

WESTERN MICHIGAN UNIVERSITY

Human Subjects Institutional Review Board APPLICATION FOR PROJECT REVIEW

I. REQUIRED HUMAN SUBJECTS WEB-BASED TRAINING AT www.citiprogram.org must be completed before HSIRB can approve this protocol.

II. PROJECT TITLE: The Emotional Journey of Local Food Movements

III. INVESTIGATOR INFORMATION

WMU INVESTIGATORS

PRINCIPAL INVESTIGATOR OR ADVISOR

Name: Jon Holtzman Department: ANTHROPOLOGY Title:

Associate Professor

Degree Attained: Doctorate

Email Address: jon.holtzman@wmich.edu

Street or Campus Address: 1005 Moore Hall Anthropology

City: Kalamazoo State: MI ZIP: 49008

Office Phone: Home Phone:

Human Subjects web training at www.citiprogram.org completed: Yes

CO-PRINCIPAL OR STUDENT INVESTIGATOR

Name: Paige A. Edwards Department: ANTHROPOLOGY Title:

Select one

Degree Attained: MA Candidate

Email Address: paige.a.edwards@wmich.edu

Street or Campus Address: 1005 Moore Hall Anthropology

City: Kalamazoo State: MI ZIP: 49008

Office Phone: Home Phone: 9894642200

Human Subjects web training at www.citiprogram.org completed: Yes

Status of student investigator:

Undergraduate Master level Doctoral level

Level of involvement of student investigator:

Assisting Thesis Dissertation Other (please specify):

CO-PRINCIPAL OR STUDENT INVESTIGATOR

Name: Department: Title: Select one

Degree Attained:

Email Address:

Street or Campus Address:

City: State: ZIP:

Office Phone: Home Phone:

Human Subjects web training at www.citiprogram.org completed: Select one

Status of student investigator:

Undergraduate

Master level

Doctoral level

Level of involvement of student investigator:

Assisting

Thesis

Dissertation

Other (please specify):

If there are more WMU investigators, please complete the “Additional WMU Investigators” form

COLLABORATING INVESTIGATORS AND AFFILIATIONS

Name: Affiliation:

Name: Affiliation:

Name: Affiliation:

IV. PROPOSED PROJECT DURATION:

From (mm/dd/yy): 04/01/11
(date following anticipated approval)

To (mm/dd/yy): 04/01/12
(maximum one year later)

V. TARGETED PARTICIPANT POOL

Maximum number of subject you will recruit: 33

Number of subjects you want to complete the study: 23

Number of subjects in the control group: 0

Justification for number of subjects: The maximum number of subjects to be recruited for formal interviews at the community gardens will be 30 with the goal of having 20 participants. Out of this group three gardeners will be approached to participate in the focus person follows ethnographic method (refer to “design” section of Methodology) in order to discover the deeper emotion and meanings that are not necessarily breeched by the single formal interview.

In the second site, Japan, the recruitment of three participants is ideal, however, two participants would provide sufficient for the focus person follows.

Age range (lower limit – upper limit, e.g., 18-99): 18-99

Gender: Both

Targeted Race/Ethnicity: None/Not applicable

Inclusionary criteria: Consenting Adults who volunteer in the gardens, coordinators and other officials involved with the gardens; a network of Japanese people (English speaking) who I have met and come to know during my lifetime.

Exclusionary criteria: Will not be interviewing children

Source of participants: Those involved with the Kalamazoo Community Gardens (local), established relationships I have who are local food purchasers and consumers in Tokyo, Japan

Length of participation (x min/session, y sessions, over z months): 45-60 minute/session (formal interviews), one to two formal sessions/ consenting adult, over 12 months. The focal person follows will occur two to three times and last for the duration of gardening time; this may be an afternoon or potentially a full day of gardening.

The focal person follows in Japan will occur over three days but not consecutively unless this would be requested by the potential participant. The focal person follows will last for a day, morning until evening as the participant takes a part of the local food movement.

Targeted Participants in Special Consideration Categories: (Check all that apply.)

- | | |
|--|---|
| <input checked="" type="checkbox"/> None | <input type="checkbox"/> Military personnel |
| <input type="checkbox"/> Children (age range:) | <input type="checkbox"/> Wards |
| <input type="checkbox"/> Cognitively impaired persons | <input type="checkbox"/> Institutionalized individuals |
| <input type="checkbox"/> Prisoners | <input type="checkbox"/> Non-English speaking individuals |
| <input type="checkbox"/> Pregnant or lactating women | <input type="checkbox"/> Students |
| <input type="checkbox"/> Blind individuals | |
| <input type="checkbox"/> Other subjects whose life circumstances may interfere with their ability to make free choice in consenting to take part in research (please specify): | |

VI. FUNDING

Funding source: Possible Internal source: Graduate Student Research Fund- application pending IRB Approval, will be submitted once IRB approval is granted. Earliest deadline is listed below.

Funding pending

WMU proposal number for funded project: 0

Date of submission to funding agency: 03/15/11

VII. RESEARCH SITE(S)

Site(s) and organizations involved in data collection and/or research activity: WMU, Kalamazoo Community Gardens, Tokyo, Japan: site non-specific

Letters of approval from project site officials: are included in this submission.

VIII. Protocol Outline

Prepare and attach a proposal that follows the outline below. **NUMBER YOUR PAGES.** Do not submit your thesis or dissertation proposal, grant application, etc. Please review your proposal and mark each box below with a following review of that section.

