

**Community to Community Reflection**  
**In-class writing (Save this for your portfolio!)**

The more Anna and I discover about the Edible Schoolyard, the more we return to one question? What blocks us from change? Why isn't a garden in every school deemed as essential as, say, physical education?

"What's stopping us?" I ask, and Alice [Waters] doesn't hesitate even a second.

"Fear of change," she says. "We've been educated to think there can be a kind of permanence about the world, about one's life."

As she talks . . . I see that part of my own fear—even as I have pushed myself to change over and over again—has come from this myth of permanence that I, too, have absorbed.

The question isn't, as Alice reminds us, to get beyond change. It's to develop the confidence that we can meet change full face—embrace it, even.

- *Hope's Edge*, pp. 45-46

This passage from the book we read together describes a moment in which Lappé realizes that despite a lifetime of activism, she is still mentally trapped by the fear of change. Visiting Alice Waters and the Edible Garden helps her make the connection between her own fears and those of school administrators, politicians, and others who keep the Edible Schoolyard from being a part of every public school in the country. *Why is this connection important?*

Did you have any moments of discovery, about yourself or about the mental traps that prevent change, during your Community Action experience yesterday? If not, what other discoveries did you make? What other opportunities would you like to create for yourself that might help you get beyond the mental traps that structure your thinking?

Please write about these questions for 10 minutes (either on this sheet or a separate sheet of paper), and then share your writing with a partner.