

Food Havens

Let's turn the city green!



What is this?

Good health, great taste, and global sustainability – these are the key objectives of this initiative to 'plant' as many 'food havens' as possible around the city and **help people grow real food**, save money and improve their health while simultaneously supporting the community and environment.

This strategy imparts the joy and abundance of gardening while teaching key information and skills to empower people to transform patches of sunlit land, walls, rooftops and other spaces into food havens where they can grow a wide range of healthy, no-spray food.*

Those who wish to support their community will be shown how they can donate some of their harvest to [Second Harvest Japan](#) food bank and help put food on plates for people who need it. > [More](#).

What can you grow? (A: Lots*)

VEGETABLES

Tomatoes, lettuces, cucumbers, beans, cabbages, carrots, kale, micro greens, mizuna, chingensai, onions, peas, peppers, potatoes, radishes, spinach, and more. Berries, strawberries, etc.

FRUIT HERBS

Basil, chamomile, coriander, fennel, lemon balm, mint, oregano, parsley, rosemary, sage, thyme, etc.

* Depends on location, climate and other factors.

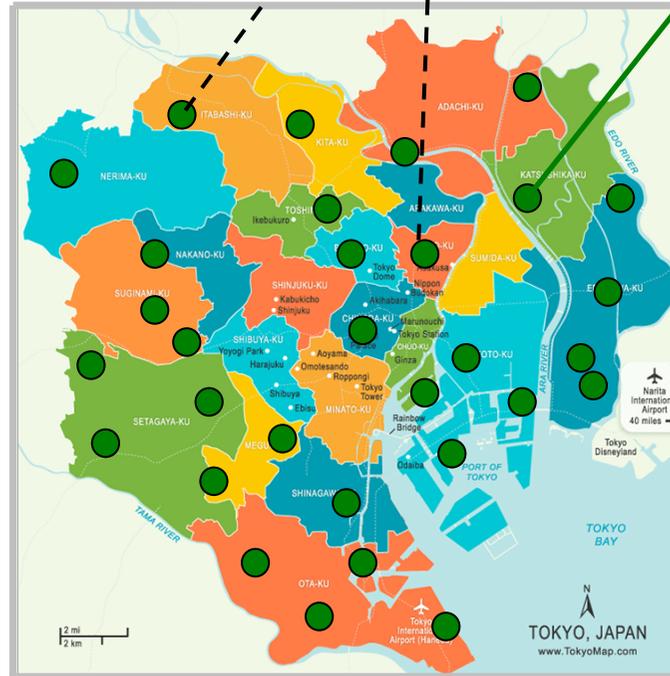
Who can join?

Anyone who is interested in growing healthy food:

Individuals, families, school groups, clubs, office teams, community organizations, and more.

Food haven teams share food growing tips and ideas via a shared website

- Q:** How can we stop our crops wilting in the summer?
- A:** Use a shade sheet to protect them.



Q: What's in it for me?

- ✓ Learn how easy it is to grow your own healthy food – minus toxic chemicals – from seeds and seedlings.
- ✓ Learn what equipment to buy, where to buy it, when to sow, how to grow, and more.
- ✓ Discover **vertical gardening** & grow food on walls, fences, etc.
- ✓ **J/E language guides**.
- ✓ Receive the **Spring Food Growing Pack** – containing everything you need to know to start growing fresh, healthy, great-tasting no-spray food.
- ✓ **Learn critical survival skills**.
- ✓ **Reduce toxins entering your body and the environment**.
- ✓ **Change the future** – teach others how to become more self-sufficient.

Language an issue?

Not any more! All food haven members receive helpful language guides to get them started – easily!

- ✓ Bilingual E/J equipment shopping guide
- ✓ Interpreting Japanese seed packets
- ✓ Japan planting calendar.



How to get involved!

1. Review the [Spring Food Growing Pack](#)
2. Review [Urban Farming Strategy](#)
3. Contact **Jonathon Walsh** at: info@businessgrow.net