- ABSTRACT:** One page maximum.
- PURPOSE/BACKGROUND INFORMATION:**
- SUBJECT RECRUITMENT:** Describe in detail how you intend to contact and recruit participants. Attach all written advertisements, posters and oral recruitment scripts.
- INFORMED CONSENT PROCESS:** Describe the process by which informed consent will be obtained. If the participant is a child or mentally challenged, explain how the parent(s)/guardian(s) will be contacted for consent and how the researcher will insure that the participant understands and assents to the research.
- RESEARCH PROCEDURE:** (including what exactly subjects will do as part of the study), Method of data collection, Instrumentation, Location of data collection, and Duration of the study.
- METHODOLOGY:** Design, Analysis, and Dissemination (e.g., thesis, dissertation, peer-reviewed journal, presentation).
- RISKS AND COSTS TO AND PROTECTIONS FOR SUBJECTS:** Describe the nature and likelihood of possible risks (e.g., physical, psychological, social, economic) so far as they are known. Risks include mild discomforts, inconveniences, and potential for disclosure of sensitive information. Describe measures to be taken to protect subjects from possible risks or discomforts.
- BENEFITS OF RESEARCH:** Briefly describe the expected or known benefits of the research. Indicate benefits specific to the research participant, longer term or more general benefits, and benefits to the knowledge base.
- CONFIDENTIALITY OF DATA:** Describe precautions to ensure the privacy of subjects and confidentiality of information. Be explicit if data are sensitive. Describe coding procedures for subject identification. Include the method, location and duration of data retention. (Federal regulations require data to be maintained for at least 3 years. Your professional society may require you to keep it longer.)
- APPENDICES:** Attach questionnaires, interview scripts, and data collection instruments, etc. Attach coding sheets for video- or audio-tapes and other data collection procedures. Attach a copy of all consent/assent documents, including non-English and Braille translations, if applicable.

IX. CONSENT DOCUMENT DEVELOPMENT CHECKLIST

The following information must be included in the consent documents. Mark (☒) each of the requirements you have included. Omitted information must be justified on a separate sheet of paper. Sample consent documents are posted on the HSIRB WebPage under Consent/Assent Document Development.

GUIDELINES

- Leave a minimum top margin of 2 inches on all pages. Submit the final version of the consent document without headers such as “Draft” or “Appendix ___.”
- Language in the form of an invitation to participate AND at a reading level appropriate for the participants (Note that the mean reading level in the United States is 6th grade.)
- Do not include phrases like “I am aware” or “I understand” anywhere in the document.
- Do not include language that would absolve the researcher of responsibility for negligence

REQUIRED COMPONENTS

- A header that includes “Western Michigan University, Department of _____” (if departmental letterhead is not used), Principal Investigator: (name), Student Investigator: (name(s)), and title of the study.
- The nature, purpose, and duration of the study
- Procedures to be employed in the research; exactly what the subject is expected to do
- Risks (hazards, inconveniences, discomforts) the subject may undergo, so far as they are known, and how any risks will be minimized
- Benefits to the subject (and to the general subject population)
- Conditions of participation
- How confidentiality will be maintained and any limits to confidentiality
- Statement that the participant can refuse to participate; stop participating at any time; or refuse to answer any question without prejudice, penalty, or risk of any loss of service he/she would otherwise have
- The researchers’ names and telephone numbers (including the faculty advisor) as well as the following statement: “*You may also contact the Chair, Human Subjects Institutional Review Board (387-8293) or the Vice President for Research (387-8298) if questions or problems arise during the course of the study.*”
- A place for date and signature of participant and a witness line, if required (e.g., with subjects who are not legally competent); a place for date and signature of translator, if applicable; a place for date and signature (or initials) of individual obtaining the consent, if applicable
- The following statement must be included in all consents: “*This consent document has been approved for use for one year by the Human Subjects Institutional Review Board (HSIRB) as indicated by the stamped date and signature of the board chair in the upper right corner. Do not participate in this study if the stamped date is older than one year.*”

The following are only to be included if appropriate:

- If there is physical activity or a possibility of physical injury, include the statement: “*As in all research, there may be unforeseen risks to the participant. If an accidental injury occurs, appropriate emergency measures will be taken; however, no compensation or additional treatment will be made available to you except as otherwise stated in this consent form.*” Any available compensation or additional treatment should then be specified, if appropriate.
- If the research is therapeutically related, disclose alternate procedures the subject might choose.
- Any significant new findings affecting risks will be promptly reported to the participant.
- Circumstances under which the researcher may terminate the subject’s participation
- Any additional costs the participant may have to bear
- Consequences of the participant’s withdrawal from the study
- The approximate number of participants in the study
- Debriefing procedures

X. LEVEL OF REVIEW

- Administrative or Expedited:** This project does not require a full board review because it meets at least one of the following criteria:
no behavior manipulation or stress to subjects.

Forward the **original** application to the office of the research compliance coordinator, 251W Walwood Hall.

- Full:** Forward **original** application plus 15 copies to the office of the research compliance coordinator, 251W Walwood Hall.

If blood products are involved, you must complete and attach the HSIRB collection of blood and blood products form.

Your application must be in the research office by 5:00 pm on the first Wednesday of the month in order to be reviewed at the board meeting on the third Wednesday of that month.

XI. CERTIFICATION/SIGNATURE

I certify that the information contained in this HSIRB application and all attachments is true and correct. I certify that I have received approval to conduct this research from all persons named as collaborators and from officials of the project sites. If the Human Subjects Institutional Review Board approves this proposal, I agree to conduct the research according to the approved protocol. I agree not to implement any changes in the protocol until such changes have been approved by HSIRB. If, during the course of the research, unanticipated risks or harm to subjects are discovered, I will report them to HSIRB immediately.

/ _____
Principal Investigator/Faculty Advisor Signature Date

/ _____
Co-Principal or Student Investigator Signature Date

/ _____
Co-Principal or Student Investigator Signature Date

/ _____

Co-Principal or Student Investigator Signature

Date

Western Michigan University

HSIRB Application

The Emotional Journey of Local Food Movements

Principal Investigator: Jon Holtzman

Student Investigator: Paige A. Edwards

Abstract

This study focuses on the localization and globalization of food by way of a comparative analysis of the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer's markets but what will be concentrated on are the urban community gardens. Specifically the student investigator will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening here in Kalamazoo. Person-centered ethnography will be the focus methodology of the study while rapid assessment and participant observation will also be utilized.

Purpose/Background Information

People worldwide, from the Italian and French Slow food movement to food movements occurring in the U.S., have been struggling in search of answers to reevaluate what we eat and where our food comes from. The local food movement is one aspect in the United States that has slowly been popularized and politicized due to this struggle. More recently, urban-community

gardens have been launched in full force with such cities as Detroit leading the way since 2003 when the Detroit Agriculture Network, Earth Works Urban Farm/Capuchin Soup Kitchen, Greening of Detroit and Michigan State University began working in collaboration with over 185 other organizations and hundreds of individuals to support community gardening and agriculture in the Detroit area (www.detroitagriculture.org). The local food movement is not completely new but has been revived and popularized more recently in the United States. Specifically, one established local food movement is the chisan-chisho movement which has been occurring in Japan since the mid 1990s (Kimura and Nishiyama 2008). However, this movement has not been as widely popular and is different in many aspects including being predominantly government controlled. What aspects are shared between these two very different local food movements? What changes and influences have occurred as these local food movements have become increasingly popular?

