



# Office Food Growing Solutions

Tools and information to help organizations grow **FANTASTIC** no-spray food in the city, improve team-building skills, and help the community

## Introduction

One of the best things we can do for our health – and for the environment – is to grow our own food locally and eat it fresh.

That's why Business Grow's key focus is to equip customers with the necessary skills to grow food – in the city – using planet-friendly methods – and no added chemicals!

### How can we help you? We can:

- Set up [vibrant gardens](#) inside and on rooftops, balconies, decks, walls, fences and other vacant areas
- Manage gardens and grow food for you
- Provide on-site [food production training](#)
- [Train your staff](#) to grow their own food
- Show you how to grow 30-40 herbs and vegetables – in the city
- Help you harvest food in 2-4 weeks Help you grow and [donate food](#) as part of a CSR program.

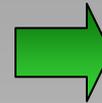
## What are the benefits?

- ✓ Learn how to grow extremely fresh, tasty, “no-spray” food on-site
- ✓ Improve the health of yourself and your staff by reducing intake of toxic agricultural chemicals
- ✓ Grow real food on-site for staff lunches, functions, visitors, etc.
- ✓ Support the community & environment (see P3)
- ✓ Boost food independence and increase survival chances if a major disaster strikes
- ✓ Slash food miles, help reduce pollution
- ✓ Boost group self-sufficiency
- ✓ Fully customizable – Large range of planter boxes, seeds and growing solutions available.

- > Download [Strategy document](#)
- > Download [Urban farming dashboard](#)

## Urban Farming Guide

Learn how to grow fantastic food in the city – for life



This step-by-step beginner's guide contains everything you need to know to grow healthy, delicious food in the city – minus harmful chemicals.

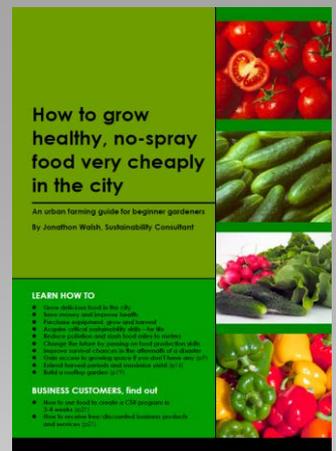
### In it, you will learn:

- ✓ How to grow healthy food at your home or office
- ✓ How to gain access to growing space if you don't have any
- ✓ How and where to buy the necessary gardening equipment
- ✓ **How and when to sow seeds and plant seedlings**
- ✓ How to water and maintain your garden to produce great food
- ✓ How to maximize yield and extend harvest periods
- ✓ Lots of creative gardening and food production ideas.

### Customers also receive:

> [Brochure](#)

- ✓ **Discounts** off [gardening consulting](#) and garden set up services \*
- ✓ **Five gardening and sustainability reports/guides** (below).
- ✓ **Japanese language support**
  1. Bilingual English/Japanese equipment shopping guide
  2. Guide to interpreting Japanese seed packets
  3. Japan planting calendar. \* [Tokyo only].



City food



## Food growing kits / packages

All kits – including our **Urban Farming Starter Pack** – contain everything you need to start growing food at the office and can be delivered anywhere in the Tokyo area.



### BEGINNERS FOOD GROWING PACK



Contains a comprehensive 23-page **beginners guide** to growing fantastic food in the city, practical food growing guides, key planting information, and loads of useful tips – in fact, everything you need to know to start growing fresh, healthy, great-tasting, no-spray food in the city! > [Brochure](#)

### URBAN SELF-SUFFICIENCY PACK



**Take control. Boost self-sufficiency. Start today with the total package.**

#### Learn:

- Basic and advanced food growing skills
- Self-sufficiency – key steps
- Vertical gardening
- How to gain access to growing space if you don't have any
- How to set up raised and rooftop gardens
- How to extend harvest and maximize yield

#### Contains:

- [Urban Farming Guide](#)
- [Sustainability Pack](#)
- [Trainer Packs](#)
- Mobile farm blueprints
- **10% off [Urban Farming Concierge Service](#)**
- Exclusive reports, guides and food growing solutions.

Packed with essential info and practical ideas to help people grow fantastic, healthy food, capture and save 1000s of liters of water, boost self-sufficiency and be kinder to the planet wherever they live or work.

> [Brochure](#)

## Urban farming services

We provide a full range of seed-to-plate gardening services:

- Equipment and purchasing advice, guided shopping tours (Tokyo only)
- Garden installation and advice
- Soil preparation and seed sowing
- Plant maintenance, harvesting advice
- Gardening/seed sowing demonstrations, event planning.

Our **food growing kits** (see left) and **garden setup service** enable customers to grow food on virtually any sunlit area: rooftops, balconies, decks, driveways, patios, car parks, etc. And if you don't know how to grow food, we provide all necessary **"hands-on" instruction**, ongoing support, and a highly practical **education program** that will turn customers into urban gardeners within weeks.

