

HEALING THROUGH NATURE, AN INTERVIEW WITH KARENA POKE

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Meet Karena Poke, the owner of Lettuce Live & president of the 501-c-3 Non-Profit organization, Katherine Everett Robinson Foundation. Lettuce Live is an Urban Farm Project that started in 2012 in Memphis, TN. From a partnership with United Health Care & Walmart of Memphis, they were able to develop into a small business selling herbs & vegetables to be sold at local farmers' markets. Now located in Missouri City, TX its mission is to create greater opportunities for people to grow their own food and ensure under-served communities have access to fresh produce.

Her experience with growing plants and helping communities has driven her passion for healing people through horticulture. In an interview we did with her, she noted that working with plants has incredibly positive advantages for both herself and the communities she helps. She believes that connecting to the soil & grounding has amazing benefits and has noticed how healing working with nature can be.

The Katherine Everett Robinson Foundation is a small farm working with High School & Middle School students to earn community service hours by learning about nature & going outside. A portion of their proceeds are dedicated to cancer patients. This organization aims to "Support survivors of life-altering experiences and Provide young children with opportunities of growth outside of their own community. Educate families in low-income communities about the importance of healthy living." From working with nature, amazing things happen. The healing power of nature is immense and helping communities grow has a powerful ripple effect.

Want to volunteer for the Katherine Everett Robinson Foundation?

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