Do community gardens empower marginalized groups in the food system; specifically are the community gardens just another elitist food niche? Like Kimura and Nishiyama (2008) our goals include further exploring the U.S. local food movement and the variety of motives as well as political actions involved. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer's markets but what will be concentrated on in this study are the urban community gardens. Furthermore, we will be concerned with the local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening here in Kalamazoo will be explored. The student investigator will conduct a comparative analysis of the ways in which people participate in obtaining their food, how they identify with it and the emotions associated in the embracing of local foods.

The local food movement in Japan provides a unique and interesting contrast to that of local food movements occurring in the U.S., specifically Kalamazoo. The chisan-chisho movement has been active since the mid-90s whereas the local food movements in the U.S. are much newer and even still in developmental stages, such as the gardens in Kalamazoo. This contrast can provide insight to possible future steps or goals for U.S. local food movements, what to be wary of as well as new elements implemented in the U.S. might also be utilized by the chisan-chisho movement in Japan. The urban gardens that are active in the U.S. have been an element that the chisan-chisho movement has discussed in its goals but has yet to implement. Through this study, we will be addressing elements that previous researchers have called attention to as well as enabling further dialogue and research pathways for both people in the U.S. and people in Japan. One predominant local food movement organization in Kalamazoo is Fair Food Matters. Fair Food Matters of Kalamazoo, Michigan has many branches to reach their goals of building, educating, supporting and empowering the local community around local food, including the community garden program. There are many different community gardens in Kalamazoo including the Oakwood Neighborhood Community Garden, which was one of the first community gardens established in Kalamazoo, and the developing Salvation Army Garden. Through predominately these two gardens, the student investigator will observe and explore the effects of the local food movement in the Kalamazoo area.

Graham, Healy and Byrne (2002) argued that there is a need to create sustainability within community. How do we approach people within a community to step away from global capitalism? Graham et al. pointed out that where this has been successful is when students develop mindsets and create ideological spaces for new practices to emerge and challenge global capitalism which we have grown so accustomed to. Graham et al. call for a new model of civic

professionalism, especially in academia (2002). Reid and Taylor named the critical response to globalization as “relocalization” as opposed to celebrating regional differences adjusting to demands of capital globalization in an attempt to take back the economy (Graham et al. 2002: 3). Through the economy project, Graham et al. suggested regions as places with specific economic history, capacities and possibilities; not nodes in a global capital system as non-capitalist (3). The authors’ call to action encourages academics to engage in collaborative partnerships with community organizations and to challenge dominant capitalism through cultivating non-capitalist “practices and identities,” in other words, teaching and spreading the word through action (12).

Community gardens and local food mean different things to different people. Amory Starr and Jason Adams (2003) would argue that community gardens represent an anti-globalization movement through localization as one of the “movements within the movement” (19). Starr and Adams (2003) pointed out that the economics of local production are a response to globalization and work to defend, mobilize and rebuild local economics. Background research conducted while establishing relationships with the community gardens gave indicators that local people are concerned for a more local grounding and a departure from more global aspects; however, this does not necessarily mean that gardeners are fully against globalization. Some important aspects include supporting local economies, farmers and communities, becoming more mindful of health and sustaining the environment. Do community gardens actively address these issues or are these ideals only held and used as marketing strategies as much of the government led chisan-chisho movement?

One question explored by chisan-chisho is the idea of local foods being an elitist trend or niche from which we will draw comparisons to the Kalamazoo community gardens. Michael Pollan (2006, 2007) wrote about organic foodstuffs and the so-called “elitist” trend as having been

tampered with by such corporations as Wal-Mart through the globalization of organic food. Pollan (2006) wrote that Wal-Mart forces organic prices down which makes organic foods available to consumers in mass quantities. Sounds good, right? Perhaps— until we consider how Wal-Mart plans to maintain such prices and whether or not these same organic foods will be as sustainable as local organically grown foods. Of course this would not have been possible without the FDA's labeling guidelines. Similar to the supermarket and government take-over of labels like “organic” and “local,” are the issues chisan-chisho faces. Kimura and Nishiyama (2008) argue for the need of the governments and JACs to stop using the concept as merely a marketing strategy by placing the blame on consumers for not choosing to buy what they promote as local.

Pollan and the student investigator both agree that Wal-mart's version of organic is not sustainable (2006, 2007). As Pollan pointed out, supermarkets only want to do business with big farmers. This same trend of “organic” foods in supermarkets is now extending with “local” foods being available at Wal-mart. Both are changing the meaning of the words “organic” and “local.” As Pollan criticized, the definition of these words has ended up in the control of the federal government, undergoing all of the usual politics. Kimura and Nishiyama (2008) argued out that the chisan-chisho movement does not actively address food safety issues or sustainability, although it allows the implication of this in advertising, at all and to reshape chisan-chisho towards goals, such as organic foods, would provide a better fit.

Another aspect of community gardens is the potential for greater food awareness. Sharp, Imerman, and Peters (2002) discussed Community Supported Agriculture (CSA) which creates relationships between farmers and the consumers, two distinct groups that are normally unfamiliar with each other. Fair Food Matters indicates one goal of the community garden

project is the importance of building community. Community gardens bring about a similar idea of the CSAs except the farmer and the community member become one, possibly creating an even greater social awareness of food, of the local community and of the community's concerns. As Sharp, Imerman and Peters (2002) pointed out, people learn where their food comes from by becoming more involved with their food, by creating networks and discovering more sustainable means.

How successful the movement will be is not yet fully determined as it is a continuous process, but it shows no signs of slowing yet. What problems may arise and whether the community gardens focus on broader activist elements through food, such as addressing lower income food supplies, or are simply another elitist food trend will be explored by this study.

Subject Recruitment for U.S. Site

The maximum number of subjects to be recruited for formal interviews at the community gardens will be 30 with the goal of having 20 participants. Out of this group three gardeners will be approached to participate in the focus person follows ethnographic method (refer to "design" section of Methodology) in order to discover the deeper emotion and meanings that are not necessarily breeched by the single formal interview.

