

# Roots of Resilience: A Culinary Journey Through Civil Rights

*Explore the Civil Rights Movement through a transformative vegan journey connecting history, justice, and plant-based culinary traditions.*

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Green Earth Travel announces a groundbreaking [Civil Rights](#) Movement tour that intertwines historical activism with contemporary vegan culinary experiences, connecting the roots of social justice with modern ethical living.

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Every meal is an opportunity to honor our history and nourish our future—connecting justice on the plate and in society.”  
*Donna Zeigfinger, Green Earth Travel Founder*

## Tour Highlights

Dates: October 9-14, 2026

Route: Atlanta (GA) □ Tuskegee (AL) □ Montgomery (AL) □ [Selma](#) (AL) □ Birmingham (AL) □ Memphis (TN)

Unique Approach: Exploring Civil Rights landmarks while celebrating Black culinary traditions and plantbased innovation

Destination Journey

## Atlanta, GA: The Launchpad

Guests begin their journey at the Martin Luther King Jr. National Historic Site, exploring the birthplace of the Civil Rights Movement and enjoying a meal at Soul Vegetarian Restaurant, the oldest African American vegan restaurant in the United States.

## Tuskegee, AL: Educational Empowerment

The tour explores Tuskegee University's pivotal role in Black education and activism, connecting agricultural heritage with plantbased farming traditions through visits to the Tuskegee Airmen National Historic Site and George Washington Carver Museum.

#### Montgomery, AL: Resistance and Transformation

Travelers will walk in the footsteps of Rosa Parks, experiencing the Civil Rights Memorial Center and local restaurants reimagining Southern cuisine through a plantbased lens.

#### Selma, AL: Bridge to Change

The iconic Edmund Pettus Bridge becomes a powerful backdrop for discussing voting rights, community resilience, and sustainable food justice initiatives.

Birmingham, AL: Confronting Injustice  
Participants will explore the 16th Street Baptist Church and Birmingham Civil Rights Institute, connecting with Blackowned plantbased restaurants and food entrepreneurs who continue the legacy of social transformation.

Memphis, TN: Legacy and Remembrance  
The journey concludes at the National Civil Rights Museum, reflecting on Dr. Martin Luther King Jr.'s ultimate sacrifice while experiencing Memphis' emerging plantbased culinary scene.

#### Tour Philosophy

This extraordinary expedition demonstrates how principles of equality extend from human rights to ethical food choices, creating a powerful narrative of resilience, hope, and transformation.



Green Earth Travel LLC "Destinations Make a Difference" Donna Zeigfinger CEO



Civil Rights tour

## Booking Information

Partner: MEJDI Tours

Booking: <https://mejditours.com/opentour/civilrightsmovementgreenearthtravel/>

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## About Green Earth Travel

Green Earth Travel specializes in meaningful, sustainable travel experiences that connect travelers with deep cultural and historical narratives.

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