

Farms of Life in Food Desserts

“Industrial food nutrition has totally failed America”
“My passion is teaching the next generation of leadership about solving this problem” Epic Founder - Mark Moebius.

With health and nutrition playing such a large role in performance, strength and cognitive thinking we set out to find the latest technology in farming that produces incredible results.

Our non-profit farming solution plan has multiple



phases to be completed, in order to solve this crisis. Phase 1 was completed, which consisted in growing microgreens on our microgreens farm located on the second level of the Epic Empowerment Campus. These fully organic, nutrient dense vegetables are young shoots which are harvested typically 7 to 10 days after germination. In comparison to industrial food, grown not for health but for transportation to stores, The microgreens are harvested at an earlier stage compared to their mature counterparts, they contain 40x more nutrients than their fully grown counterparts. Cultivating microgreens is not a difficult process, and towards the end we like to serve them as a salad that can be acquired through doordash.

Then we have phase 2 coming in, adding our Tower Garden Farm on the Epic Empowerment Campus. These gardens are similar to microgreens, but grow leafy greens in the form of aeroponics. Our new Tower Garden Farm will be the prototype for Phase 3 with is intended to place a Tower Garden in schools located in food deserts Food deserts are geographic areas where residents have few to no convenient options for securing affordable and healthy foods

We will use this revolutionary gardening process as part of our program to help young people achieve a healthy lifestyle, learn the basics of gardening and good nutrition, and overall stimulate those untapped skills several of our young leaders have, to help them find a career or interest that will leave a very good, positive impact in their lives, while learning new things in the process.

Are you interested in making a revolutionary change to a healthy lifestyle for our next generation leaders?
Epic

Empowerment will be hosting a speaker, Stephen Ritz, that will talk more in- depth about being dedicated to cultivating minds and harvesting hope, our school-based model using urban agriculture aligned to key school performance indicators grows healthy students and healthy schools to transform communities that are fragmented and marginalized into neighborhoods that are inclusive and thriving.

The event will be held on April 4th, 2023, please visit the website for more information greenbronxmachine.org.



17795 Wild Horse Creek Rd • Chesterfield

(636) 300 - 9000

epicempowerment.org