The inclusionary criteria for subjects are ages 18-99 and who participate as community gardeners.

Potential subjects will be recruited through informal announcements at public gardening meetings (Appendix 1). The announcement will include an invitation to obtain a flyer from the student investigator at the end of the meeting (Appendix 2). If a subject is interested, they will contact the student investigator by telephone or email, and the student investigator will be able to

address any questions or concerns they may have. Other subjects may be recruited during the actual gardening process, following the same procedures as the meetings, while the student investigator is observing and participating with gardening techniques. The student investigator has obtained permission of the leading garden coordinator to participate in gardening (Appendix 3). All gardeners have and will continue to be informed that the student investigator is a volunteer but also a researcher. If a potential subject expresses interest to participate in the study, he or she will be given further information of the interview set up as well as a consent form (Appendix 4). If a potential subject expresses interest in participating in the study an appointment will be set up at a time and place that is mutually convenient. The use of a digital recorder will be a part of the informed consent process. Declining the use of the digital voice recorder will not exclude a potential participant.

Recruitment for the focal person follows would be discussed at the time of the interview. Person-centered ethnography has been developed and utilized by many anthropologists including Bernard (2006). A focal person follows approach follows a day, or segment of a person's life. During the interview, the student investigator will also invite the subject to participate in focal person follows. If the interview participant is interested, an addendum consent form would be discussed (Appendix 5). If the potential focal person follows participant then signs this form, the potential participant and the student investigator will agree upon 3 mutually convenient and specific dates for the focal person follows to occur on. The focal person follows will last for the duration of gardening time; this may be an afternoon or potentially a full day of gardening. Only three subjects will be needed for the focal person follows. If more than three volunteer the student investigator will select three participants from the volunteers to follow based on the relationship established during participant observation and the formal interview.

Subject Recruitment in Japan

The student investigator will recruit subjects from a network of Japanese people (English speaking) she has previously met during travel in Japan. Recruitment will occur through email inviting participation in the study (Appendix 6- email script). The consent document will be discussed and participants will have the opportunity to review and ask any questions once the student investigator is in Japan (Appendix 7- Japan consent form). It is up to the potential participant to respond to the recruitment email. If the potential subject is interested the student investigator will let him or her know when the student investigator will be in the country and the student investigator will set up an appointment at a mutually convenient time and place to discuss the informed consent procedure.

Recruitment for the focal person follows would be discussed in the original recruitment email. During the interview, the student investigator will invite the subject to participate in focal person follows. If the interview participant is interested an addendum consent form would be discussed (Appendix 5). If the potential focal person follows participant then signs this form, the potential participant and the student investigator will agree upon mutually convenient and specific dates for the focal person follows to occur on. The focal person follows in Japan will occur over three days but not consecutively unless this would be requested by the potential participant. The focal person follows will last for a day, morning until evening as the participant takes part in the local food movement. The recruitment of three participants is ideal, however, two participants would provide sufficient.

All potential participants speak fluent English and English will be the primary language utilized, however, some informal Japanese will also be used.

Informed Consent Process

At that appointment the student investigator will give the potential participant time to review the consent document and will answer any questions and concerns that the potential subject has. If the potential subject agrees to participate, he or she will be asked to sign the consent document at that time. If he or she has signed the consent document the formal interview will begin immediately after and will last 45 minutes to one hour. At the end of the interview the student investigator will let the participant know that he or she may be contacted by phone or email to request a second interview, which would last 45 minutes to one hour, or if there are further questions or clarifications. The research subject may choose to participate or not at that time if they so choose without any repercussion.

Research Procedures

Methods of Data Collection

Consenting adults who volunteer for formal interviews will meet with the student investigator for 45 minutes to one hour of discussion and interview questioning. Methods are elaborated in detail in a later section (p. 10).

Instrumentation

A digital recorder will be used upon verbal consent during the course of the formal interview. If the consenting adult does not wish to be recorded then notes will be taken via pen and paper.

Location of Data Collection

Location of data collection will occur at the Kalamazoo Community Gardens. The garden coordinator letter is attached as a part of the appendix. Observations will also take place in Tokyo and suburbs, Japan.

Duration of the Study

Both U.S. subjects and Japanese subjects who so choose to participate in formal interviews will likely spend an hour during the interview process, and up to an additional hour in any follow up questions via email and/or telephone. A second interview may be requested and scheduled for a mutually agreed upon date and location.

The overall requested timeframe for the study is one full year, April 2011-April 2012, in order to see a full seasonal cycle of the community gardens.

Methodology

Design

The project will focus on a comparison of American and Japanese urban community gardens as an important aspect of local food movements. Active participant observation will be undertaken with urban-community gardens in the Kalamazoo area most specifically the

Oakwood Neighborhood garden and the new 2010 Salvation Army Garden. Interviews, both formal and informal, as well as observation will build upon the experience and data collected. Specific questions will be developed in the field based on participant observation and informal conversation. However a few sample questions include: How long have you been involved with community gardening?; Why do you choose to eat local?; What inspired you to become a community gardener?; Is how you look/relate at/to your food different than to before you became a gardener?; and How do you see your food? We hope to discover several reasons why people are choosing to eat local, what these people's concerns are, and what the local food movement means to them. The student investigator will conduct formal interviews with community garden coordinators, employed by Fair Food Matters and community garden volunteers. Through this we will engage with some of the most vital components of the “why local” and “why garden” questions. Our goal is to collect a series of personal relations people develop encompassing community gardens, and in turn to see if their emotions and relationships are altered in new ways when they grow, produce and consume their foods.

Marcus’s (1995) ideas of studying capitalist world systems by looking both locally and globally through the ethnographic perspective in order to not just observe one small group’s worldview but to extend the applicability onto the global world will be applicable.

