

Planting Connections, Planting Hope

Diaspora Gardens on Madeline Island



“Planting connections, Planting Hope” are experiences to connect humans to the land, enhance health, deepen cultural identity and foster power and creative voices. Programming emphasis is on communities of color: young people, women, and families.

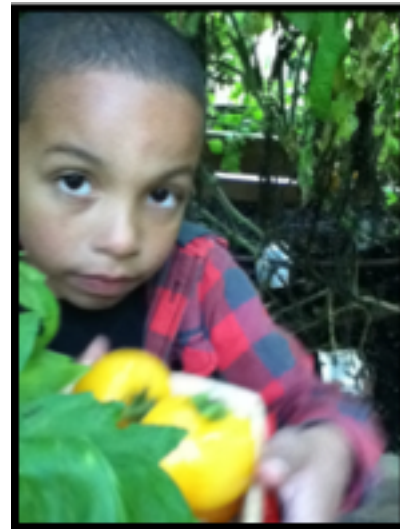
“Planting Connections, Planting Hope” includes one-day immersions at Diaspora Gardens on Madeline Island, as well as program visits to off-site garden and community spaces. These programs are designed to introduce us to our birthright of connection with healthy land, food, and traditions. These are acts of justice, healing and celebration.

Experiences:

- gardens within cultural and historical contexts;
- related story and arts;
- health-giving experiences with good and plants;
- mentoring role models: cultural artists, farmer, educators;
- simplicity, freedom, fun;
- land, lake, and sky;
- reflection and eating intentions and goals.

“Seeds of Connection, Seeds of Healing” is PCPH programming developed in direct response to the COVID-19 pandemic.

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Regina M. Laroche, farmer/storyteller/dancer/retreat leader, is founder & owner of Diaspora Gardens & Diaspora Arts which are dedicated to nourishing & healing bodies, earth, spirit, & communities.

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