



Anita & Rick Gutierrez

SOUTH AFRICA

LANGUAGES

English
Zulu

MINISTRY PRIORITIES

Health and Wellness,
Training and Capacity
Building

BIRTHDAYS

Anita 6/24
Rick 3/19



LOCATION

South Africa



ABOUT

Family doctors and global servants, ANITA and RICK train and equip “health builders” to combat lifestyle-related diseases such as HIV/AIDS, high blood pressure, heart and artery disease, diabetes, and malaria in homes, schools, places of worship, and marketplaces. Health builders also receive training in fruit tree propagation,

gardening, and poultry skills to help them promote good nutrition and generate income. To meet spiritual needs, they lead Bible study groups in their communities. Pray with Anita and Rick for a disciple-making movement in South Africa.



SCAN ME

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Health builders learning to grow Grey Oyster mushrooms.

“ MINISTRY STORY

We train health builders in screening for common chronic health conditions and promoting healthy lifestyles. We also equip our health builders with food production skills to generate income and increase the availability of healthy food in their communities.

After attending a week-long conference at Cedara Agricultural College, we have developed the capacity to train our leaders in Grey Oyster mushroom production. This mushroom contains unique compounds. It is linked to lowering cancer, dementia, diabetes, high blood pressure, and other benefits. The mushrooms grow out of buckets containing coconut husk, vermiculate, and gypsum inoculated with mushroom spawn made with wild birdseed. Twenty-one mushroom buckets fit into a covered geodesic dome, which is made from PVC pipe we adapted for this use.

Three months after successfully growing and enjoying these tasty mushrooms at home, our health builders in Zululand were excited to harvest their first crop of Grey Oyster mushrooms. Just two weeks

after the buckets are inoculated with the spawn, mushrooms can be harvested daily. Harvesting continues until the buckets lose productivity, usually after about four or five flushes over two to three months. While fruiting, the mushrooms need to be misted once a day. We created an animated video on the benefits of the Oyster mushrooms, which will be available in Zulu. Additionally, we now have a three-year grant to train and equip our partners in mushroom production!

PRAYER REQUESTS

Pray for students to have success in growing their 21-bucket mushroom farms.

Pray that people appreciate the nutritional advantages of Grey Oyster mushrooms in their diet.

Pray for the gospel to be shared through this new ministry.

SCRIPTURE

“And now these three remain: faith, hope and love. But the greatest of these is love.”

I Corinthians 13:13 (NIV)