The second phase of this project will incorporate a two week focal person follows in Tokyo of the urban local food system. Anthropologist sometimes rely on the focus person follows in ethnography (for example Bernard 2006; Nanda 1999). The student investigator will begin exploring one of the key elements that Kimura and Nishiyama (2008) called for in looking at how Japanese citizens are purchasing and consuming foods. This two week study is obviously very limited in terms of time constraints and will only begin to brush on the elements of this

question. H. Russell Bernard (2006) refers to this method as rapid assessment which is often utilized by researchers who do not “have the luxury of doing long-term participant observation fieldwork” (352). In rapid assessment, the researcher goes in and works quickly in order to collect data without spending months developing relationships with people. However, one benefit of our case is that the student investigator has already established rapport with two close Japanese friends who will act as the student investigator’s home stays and it will be primarily through them that she will follow and observe. Through the potential participant the student investigator will learn of the different ways in which he or she grocery shops, where his or her food comes from, the spiritual and aesthetic connections he or she has with food as well as he or she may informally introduce the student investigator to other consumers and producers who the student investigator will interact with on a casual conversation basis. As Bernard wrote, most rapid assessments tend to be applied research, meaning that the researcher can take advantage of “earlier, long-term studies” in order to focus the research (353). The student investigator has previously lived in Tokyo as a child and she lived there as an anthropological student for an eight month period thus, as a researcher the student investigator will be utilizing her earlier studies for the research. Our goal is not to make broad generalizations but to establish a few personalized stories of people’s relationships with the chisan-chisho movement and their foodstuffs.

During the entirety of this study, the main methods will include participant observation and the focal person follows. Person-centered ethnography has been developed and utilized by many anthropologists including Bernard (2006). However, person-centered ethnography is not without its dilemmas. Serena Nanda (1999) was also concerned with her person-centered ethnography in that of “creating a balance between the authenticity that comes from an individual’s perceptions expressed in his or her own words, and the need for the anthropologist

to communicate the cultural meanings and norms through which individual lives can be contextualized and made accessible to those outside the culture” (XX). To address this issue in her own work, Nanda (1999) indicated the inconsistencies between some of the sociocultural and individual perspectives while also providing readers with descriptions of social normality of the culture in order to contextualize the individual perspectives. Like Nanda, this too will be a method of utilizing person-centered ethnography. The focal person follows study in Kalamazoo would utilize three potential participants. In Japan, the focal person follows study will focus on potentially three potential participants.

To further develop the research, previous researchers’ literature will be concentrated on in order to further develop our own analysis of data as well as to draw from what they developed. Popular media coverage will be collected through newspapers, television and internet sources of the local food movements as these provide the predominant public news sources. The student investigator will also look at another source that community gardeners access both during gardening season and during the off-season; a public Yahoo Group named Eat Local Southwest Michigan (ELSWM). This group provides information for local residents as to where to purchase local products, attend meetings involving local food and what farmer’s markets are open and available, etc. Group members can also post a variety of questions ranging from how to can peaches to where to find locally grown figs.

Analysis

In anthropology there is not one set form of data analysis (Bernard 2006) thus several different types of analysis will be utilized. Analysis will be mostly non-statistical and highly textually based. Statistics that will be collected include approximately how many people are

involved in the gardens as well as what the predominant age ranges are. These two statistics will help to better understand the numbers of people involved as well as if there is an age specific appeal in the specific gardens that will be observed.

Personal stories will be utilized over statistics. Attention is on personalized experiences with local food and urban gardening. This approach is not concerned with creating broad generalizations but instead concerns with people's own perspectives in why they are involved with local food. Content analysis will be utilized in analyzing the narratives and personal stories shared during formal interviews. As Bernard (2006) wrote, content analysis does not have to be complex in order to have effect. Through the questioning during the formal interviews, the qualitative theory will be applied systemically, tested and analyzed through comparisons.

The focal person follows method will obtain behavioral data collected as a part of the student investigator's field notes. Grounded theory (Bernard 2006) is one set of techniques for identifying categories and concepts that emerge from field notes and text that can be used to link concepts. Grounded theory is also often utilized to analyze interview data and is based on inductions by allowing understanding to emerge from the close study of texts allowing the investigator to demonstrate more formal theories (Bernard 2006). Grounded theory will also be applied to field notes the student investigator takes during participant observation. Through all of these interactive processes the student investigator will become "more and more *grounded* in the data" (Bernard 2006, 492). Bernard (2006) noted that the key to utilizing grounded theory is memoing; a process of continually writing field notes on observations, interviews, texts and thoughts which all becomes information on which theory can be developed (499).

Discourse analysis, which involves "the close study of naturally occurring interactions" between the researcher and the culture(s) being studied (Bernard 2006), and analytic induction, a

formal qualitative method for theorizing of new explanations from observations (Bernard 2006, 544), will also be utilized in analyzing field notes taken during participant observation. These interpretive approaches will take into account the formal interviews as well as the focal person follows while carefully reviewing the field notes taken by the student investigator in discussing the “concrete manifestations” that form both cultures being studied (Bernard 2006, 484). This will also allow for comparisons between the Japanese local food movement and the United States’ local food movement.

Dissemination

The results of the study will be used for writing a thesis, presentation(s) and possibly publication at a future time.

Risks and Cost to and Protections for Subjects

Risks to informants will be minimal. Background research has shown the eagerness that possible participants have in having the student investigator utilize the gardens as the field sites.

Benefits of Research

The benefits of the research may benefit both organizations and individual people involved. The research may help to promote Fair Food Matters (FFM) and the community gardening project which may benefit the individuals participating through spreading of word of the availability of the program. This same aspect may also benefit FFM’s goal of sustainability of the gardens. The knowledge of twenty years of local food movements abroad, specifically in Tokyo, may also help to deepen people’s understandings of local food from a different cultural

perspective; this may also benefit visa versa when Japanese people ask the student investigator about the local food movement occurring in the U.S. This mutual exchange of knowledge is a key and goal of the research.

Confidentiality of Data

Confidentiality will be secured by the use of pseudonyms in field notes, the thesis and any potential presentations and/or publication. A master list of pseudonyms will be kept in a locked file held by the student investigation for the duration of the study. The location of data will remain secure on password protected devices. The password will be known only to the student investigator and will be frequently changed in order to remain secure. Data being transferred from the U.S. to Japan will remain secure through password protection and would be a part of the student investigator's carryon baggage.

All audio recordings, digital photography and research notes will be kept in accordance to federal regulations. Recordings and notes will be held by the student investigator in her private residence for the duration of the study and thesis development, and by Dr. Jon Holtzman, the principle investigator, in a locked file in his office, for a period of at least three years.

