

Be part of the solution! Help your neighbors! Be a hero!

The Puget Sound region is regrettably home to several *food deserts* that leave our neighbors without access to healthy food. A "food desert" is any area in which poverty or lack of transportation prevent residents from obtaining good-quality food except at unaffordable prices or by long and expensive travel.

What can be done?

Garden of Eden Indoor Farming, along with area food banks, other nonprofit groups and sponsors, has a plan for distributing up to 5,700 servings of nutritious *microgreens* weekly in cooperation with local food banks.

What are microgreens?

Microgreens...

- are young seedlings of edible vegetables and herbs typically harvested less than 14 days after germination when usually about 1-3 inches tall
- include popular varieties like cabbages, broccoli, kale, alfalfa, and others, plus mixtures in a rainbow of colors,
- are popular with chefs as garnishes and flavor enhancers
- are recommended by nutritionists as "superfoods" that improve dietary variety and potency
- have been shown to contain many times the nutrition of the mature forms of the same species.

How can you help?

We have several automated growing systems, but right now they lack a home. We hope you might be willing to share some floorspace for a few weeks to host one or more systems and grow fresh vegetables to be distributed through local food banks.

How will it work?

Microgreens from "your" garden will be combined with the produce of other locations and then packaged for distribution by food banks in Tacoma and Seattle. Our team will manage all aspects of growing and collection in 3-4 weekly visits to your premises.

What is required?

The burden is small. Our team will provide all labor and administration. Each unit is similar in size to a typical vending machine. We need approximately 30 square feet (6x6) for each unit plus one 120v outlet on a 15a circuit and level access (no stairs). The monthly power consumption is under \$100/month, and we will reimburse you (unless of course you'd like to donate to the project). Proximity to water is desirable, but the actual water usage is minimal due to the efficiency of the systems. Of course we also need access to the space, which can be at your convenience.

Is this tax deductible?

Perhaps. We encourage you to ask your accountant.

What is the next step?

For more information [click here](#) or scan the adjacent QR code.

