

# The Art of Kneading

ONE WOMAN. THREE CHARACTERS. FRESH BREAD. NO BULLSHIT.

In a fight, my mom would definitely beat your mom; in the kitchen, she'd probably just feed her. Based on actor/playwright Helen Knight's own experiences of growing up in a low-income, single-parent household, *The Art Of Kneading* charmingly folds together vastly different tales of hunger, hearth, and home. Lines between need and kneading blend when a cocky millennial tries her hand making bread, a naive nurse strives to save all (yes, *all*) of Africa, and a determined immigrant attempts to make a life in the New World. We all rise, we all fall, we all need bread.

*The Art of Kneading* is a deeply personal story for Knight, who wanted to explore her own history in a visceral way. Making bread in front of an audience was a perfect way to blend the metaphors of domestic work and prosperity. "Bread is life because it's messy, it's tactile, it's universal. And," adds Knight, "it's so freakin' delicious".

Knight and director Lindsey Zess, team up again to remount *The Art Of Kneading* following a successful Calgary Fringe run in 2017. "Helen's sense of humour is dark and self-deprecating," says Zess. "She teases hard subject matter until you're not sure whether to laugh or cry." It's their sincerest hope that audiences do both.

Helen Knight is a Calgary-based actor and creator, and was last seen in Toronto when she joined Soulepper theater as Mary Tudor in their remount of *The Virgin Trial* this past January. As an actor, Helen has worked with Alberta Theater Projects (*The Virgin Trial*, *The Last Wife* - Winner of the Betty Mitchell award for best supporting actress), Lunchbox Theater, Downstage Theater, Ghost River Theater, and many other independent companies. Lindsey is passionate about women's stories and feats of theatre magic. Recent projects include *She Kills Monsters* (University of Lethbridge), *Legoland* (Urban Curvz Theatre), *FUGLY* (The Janes), and *The Hudson Bay Epic and River: A Puppet Myth* (Mudfoot Theatre).

**Farenheight350** in association with **The Toronto Fringe Festival**  
presents *The Art of Kneading*.

Written by and Starring Helen Knight,

Directed by Lindsey Zess

*The Art Of Kneading* opens **Friday July 5** at The Annex Theater, 736 Bathurst Street

Fri July 5, 4:30pm

Sat Jul 6, 8:45pm

Mon Jul 8, 2:00pm

Wed Jul 10, 10:15pm

Thu, Jul 11, 7:00pm

Fri Jul 12, 4:45pm

Sun July 14, 2:00pm

Purchase online: [fringetoronto.com](http://fringetoronto.com)

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