

# Healing in the Garden: Take Two

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In spring 2022, Juanika Howard of The Women's Initiative Sister Circle reached out to Cultivate to talk about putting together an event for Black women in our community to experience the calming nature of, well, nature. More specifically, how the garden can be a healing place. Our first event this past April brought a handful of women to the 6th Street garden early one Saturday to put together pots that they could take home along with fresh bouquets. As soon as the event finished, we knew we would do it again, and our second Healing in the Garden event was quickly put on the calendar.





A few weeks ago, sixteen Black women from all over Charlottesville—including a few PH.D. students from the University, met at the same space on 6th Street for more plants, more grounding, and more fellowship. As with the first event, we began with an exercise to center ourselves in our space, and then the dirt began to fly. This time participants could choose anything from one of two types of mint to kale to plant and take home. In addition, Cultivate Farm to School Coordinator Shamera Banks researched recipes that could be made with the ingredients and we printed them for each person.

→ Adding to the sense of community, two of the women who joined us recently moved to Charlottesville from Senegal and Cameroon. When they emigrated they brought with them new and different ways to prepare some of the items we also grow here; as we were harvesting squash and their blossoms to take home, Stephanie showed us how to peel the stem as well so that it could be sautéed along with the leaves. Needless to say we all learned a lot about plants, potential meals, and how to get a little dirty to get very grounded. Stay tuned for Healing in the Garden: Take Three!

