MINT: restorative



designed & sponsored by Kelsey Conophy and Food For Thought

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community



In this digital age communities have become faint. The neighborhood feel that used to permeate through all the boroughs of the city has been lost in many places.

MINT: invasive is a way to both build stronger communities and give back to those communities that already do exist. It is the way that an individual or a group of friends can create a change, can make something happen, can have an effect.

We do not have to be isolated individuals, fighting and struggling

against the world all alone. We have networks that we can rely on, sometimes we just forget that.

Through the very action of spreading MINT throughout the city you can build these vital resources that make the city the great place that it is. Through the growth of MINT you can also provide benefits for yourself and your community that weren't available to you before. Health and freshness for all is an inherent human right, not a luxury. MINT makes this possible. You make this possible.

individual

You can be the change agent. You can bring the benefit to yourself and to your community. MINT: invasive is not only a fun way to spend your time helping others and creating havoc, but also a way to improve your own health, both mental and physical.

Being in contact with nature is a way to get back to the basics of life. It helps us realize and get back to the essence of what makes us happy. By spending more time in the presence of MINT you can calm your nerves, refresh your senses, and feel the soothing

benefits of creating something meaningful.

Any problems you're having internally or externally can in some way be helped by MINT. Drink fresh MINT tea to calm your stomach or help digestion. Crush some leaves to release the sweet MINT smell around your apartment and to relax. If you feel restless get out and detonate some seed bombs across town. Feel like you're not being heard? Make a statement to society through taking over some space and creating some mystery. It's all in vour hands.

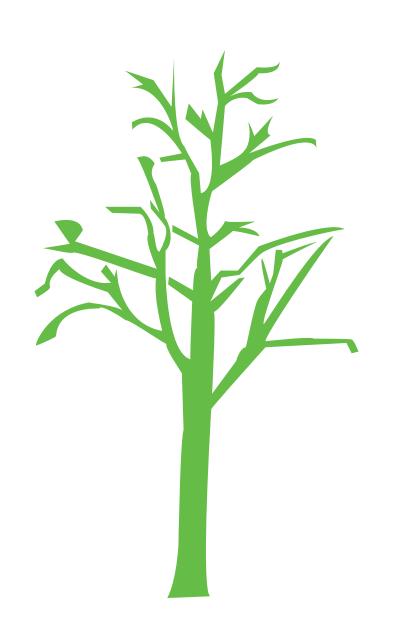


city

The city needs more green space. We all like black and grey sometimes but to keep ourselves sane we need some color. Parks are places where people can relax, meet friends, hang out, and do all sorts of other things. Wild parks even more so. Imagine giving the city more spaces to explore, more mysterious settings that make people wonder where they came from. Interact with the people of the streets, have an effect on the way people think, just by taking back the city. Making it fresh, making it green, making it MINT can change the pace of life in the city. It can make people stop and wonder and think. Have a voice, be an influence.



environment



We all know the city is stifling. Pollution from cars, buses, subways, and trains mix with trash built up by mass numbers of people. Smoking from industry and people alike cloak the city.

MINT fields freshen and clean the air. We can give ourselves a breath, we can keep it fresh. Imagine the scent that you would be assaulted with walking past a lot filled with garbage and rotting plants. Now think of what it would smell like to pass an entire lot filled with massive bushes of MINT. Quite a difference. Not only can we make the city more pleasant, but we can clean the environment while doing it.