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Appendix 1

Gardening Meeting Announcement Script

We would like to invite you to participate in a research project titled “The Emotional Journey of Local Food Movements.” This project will serve as Paige Edwards’ thesis for the requirements of the Masters Degree.

Through this study we are focusing on the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer’s markets but what we will concentrate on are the urban community gardens. Specifically we will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening here in Kalamazoo.

We are looking for people who are interested in participating in this study who fit the following criteria: 18 -99 years of age and community gardeners.

If you fit these criteria and are interested in obtaining more information about participating please see Paige once the meeting has concluded. From Paige you will have the opportunity to obtain a flyer with further details as well as contact information.

**Western Michigan University
Anthropology**

Principal Investigator: Jon Holtzman **Student Investigator:** Paige A. Edwards

You have been invited to participate in a research project titled "The Emotional Journey of Local Food Movements." This project will serve as Paige Edwards' thesis for the requirements of the Masters Degree.

Through this study we are focusing on the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer's markets but what we will concentrate on are the urban community gardens. Specifically we will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening here in Kalamazoo.

We are looking for people who are interested in participating in this study who fit the following criteria: 18 -99 years of age and community gardeners.

What you can expect:

A Formal interview last approximately 45 minutes to one hour. An additional second interview may be requested and would also last about 45 minutes to one hour. Follow up questions can be conducted via telephone and/or email and might use an additional hour in total correspondence.

Risks are minimal. Full protection of participants' privacies will be maintained. All information collection will be confidential through pseudonyms, including names, in order to best protect participants.

The benefits of the research may benefit both organizations and individual people involved. The research may help to promote Fair Food Matters (FFM) and the community gardening project which may benefit the individuals participating through spreading of word of the availability of the program.

This same aspect may also benefit FFM's goal of sustainability of the gardens. The knowledge of twenty years of local food movements abroad, specifically in Tokyo, may also help to deepen people's understandings of local food from a different cultural perspective; this may also benefit visa versa when Japanese people ask me about the local food movement occurring in the U.S. This mutual exchange of knowledge is a key and goal of the research.

The only cost associated with participating in this study is transportation cost to the potential formal interviewing site mutually decided upon by the potential participant and the student investigator.

Should you have any questions prior to or during the study, you can contact the primary investigator, Jon Holtzman at j.holtzman@wmich.edu or the student investigator, Paige Edwards, at 989-464-2200 or paige.a.edwards@wmich.edu.

Paige Edwards
100 Western Ave
Elmwood C8
Kalamazoo, MI 49008

February 8, 2011

To whom this concerns,

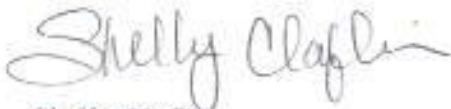
I am writing to inform the HSIRB that as the Coordinator for the Oakwood Community Garden in Kalamazoo, we welcome Paige Edwards to participate within and observe our garden. I directly manage the maintenance of our garden as well as communication amongst our members. I assure the committee that we will take the appropriate steps to inform our participants of her involvement and how it directly relates to her research. As the Kalamazoo Community Garden Network Coordinator, I am also happy to refer Paige to other Community Garden projects in Kalamazoo should she need more data for her research.

I understand that formal interviews will be conducted on our gardeners 18 years and older and that those interviews will not distract from our activities. Paige is welcome to use this opportunity to generate data that will potentially help to strengthen our local food system and improve access to fresh food for all.

As an employee of Fair Food Matters in addition to being a coordinator for two gardens in Kalamazoo, the opportunity to explore and compare different models of gardens cross-culturally will help us to improve the way we currently facilitate food production within an urban setting.

Thank you for the opportunity for us to learn more about our own projects!

Sincerely,



Shelly Claffin
Oakwood Community Garden Coordinator, The Seeds Project
Kalamazoo Community Garden Network Coordinator, Fair Food Matters
greengirltravel@sbcglobal.net
(269) 330-1740

**Western Michigan University
Anthropology**

Principal Investigator: Jon Holtzman
Student Investigator: Paige A. Edwards
Title of Study: **The Emotional Journey of Local Food Movements**

You have been invited to participate in a research project titled "The Emotional Journey of Local Food Movements." This project will serve as Paige Edwards' thesis for the requirements of the Masters Degree. This consent document will explain the purpose of this research project and will go over all of the time commitments, the procedures used in the study, and the risks and benefits of participating in this research project. Please read this consent form carefully and completely and please ask any questions if you need more clarification.

What are we trying to find out in this study?

Through this study we are focusing on the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer's markets but what we will concentrate on are the urban community gardens. Specifically we will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening here in Kalamazoo.

Who can participate in this study?

We are looking for people who are interested in participating in this study who fit the following criteria: 18 -99 years of age and community gardeners.

Where will this study take place?

Location of data collection will occur at the Kalamazoo Community Gardens. However, meeting with a willing participant will take place outside of gardening hours and will be arranged around the participants' schedules and preferences.

What is the time commitment for participating in this study?

A Formal interview last approximately 45 minutes to one hour. An additional second interview may be requested and would also last about 45 minutes to one hour. Follow up questions can be conducted via telephone and/or email and might use an additional hour in total correspondence.

What will you be asked to do if you choose to participate in this study?

During the course of the interview a number of questions will be asked that the participant may choose to answer. Such examples include: Why do you choose to eat local?; What inspired you to become a community gardener?; Is how you look/relate at/to your food different than to

before you became a gardener?; and How do you see your food? We hope to discover several reasons why people are choosing to eat local, what these people's concerns are, and what the local food movement means to them.

Additionally, the participant may be asked if he/she would be interested in further conversation about his/her gardening experiences in order to discover the deeper emotion and meanings that are not necessarily breeched by the single formal interview.

What information is being measured during the study?

This study does not have specific measurements but is interested in learning about individual emotions, purposes and drives for becoming involved with community gardening within the local food movement.

What are the risks of participating in this study and how will these risks be minimized?

Risks are minimal. Full protection of participants' privacies will be maintained. All information collection will be confidential through pseudonyms, including names, in order to best protect participants.

What are the benefits of participating in this study?

The benefits of the research may benefit both organizations and individual people involved. The research may help to promote Fair Food Matters (FFM) and the community gardening project which may benefit the individuals participating through spreading of word of the availability of the program.

