I will use your responses as resource material for my research project on the relationships that community gardeners in Thurston County have with their food and the political food system within the US. At your request, I will provide you with a copy of the final draft. If the paper may be published, you will be informed prior to its publication. In the case that this happens, you will have the right to ask for your information excluded from the paper. I may report your answers in my paper, but I will keep your identity confidential by redacting real names and replacing them with pseudo names. Again, the paper will not include any information that identifies you directly.

If you have any questions about this project or your participation in it, you can call me at 402.216.3405. My email address is [haneli30@evergreen.edu](mailto:haneli30@evergreen.edu). The person to contact if you have questions concerning your rights as a research subject or experience problems as a result of your participation in this project is John McLain, IRB administrator at The Evergreen State College, Library 2211, Olympia, WA 98505; Phone 360.867.6045.

Thank you for your participation and assistance!

Sincerely,

Nora Hantula

**Informed Consent Agreement for Interviews**  
**“Kitchen Stories: A Look at the Political Garden”**

I, \_\_\_\_\_, hereby agree to serve as a subject in the research project titled “Kitchen Stories: Seen through Cultural Gardens” It has been explained to me that its purpose is to gather information about past and present kitchens in my life and my relationship to food. The research activity I will participate in is an audio-recorded interview.

I have been informed that the information I provide will only be listened to and used for a research paper and presentation by Nora Hantula for a class at The Evergreen State College. I also understand that my responses may be reported in the paper and presentation, and my identity will be kept confidential and no identifying information about me will be included. Nora Hantula has agreed to provide, at my request, a copy of the final draft of their paper. Hantula has also informed me that if the paper may be published, and that I will be informed prior to its publication. In the case that this happens, I will have the right to ask for my information excluded from the paper.

I understand that the risks to me are minimal, and would likely be nothing more than emotional risk such as distress or embarrassment from sharing information about my relationship to food, etc. I agree to be interviewed, and to have that interview audio recorded for this project. I have been told the recording will only be heard by Hantula and their faculty, and that the audio and all corresponding transcripts will be destroyed when the project is finished.

There will be no monetary compensation of any kind available for my participation. In exchange for my volunteered time, Nora has offered an hour of their time in return to assist in garden help, or, a small gift of local produce from their own garden. I have made a ‘check’ below as to whether or not I have chosen to accept this non-monetary offer. I have been told that I can skip any question or stop the interview and withdraw my full participation from the study at any time without penalty. If I have any questions about this project or my participation in it, I can call Nora at 402.216.3405, or email them at [haneli30@evergreen.edu](mailto:haneli30@evergreen.edu). Likewise, the person to contact if I have questions concerning my rights as a research subject or I experience problems as a result of my participation in this project is John McLain, IRB administrator at The Evergreen State College, Library 2211, Olympia, WA 98505; Phone 360.867.6045.

I understand that my participation in this project is completely voluntary, and that my choice of whether to participate in this project will not jeopardize my relationship with The Evergreen State College. I am free to withdraw at any point before or during the interview. I have read and agree to the foregoing.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I have chosen to trade my time as a subject for  one hour of garden work.  
 gift of fresh produce.

I have chosen to decline the offer for a non-monetary trade as a subject.