

"It's also bringing me back to my roots in a way because it's where my mom lived...now I'm in the same area doing something good for the community that she used to be a part of..."



INTERGENERATIONAL LEARNING

Alexis
Queens

In our gardens, cultural knowledge is passed down through collective work, purpose, and joy.

EMOTIONAL & PHYSICAL HEALING

Cultivating our relationship to land has a positive impact on our bodies, minds, and hearts.

Jason
Staten Island



"Pulling out all these plants...I can visualize myself pulling out things that no longer serve me and just leaving it there, clearing and making room for what's to come, what's new and what's necessary."

Alexx
Brooklyn

"There's no possible way that you can walk past [the garden] and not be enthusiastic about what you're seeing...For the people in that neighborhood and [those] that pass by the garden is a sight, it's a wonder."



"There's a peace, calm, and beauty to honoring the land that so many of our ancestors didn't get to have. When we are honoring the land we're able to access their memory, but also soothe them at the same time."

ACCESS TO ANCESTORS

Flo
The Bronx

Through land tending, our bodies (re)member and connect to the voice and knowledge of ones' ancestors.

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"...it made me feel more comfortable with death and mortality because if it's time, it's time. [The plant] might still be fruiting, but it gave us cucumbers for a whole summer season and it did its job. Now it's time for a new plant to come in. It sort of made me feel more comfortable with the cycles of life."



CONNECTION TO HIGHER CONSCIOUSNESS

Aysia
Manhattan

The cyclical and interdependent nature of land tending reminds us of our connection to something bigger, deeper, and more meaningful in life.



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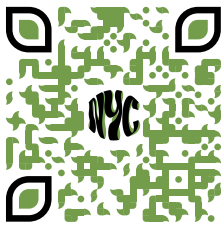
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nyclandbasedhealing.org



BELONGING THROUGH CONNECTION

*The land is our relative and partner in well-being**

Land-based healing is a process of remembering our relationship to land. Land tending reminds us that we belong to our communities, each other, our ancestors, and the Earth itself. Through farming & gardening, we access the physical, emotional, spiritual, and cultural healing potential of nature and connection.

The NYC Land Based-Healing Project gathered intergenerational oral histories from Black youth, youth of color, and their mentors at farms and gardens across NYC. Our community-based research found that **land-based healing begins with belonging**. For those we interviewed, it is cultivated through connections – to land, neighborhood, ancestral wisdom, intergenerational cultural knowledge, spirituality, and farming practices.

* (Johnson-Jennings, et al., 2020; Penniman, 2023; Walters et al., 2020)



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