This same aspect may also benefit FFM's goal of sustainability of the gardens. The knowledge of twenty years of local food movements abroad, specifically in Tokyo, may also help to deepen people's understandings of local food from a different cultural perspective; this may also benefit visa versa when Japanese people ask me about the local food movement occurring in the U.S. This mutual exchange of knowledge is a key and goal of the research.

Are there any costs associated with participating in this study?

The only cost associated with participating in this study is transportation cost to the potential formal interviewing site mutually decided upon by the potential participant and the student investigator.

Is there any compensation for participating in this study?

There is no specific compensation for participating in this study other than the possible benefits outlined above.

Who will have access to the information collected during this study?

During this study Dr. Holtzman and Paige Edwards will have direct access to the information collected. All information will be kept confidential and this will be secured through use of pseudonyms in notes, the thesis and any potential presentations and/or publication.

The location of data will remain secure on password protected devices. The password will be known only to the student investigator and will be frequently changed in order to remain secure.

All audio recordings and research notes will be kept in accordance to federal regulations. Recordings and notes will be held by the student investigator, in her private residence for the period of research and thesis development, and by Dr. Jon Holtzman, the principle investigator, in a locked file in his office, for a period of at least three years.

What if you want to stop participating in this study?

You can choose to stop participating in the study at anytime for any reason. You will not suffer any prejudice or penalty by your decision to stop your participation. You will experience NO consequences either academically or personally if you choose to withdraw from this study.

The investigator can also decide to stop your participation in the study without your consent.

Should you have any questions prior to or during the study, you can contact the primary investigator, Jon Holtzman at j.holtzman@wmich.edu or the student investigator, Paige Edwards, at 989-464-2200 or paige.a.edwards@wmich.edu. You may also contact the Chair, Human Subjects Institutional Review Board at 269-387-8293 or the Vice President for Research at 269-387-8298 if questions arise during the course of the study.

This consent document has been approved for use for one year by the Human Subjects Institutional Review Board (HSIRB) as indicated by the stamped date and signature of the board chair in the upper right corner. Do not participate in this study if the stamped date is older than one year.

I have read this informed consent document. The risks and benefits have been explained to me. I agree to take part in this study.

Please Print Your Name

Participant's signature

Date

**Western Michigan University
Anthropology**

Principal Investigator: Jon Holtzman
Student Investigator: Paige A. Edwards
Title of Study: **The Emotional Journey of Local Food Movements**

This is an addendum to the previously signed consent form. You have been invited to participate in a research project titled "The Emotional Journey of Local Food Movements." This project will serve as Paige Edwards' thesis for the requirements of the Masters Degree. This addendum will explain the additional purpose of the focus person follows observation. Please read this consent form carefully and completely and please ask any questions if you need more clarification.

What are we trying to find out in this study?

Through this study we are focusing on the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer's markets but what we will concentrate on are the urban community gardens. Specifically we will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening here in Kalamazoo.

Who can participate in this study?

We are looking for a smaller number of people to participate in the focus person follows observation method from the original inclusionary data.

Where will this study take place?

There are two sites for the focus person follows: the Kalamazoo Community Gardens and Japan. Your associated location will determine the site.

What is a "focus person follows?"

A focus person follows approach follows a day, or segment of a person's life in order to further understand people's connection to local food and/or gardening. Through the potential participant the student investigator will learn of the different ways in which the U.S. potential participant utilizes gardening and local food in his or her life and the ways in which the potential participant connects with his or her food. For the Japanese potential participant, the student investigator will look at how he or she grocery shops, where his or her food comes from and the spiritual and aesthetic connections he or she may have with food.

What is the time commitment for participating in this study?

At the U.S. site: The potential participant and the student investigator will agree upon three mutually convenient and specific dates for the focal person follows to occur. The focal person follows will last for the duration of gardening time; this may be an afternoon or potentially a full day of gardening.

In Japan: The focal person follows in Japan will occur over three days but not consecutively unless this would be requested by the potential participant. The focal person follows will last for a day, morning until evening as the participant takes part in the local food movement.

What are the risks of participating in this study and how will these risks be minimized?

Risks are minimal. Full protection of participants' privacies will be maintained. All information collection will be confidential through pseudonyms, including names, in order to best protect participants.

What are the benefits of participating in this study?

The benefits of the research may benefit both organizations and individual people involved. The research may help to promote Fair Food Matters (FFM) and the community gardening project which may benefit the individuals participating through spreading of word of the availability of the program.

This same aspect may also benefit FFM's goal of sustainability of the gardens. The knowledge of twenty years of local food movements abroad, specifically in Tokyo, may also help to deepen people's understandings of local food from a different cultural perspective; this may also benefit visa versa when Japanese people ask me about the local food movement occurring in the U.S. This mutual exchange of knowledge is a key and goal of the research.

Are there any costs associated with participating in this study?

The only cost associated with participating in this study is transportation cost to any potential local food locations that the potential participant might visit on an average day.

Is there any compensation for participating in this study?

There is no specific compensation for participating in this study other than the possible benefits outlined above.

Who will have access to the information collected during this study?

During this study Dr. Holtzman and Paige Edwards will have direct access to the information collected. All information will be kept confidential and this will be secured through use of pseudonyms in notes, the thesis and any potential presentations and/or publication.

The location of data will remain secure on password protected devices. The password will be known only to the student investigator and will be frequently changed in order to remain secure.

All audio recordings and research notes will be kept in accordance to federal regulations. Recordings and notes will be held by the student investigator, in her private residence for the period of research and thesis development, and by Dr. Jon Holtzman, the principle investigator, in a locked file in his office, for a period of at least three years.

What if you want to stop participating in this study?

You can choose to stop participating in the study at anytime for any reason. You will not suffer any prejudice or penalty by your decision to stop your participation. You will experience NO consequences either academically or personally if you choose to withdraw from this study.

The investigator can also decide to stop your participation in the study without your consent.

Should you have any questions prior to or during the study, you can contact the primary investigator, Jon Holtzman at j.holtzman@wmich.edu or the student investigator, Paige Edwards, at 989-464-2200 or paige.a.edwards@wmich.edu. You may also contact the Chair, Human Subjects Institutional Review Board at 269-387-8293 or the Vice President for Research at 269-387-8298 if questions arise during the course of the study.

