From Her Hands

Storytelling series of the recipes that remind us of home - featuring the experiences, flavors, and spices that come along with it.

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**Intangible Cultural Heritage**

- Practices, knowledge, skills that communities and individuals recognize as part of their cultural heritage
- Transmitted from generation to generation
- Constantly recreated in response to their environment and interactions with nature and their history
- Provides a sense of identity and continuity

**From Her Hands**

- Featuring women and their stories through recipes that have been passed down to them over generations
- Sharing of the story and memory behind that recipe
- Celebrating how we honor the past through food, while also paving the way for reimagined traditions
- Collectively gathering to share a meal featuring the recipes and stories
“It goes back to that labor of love and my grandparents being immigrants and having to acclimate to their new surroundings. Trying to fit in [by] making it, so this is a cheap recipe that she could feed everybody.”

“...now she gets to share this recipe with all of her grandkids who have a better life because of that rough beginning.”
There’s different traditions that are going to be passed down and it doesn’t necessarily have to be by the book...you make traditions everyday and its funny how they keep being reinvented every generation.”