

# **Muddybike**

## **Urban Garden Project**

*'Healing ourselves and the earth'*

*The Muddybike Urban Garden Project in downtown Harrisonburg grows local, organic produce and employs people in need. Our produce is grown without the use of fossil fuels and transported by bicycle power; for zero-emissions, climate friendly, tasty veggies, (and don't worry, they're not muddy)!*

### **Our Mission:**

1. Create meaningful, healing, and financially supportive work for people most marginalized in our community.
2. Produce fresh healthy vegetables in a sustainable way, without chemicals, soil erosion, high external inputs, or pollution.
3. Transport this produce to the customer by bicycle power using special trailers, eliminating fossil fuels and global warming gas emissions.

### **How the Muddybike Urban Garden Project works:**

The Garden Project receives referrals from community organizations and shelters of individuals who are in difficult life circumstances or without a home. These individuals join us in our work gaining friendships, a stipend, skills, future job references, and a chance to work closely with the healing cycles of nature.

### **Where we sell our produce:**

The Garden Project sells its vegetable produce at the Harrisonburg farmers market. We will also deliver produce by bicycle power to your home for a small fee.

### **How you can help:**

- ❖ **Volunteer to work at our garden** and make new friends, and share knowledge. To volunteer or bring a group please call Tom Benevento at 540-433-2363.
- ❖ **Buy our produce** at the farmers market.
- ❖ **Send us a donation** to support our work.

*Muddybike Urban Garden Project is a program of the not-for-profit New Community Project- Shenandoah Valley Region, 910 Collicello, Harrisonburg VA, 22802 and supported through a generous donation from the Shenandoah Resource Conservation & Development Council and the R.E.A.P. foundation.*