



NeighborImpact

Critical Needs. Diverse Services. Empowering Change.

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Mittleider Learning Garden to Benefit Those in Need, Volunteers Welcome

A small group of local vegetable growers is in the process of establishing a Mittleider Method Training Garden located at 63390 Cimarron Drive, home to Victoria's Vegetables, east of the Bend Airport.

The purpose of the garden will be to create a place where the Mittleider Method of gardening can be both seen and taught to anyone who has an interest in having a more abundant and nutritious garden. Everything will be done on a volunteer basis, with the produce grown from the garden being given to the needy of Central Oregon through NeighborImpact's Food Bank.

The Mittleider Method was developed by Dr. Joseph Mittleider over the course of 40 years. Dr. Mittleider's mission was to teach as many people as possible a way to grow abundant, nutritious food inexpensively. During his life he traveled to 27 different countries where often times the soil could not support the growing of food, thus people were starving. His method incorporates weekly feeding of the 13 trace minerals that both plants and the human body require for optimum nutrition. The method has been proven worldwide in some of the harshest growing environments and all types of soil. The method uses minimal water (each bed is watered for only 30-60 seconds a day), minimal space, and can increase yields by as much as 10 times. It minimizes weed infestation and pest and disease damage.

In addition to volunteers, the group is seeking donations and sponsorships for the garden. A work party is scheduled for Sunday April 17th from 1-4 pm. Volunteers of all ages are welcome to help with weeding, digging and moving brush. Contact Jim Davis at 541-306-4700 for information on volunteering that day.

More information on Dr. Mittleider and the Mittleider Method can be found on www.foodforeveryone.org. or www.victoriasvegetables.com

For more information on NeighborImpact, donations or to become a volunteer, please contact Sandy Klein at 541-548-2380 x 148 or e mail sandyk@neighborimpact.org,

History/Mission: NeighborImpact seeks to change the course of each family's future by giving them the tools they need to succeed. NeighborImpact's tool box includes Head Start, weatherization, home repair, energy and rent assistance, financial skills building, savings programs, assisting parents to find child care, tutoring homeless children, providing emergency and transitional housing to homeless families, home buyer education and feeding the hungry.

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