

Third Quarter 2006 Distributions

Middlefield Group is pleased to announce that distributions for the third quarter of 2006 will be payable to unitholders of MINT *Income Fund* as follows:

<i>Record Date</i>	<i>Payable Date</i>	<i>Distribution Per Trust Unit</i>
<i>July 31, 2006</i>	<i>August 15, 2006</i>	<i>\$0.10</i>
<i>August 31, 2006</i>	<i>September 15, 2006</i>	<i>\$0.10</i>
<i>September 30, 2006</i>	<i>October 13, 2006</i>	<i>\$0.10</i>

The total return for MINT for the one year ending May 31, 2006, based on its net asset value, was 30.7%.

The asset class weightings for the MINT Investment Portfolio as at June 30, 2006 were:

<i>Asset Class</i>	<i>Portfolio Weighting</i>
<i>Business Trusts</i>	<i>37%</i>
<i>Oil and Gas Royalty Trusts</i>	<i>25%</i>
<i>Real Estate Investment Trusts</i>	<i>17%</i>
<i>Power and Pipeline Trusts</i>	<i>7%</i>
<i>Common Stocks</i>	<i>9%</i>
<i>Cash</i>	<i>5%</i>

The trust units trade on the Toronto Stock Exchange under the symbol MID.UN.

For further information, please visit our website at www.middlefield.com or contact the undersigned:

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July 19, 2006

This press release contains forward-looking information. The forward-looking information contained in this press release is based on historical information concerning the distributions and dividends paid on the securities of issuers historically included in the portfolio of MINT Income Fund. Actual future results, including the amount of distributions paid by the Fund, may differ from the monthly distribution amount. Specifically, the income from which distributions are paid may vary significantly due to: changes in portfolio composition; changes in distributions and dividends paid by issuers of securities included in the Fund's portfolio from time to time; there being no assurance that those issuers will pay distributions or dividends on their securities; the declaration of distributions and dividends by issuers of securities included in the portfolio will generally depend upon various factors, including the financial condition of each issuer and general economic and stock market conditions; and the uncertainty of realizing capital gains. The risks, uncertainties and other factors that could influence actual results are described in the Fund's MRFP for the year ended December 31, 2005 and other documents filed by the Fund with the Canadian securities regulatory authorities. The forward-looking information contained in this press release constitutes the Fund's current estimate, as of the date of this press release, with respect to the matters covered hereby. Investors and others should not assume that any forward-looking statement contained in this press release represents the Fund's estimate as of any date other than the date of this press release.