This addendum consent document has been approved for use for one year by the Human Subjects Institutional Review Board (HSIRB) as indicated by the stamped date and signature of the board chair in the upper right corner. Do not participate in this study if the stamped date is older than one year.

I have read this addendum informed consent document. The risks and benefits have been explained to me. I agree to take part in this study.

Please Print Your Name

Participant's signature

Date

DATE

Dear _____:

I would like to invite you to participate in a research project titled “The Emotional Journey of Local Food Movements.” This project will serve as my thesis for the requirements of the Masters Degree.

Through this study Dr. Jon Holtzman and I are focusing on the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food.

The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer’s markets but what we will concentrate on are the urban community gardens. Specifically we will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening in Kalamazoo, Michigan.

Through you, the potential participant, I would like to learn more about the Japanese local food movement, chisan-chisho, and your involvement. To do this I would like to utilize an anthropological method called focus person follows. A focus person follows approach follows a day, or segment of a person’s life in order to further understand people’s connection to local food and/or gardening. Through the potential participant, the student investigator will learn of the different ways in which the potential participant grocery shops, where your food comes from and the spiritual and aesthetic connections that you may have with food.

The focal person follows will occur over three days, while I am in Japan, but not consecutively unless this would be requested by the potential participant. The focal person follows will last for a day, morning until evening as the participant takes part in the local food movement.

Please consider this request and feel free to email me if you have any questions. Further information and a consent process will be elaborated on if you so choose to participate.

Thank you for your consideration.

Paige

paige.a.edwards@wmich.edu

**Western Michigan University
Anthropology**

Principal Investigator: Jon Holtzman
Student Investigator: Paige A. Edwards
Title of Study: **The Emotional Journey of Local Food Movements**

You have been invited to participate in a research project titled "The Emotional Journey of Local Food Movements." This project will serve as Paige Edwards' thesis for the requirements of the Masters Degree. This consent document will explain the purpose of this research project and will go over all of the time commitments, the procedures used in the study, and the risks and benefits of participating in this research project. Please read this consent form carefully and completely and please ask any questions if you need more clarification.

What are we trying to find out in this study?

Through this study we are focusing on the local food movement as it occurs in the U.S. and in Japan through the ways in which people obtain their food, how they identify and relate to their foodstuffs and the emotions associated in the investment of local food. The U.S. local food movement has many different aspects ranging from Community Supported Agriculture to farmer's markets but what we will concentrate on are the urban community gardens. Specifically we will explore local and global foodstuffs both as a part of the Japanese local food movement and the focus of community gardening in Kalamazoo, Michigan.

Who can participate in this study?

We are looking for specific people who we have previously established personal relationships with while in Japan.

Where will this study take place?

Location of data collection will occur in Japan in a mutually agreed upon convenient location for the potential participant and the student investigator.

What is the time commitment for participating in this study?

A Formal interview last approximately 45 minutes to one hour. Additional follow up questions can be conducted via telephone and/or email and might use an additional hour in total correspondence. A second interview may be requested if the participant is experiencing the garden for his/her first time. This second interview would take place at the end of the season in order for the participant to be able to reflect on how he/she feels.

What will you be asked to do if you choose to participate in this study?

During the course of the interview a number of questions will be asked that the participant may choose to answer. Such examples include: What is your understanding of the chisan-chisho

movement? What is your involvement of the chisan-chisho movement? Why do you choose to eat local?; and How do you see your food? We hope to discover several reasons why people are choosing to eat local, what these people's concerns are, and what the local food movement means to them.

What information is being measured during the study?

This study does not have specific measurements but is interested in learning about individual emotions, purposes and drives for becoming involved with the local food movement as it occurs in Japan.

What are the risks of participating in this study and how will these risks be minimized?

Risks are minimal. Full protection of participants' privacies will be maintained. All information collection will be confidential through pseudonyms, including names, in order to best protect participants.

What are the benefits of participating in this study?

The benefits of the research may benefit both organizations and individual people involved. The research may help to promote Fair Food Matters (FFM) and the community gardening project which may benefit the individuals participating through spreading of word of the availability of the program.

This same aspect may also benefit FFM's goal of sustainability of the gardens. The knowledge of twenty years of local food movements abroad, specifically in Tokyo, may also help to deepen people's understandings of local food from a different cultural perspective; this may also benefit visa versa when Japanese people ask me about the local food movement occurring in the U.S. This mutual exchange of knowledge is a key and goal of the research.

Are there any costs associated with participating in this study?

The only cost associated with participating in this study is transportation cost to the potential formal interviewing site mutually decided upon by the potential participant and the student investigator.

Is there any compensation for participating in this study?

There is no specific compensation for participating in this study other than the possible benefits outlined above.

Who will have access to the information collected during this study?

During this study Dr. Holtzman and Paige Edwards will have direct access to the information collected. All information will be kept confidential and this will be secured through use of pseudonyms in notes, the thesis and any potential presentations and/or publication.

The location of data will remain secure on password protected devices. The password will be known only to the student investigator and will be frequently changed in order to remain secure.

All audio recordings and research notes will be kept in accordance to federal regulations. Recordings and notes will be held by the student investigator, in her private residence for the period of research and thesis development, and by Dr. Jon Holtzman, the principle investigator, in a locked file in his office, for a period of at least three years.

What if you want to stop participating in this study?

You can choose to stop participating in the study at anytime for any reason. You will not suffer any prejudice or penalty by your decision to stop your participation. You will experience NO consequences either academically or personally if you choose to withdraw from this study.

The investigator can also decide to stop your participation in the study without your consent.

Should you have any questions prior to or during the study, you can contact the primary investigator, Jon Holtzman at j.holtzman@wmich.edu or the student investigator, Paige Edwards, at 989-464-2200 or paige.a.edwards@wmich.edu. You may also contact the Chair, Human Subjects Institutional Review Board at 269-387-8293 or the Vice President for Research at 269-387-8298 if questions arise during the course of the study.

This consent document has been approved for use for one year by the Human Subjects Institutional Review Board (HSIRB) as indicated by the stamped date and signature of the board chair in the upper right corner. Do not participate in this study if the stamped date is older than one year.

I have read this informed consent document. The risks and benefits have been explained to me. I agree to take part in this study.

Please Print Your Name

Participant's signature

Date