

## Growing Great Food and Flowers – in a Bio-nutrient Dense Raised Bed



Local food is great food and bio-nutrient dense local food is the best! Grow it yourself! Then you'll *really* know what's in your food! **Bio-nutrient dense food tastes better, has more minerals, a longer shelf life and is totally more resistant to pests – like you when you get a cold – healthier is better...**

Westminster's public library is hosting a pair of raised beds on the front lawn to demonstrate how to prepare the soil and raise top quality veggies and flowers.

Installation day is APRIL 22, 9am-Noon. We'll be building both the beds and the soil from scratch so you can learn how to do too – and ask as many questions as you want to ☺ Planting will be in late May.

This is fun and fascinating information that maximizes biological vitality – yours, your garden's and your little part of the planet. Truly a win-win-win ☺



**For more information: Contact M.L. Altobelli**  
**[altobelliml260@comcast.net](mailto:altobelliml260@comcast.net) and put "NDRB" in the subject line**

## Growing Great Food and Flowers – in a Bio-nutrient Dense Raised Bed



Local food is great food and bio-nutrient dense local food is the best! Grow it yourself! Then you'll *really* know what's in your food! **Bio-nutrient dense food tastes better, has more minerals, a longer shelf life and is totally more resistant to pests – like you when you get a cold – healthier is better...**

Westminster's public library is hosting a pair of raised beds on the front lawn to demonstrate how to prepare the soil and raise top quality veggies and flowers.

Installation day is APRIL 22, 9am-Noon. We'll be building both the beds and the soil from scratch so you can learn how to do too – and ask as many questions as you want to ☺ Planting will be in late May.

This is fun and fascinating information that maximizes biological vitality – yours, your garden's and your little part of the planet. Truly a win-win-win ☺



**For more information: Contact M.L. Altobelli**  
**[altobelliml260@comcast.net](mailto:altobelliml260@comcast.net) and put "NDRB" in the subject line**