

**e - News 15/11/15 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya  
(G-BIACK)**

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**How we can change our world**



**Organic Food producers**

The majority of people are today eating very poor food because they buy it from the supermarkets rather than growing their own or buying from a farmer. Poor health and nutritional diseases are on the rise because of this. Buying food from the supermarket costs twice or thrice more than buying from a farmer. The taste and nutrition are inferior. Most of it is chemically grown, and a lot is processed with chemical additives and flavorings like sugar and salt. We are also bringing to your attention that there are now synthetic foods that are sold in the supermarkets. These foods resemble natural food and it is hard to notice that they are fake.

The power of addressing all these problems is in growing our own food and making friendship with the soil. If we are not able to grow our food, then we should make good friendship with our local farmers and buy from them. They are cheaper and we can always get food that is fresh. It makes sense.

G-BIACK teaches food producers how to grow nutritious food free from chemicals, using the natural GROW BIOINTENSIVE techniques to develop soil fertility. You will be lucky if you find one or more of them to provide your family with healthy food!

It is not too late. We can change our world!

Visit our web site: [www.g-black.org](http://www.g-black.org). Go to Google maps to see us from above by entering: G-BIACK, Thika, Kenya

Donations of any amount help us to reach out to vulnerable families; contributions may be made through Network for Good on our web site. G-BIACK is a registered CBO in Kenya, and donations made directly to G-BIACK are tax deductible. But to enable G-BIACK to receive the full amount, checks payable to Kilili Self Help Project may be written and sent to 260 Marion Ave., Mill Valley CA 94941 USA—no overhead will be deducted, meaning that 100% of every donation will be sent to G-BIACK for our programmes. Donations are tax deductible.

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