

A millennial tries her hand at making bread, a naive nurse strives to save all of Africa, and a determined immigrant attempts to make a life in the New World. Folding together stories of hunger, hearth, and home, *The Art of Kneading* looks at the struggles of putting food on the table from three different angles, all informed by the playwright's experiences growing up in a low-income home.

The play opens in a baking class, and we are introduced to Beth - a self proclaimed "basic" millennial extolling the virtues of selfies, avocado toast, and artisanal bread making courses. As Beth inelegantly fumbles her ingredients, we learn of her childhood which was coloured by her mother's own struggles to make enough dough to feed her kids. We then shift to a rural area of Zambia, where a confident but painfully ignorant nursing student from Canada, known only as Chilombo, has travelled in order to set right all of the woes she has witnessed on sad late-night TV commercials. She discovers, however, what kind of hard decisions her patients have to make just to survive. Finally, we are introduced to Annie - based on the actual life of Annie Moore, the first immigrant to enter the Ellis Island immigration depot in the 1890's. Annie's story is a common one: coming to a new land with nothing in her pocket but hope and hard work. Her tale reminds us of how much has changed in the last hundred years of social progress, and how much has not.

By the end, the bread has been baked and these three stories reveal a simple truth: we all rise, we all fall, we all need bread.