

Rooted In Roux is a solo play about the survival of southern Louisiana food and culture in North. The story takes place in a multigenerational house that combines oral family history with cooking. Roux is traditional used as the base of Gumbo but in this play the 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.