

Title: Decolonial Home Garden

Photographer: Andrea Mercedes Garcia

Description:

As an integral aspect of Indigenous identity, food is deeply intertwined with place, specifically the land from which the essential ingredients for life originate. To preserve our traditional Indigenous foodways from México, my children and I established a home garden. We cultivate crops such as *maíz*, *tomates*, various types of *lechuga*, an array of chile peppers, and numerous herbs like *yerba buena* and *romero*. Our garden symbolizes decolonization, Indigenous adaptation, and resilience within an urban food desert, where access to healthy food is limited. Our decolonial home garden serves as a means for our family to confront environmental racism and take proactive measures toward our well-being. Cultivating gardens is a bold act of resistance. We view gardening as therapeutic and as a form of defiance, particularly within inner-city environments. We began our *jardín* during COVID and our *precioso vegetales y hierbas* continue to flourish. We speak affirmations of *cariño* to our *plantitas*, because I teach my children



not only the sun and water gods are needed for them to grow. By tending to our garden, we assert control over our health and reject dependence on large-scale agriculture and fast food.