



Deeply Rooted: The Weight of Heritage

Tania Cran

10 November – 28 November 2025

Deeply Rooted: The Weight of Heritage is an exhibit by artist **Tania Craan** that examines the heritage through sculpture and community engagement. Heritage is a vital component of human existence, encompassing traditions, values, and experiences that are transmitted across generations. It is preserved in the present and serves as a foundation for the future. Heritage encompasses our ethnic roots and cultural identities, playing a crucial role in shaping who we are.

The fragility of heritage cannot be overstated, particularly concerning natural heritage, which is essential for human survival. Seeds symbolize agricultural heritage, representing a link between past, present, and future generations. They serve as reminders of historical practices and the continuity of cultural traditions.

In this exhibition, seeds are used as symbols to illustrate the significance of our heritage. They embody our values and priorities while offering insights into our historical narratives and the evolution of society. The exploration of seeds invites individuals to examine their own traditions, customs, crafts, languages, and skills, fostering a deeper understanding of their identities and the underlying reasons for their existence.

About the Artist



Tania Craan began her journey in Toronto after graduating from Sheridan College, where her passion for design led to a career as a graphic book designer. In 2018, she moved to the Kingston region, where she established the Odessa Project ceramic studio, a creative space for her artistic expression. As of 2024, Tania has fully embraced ceramics, dedicating herself to her craft.