

TORONTO FRINGE --- FESTIVAL

A solo play that connects food , across time , from generation to generation.

Rooted In Roux

Written & Performed by Mia Raye Smith

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Queens writer and performer traces the influence and endurance of Southern Louisiana food and culture in the North.

Written by Mia Raye Smith, *Rooted in Roux* is a solo play about the survival of southern Louisiana food and culture in the North. The story takes place in a multigenerational house that combines oral family history with cooking. Traditionally, roux is used as the base of gumbo, but in this play, roux has powers beyond the pot. This is a story that connects food, culture, identity, spirituality, and ancestral lineage. Mia received a 2020 development grant from the International Centre for Women's Playwrights to create this work.

"Generally left out of the discussion of American cuisine, though, are the Indigenous foodways, which enabled early settlers to survive, as well as the influence of enslaved Africans that shaped our culinary heritage, particularly in the South." *Rooted in Roux* is a celebration of one woman finding the connection between her family history and food.

Show dates

July 21st -31st, Online at [Fringetoronto.com](https://fringetoronto.com)

Mia Raye Smith (writer/performer) is an international award-winning writer and solo performer. Mia was born in Detroit, Michigan, with an African American, Creole and Acadian heritage from Louisiana. She spent her teenage years growing up in Queens, NY. It was there that she developed her characters from multicultural backgrounds. Mia studied acting at William Esper Studio. Her first solo play, *I Am Hope*, was developed in Emmy Award-winning writer Matt Hoverman's Go-Solo Workshop. *I Am Hope* was a critic pick in Now Toronto. "Smith seamlessly plays 19 characters, including herself, her grandparents, her therapist and her classmates. Her character work is masterful." Mia has toured in theatre festivals and many college campuses.

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