To learn more about our products and services, principles, benefits, urban farming and rooftop gardening packages, click [here](#).

### Garden setup & servicing

#### Grow local!

Business Grow can set up planter box gardens on or around your office or home and transform unused space into vibrant food production centers. Depending on the environment, you should be able to grow virtually any vegetables and herbs for office events and personal consumption.

> [Brochure](#) > [Rooftop garden guide](#)



### Food production training

Take concrete steps to become more self-sufficient, improve your health, and boost disaster preparedness by requesting an **on-site food growing demonstration**, or our customizable series of highly practical, 'hands-on' **urban farming lessons**. (Tokyo only).

- 1 [How to grow vegetables from seeds](#)
- 2 [How to transplant seedlings](#)
- 3 Eco-friendly ways to start seeds
- 4 [How to grow food on walls](#) (vertical gardening)
- 5 [Building a flower pot fence garden](#)
- 6 [How to create a balcony](#), raised and 1 sq m gardens
- 7 [How to build a PET bottle fence garden](#)
- 8 [How to grow food without soil](#)
- 9 [DIY greenhouses](#)
- 10 [How to collect rainwater](#)
- 11 [How to collect & recycle water and food, & make compost](#)
- 12 Recycling everyday objects into planters
- 13 [How to make gutter gardens](#)
- 14 [Recovery from disaster](#)

#### NOTES

- Lessons can be started at any time (depending on availability) during the growing season within the Tokyo area.
- Lessons can be customized to match training requirements, budget, and available time.
- Lessons can be organized as **one-off, customized short courses**, or a full program.



# Get more. Grow more. Learn more. Do more.

## Vertical farming specialists

### Business Grow specializes in vertical farming techniques

to help people grow upwards – and outwards. Learn how to build the following and grow food in virtually any sunlit location:

- Chain gardens
- Fence gardens
- Wall gardens
- Frame gardens
- Suspended gardens, etc.



## Urban farming reports

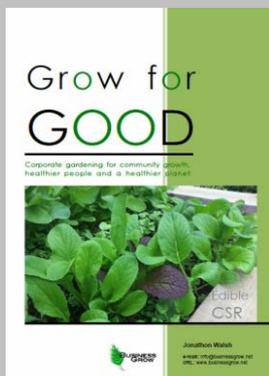


- [Urban Farming Guide](#)
  - [Interpreting Japanese seed packets](#)
  - [Japan planting calendar](#)
  - How to grow plants in pots
  - How to make a suspended garden
  - How to make a chain garden
  - How to set up a rooftop garden
  - [Feeding the Future](#)
  - [Planter water-saving system](#)
- Please contact us for full list.

## Launch a CSR program

**Make a real impact** by providing food on plates for people who need it.

All customers are invited to join **Grow For Good** – a smart strategy that helps companies quickly launch or expand their CSR activities by growing food on-site for charities, food banks and community support organizations.



Receive a free [press release](#) to promote your CSR activities.

## Urban farming trainer packs



10 clearly written guides outlining smart ideas that enable even inexperienced gardeners to grow food sustainably, boost self-sufficiency, teach others, and help the planet.

1. How to grow vegetables from seeds
2. How to transplant seedlings
3. How to build a plastic bottle fence garden
4. How to grow food on walls (vert. gardening)
5. Balcony gardening
6. How to collect rainwater
7. Eco-friendly ways to start seeds
8. How to collect/recycle water and food, and make compost
9. Recycling everyday objects into planters
10. How to create a 1-square meter garden.

> [Brochure](#) > [Sample](#)

## Experience

Sustainability consultant **Jonathon Walsh** has run 5 urban farming programs at Tokyo International School since 2012 that have shown over 300 students, staff and PTA how to grow large quantities of tasty, no-spray vegetables in their school gardens and rooftop.

- [Urban farming lessons brochure](#)
- [Int'l school urban farming report – 2013](#)
- [Int'l school urban farming report – 2012](#)
- [Food donation press release](#)
- [Tokyo rooftop garden](#)



## Urban farming services

- ✓ [Urban Farming dashboard](#)
- ✓ [Urban Farming Personal Concierge Service](#)
- ✓ [On-site food growing demonstrations](#) (Tokyo only)
- ✓ [Urban Farming Lessons](#) (Tokyo only)
- ✓ [Food Havens](#) – Create your own food haven in the city
- ✓ [Grow For Good CSR/food donation strategy](#)



For more information, consultation or advice, please contact:

**Jonathon Walsh, Sustainability consultant**

- Urban food production & training
- Garden installation & maintenance
- Gardening demonstrations.

E: [info@businessgrow.net](mailto:info@businessgrow.net)

U: [www.businessgrow.net/Green.htm](http://www.businessgrow.net/Green.htm)