



Harmony & Heritage Programming Overview

Mission of the Program: The Harmony & Heritage Series, a collaboration between Arlington Historic House and Sandpiper Advisory Group, is an enriching journey that celebrates Black history and cultural diversity. Through engaging and immersive programs, we acknowledge past and present traumas and create pathways for health and healing.

This series offers more than just delicious meals; it's an opportunity to connect, learn, and grow together. Each program under this initiative is crafted to foster community bonding, deepen our understanding of heritage, and showcase the healing power of shared experiences.

Harmony & Heritage stands as a testament to the unifying and restorative impact that food, culture, and community can have on healing.

Goals:

- **Community Building:** Foster connections and a sense of belonging through shared culinary, educational, and wellness experiences.
- **Educational Outreach:** Highlight Black history and diverse heritages through inclusive educational opportunities.
- **Creating Pathways for Healing:** Acknowledge traumas and create spaces for reflection and healing.
- **Health and Wellness:** Promote healthier lifestyles with programs on sustainable eating and wellness practices.

Featured Programs:

Harmony & Heritage Lunches:

Offered on the first Thursday of each month, these lunches will feature dishes from various cultural traditions, providing a platform for sharing and celebrating diverse culinary heritages. By bringing community members together around the table, these meals will foster a sense of unity and understanding, aligning with the series' goals of harmony and heritage.

Harmony & Heritage Wellness Workshops:

Led by Teirrah J. Stroman from Health 2 The Tee, these workshops will focus on using food and herbs as medicine for mental and physical wellness. By promoting well-being through culturally informed practices, these workshops will support both individual and community health and wellness.

Harmony & Heritage Redefining Soul Festival:

This fall festival, organized in partnership with Health 2 The Tee and Brother Let's Talk, will be a vibrant celebration of heritage, featuring food, music, and cultural activities that honor Black history and diverse traditions. We seek community partners for this event and welcome opportunities for collaboration. The festival aims to redefine and uplift the concept of 'soul' by highlighting the rich cultural contributions of the community.

Harmony & Heritage: Wellness Juicing Program:

The juicing program will introduce participants to the benefits of nutrient-rich juices, incorporating ingredients and recipes that promote health and wellness through natural and holistic health. Juice packages are available for purchase.

Harmony & Heritage: Family Meal Planning Kits:

Created by the Chef at Arlington Historic House, these kits will provide families with resources and recipes for planning nutritious and culturally significant meals. Featuring one meal each month, a portion of the kits will be distributed to the

students and families at Booker T. Washington K-8, and will also be available for purchase. The plant-based meal kit curation will be provided by Health 2 The Tee.

Harmony & Heritage: Community Restoration Garden:

Arlington Historic House and Gardens has been honored as the 2025 Master Gardener's Project Site by the Jefferson County Master Gardener's Association. This initiative will transform our garden into a vibrant community resource featuring a sensory garden for student groups, ADA-compliant garden beds, and fruit trees. Throughout the fall and winter, we will prepare the garden space, enriching the soil to make the grounds more alkaline.

We invite partners to collaborate with us in designing a commemorative marker for this important space that honors those enslaved at the property. The garden will serve not only as a place of beauty and reflection, but also as a source of nourishment and education for the community. The resources grown here will be utilized and shared in all our Harmony & Heritage Programs.

For those interested in volunteering or partnering with us on this meaningful project, please contact Ashley Mann at ashley@sandpiperconsult.com.





Harmony & Heritage
Resource Garden
Commemorative Marker

Harmony & Heritage
Resource Garden Reflective
Space and Garden Beds