



NEWFIELDS

Ashlie Thomas

Author, Speaker and Gardener

Ashlie Thomas is an author, food security, and home gardening advocate and entrepreneur known on social media as The Mocha Gardener. Her blog has been featured on popular sites and magazines such as NBC, Taste of Home, Epicurious, MindBodyGreen, Country Living, Country Woman, Apartment Therapy, and House and Home.



Several years ago, Ashlie began her gardening journey with her husband on their one-acre North Carolina homestead, and through this, she became more conscientious of local food systems and its implication on human health.



With a background in biological sciences and research management, Ashlie is currently pursuing her graduate studies in food and nutritional science, and practices as a certified health and wellness coach.



Outside of her work and academic training, will also find Ashlie working with local nutrition and community health-based initiatives to help bridge the gap between food security and chronic diseases in rural and underrepresented communities.

 [@the.mocha.gardener](https://www.instagram.com/the.mocha.gardener)
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