

Sustainability in the City

SUSTAINABILITY + URBAN FARMING



'Sustainability In The City' is a monthly newsletter presenting news, advice and information focusing on the basics of life in the city: growing and eating healthy food, and living in greater harmony with the environment.

Every issue of *Sustainability In The City* will feature informative articles, practical – and seasonal – advice, environmental news, and special offers, all aimed at helping and motivating people to **live smarter, healthier, and more sustainable lives.**

+New
subscriber
sign-up
package,
articles and
advice

FACE TO FACE
Building an appetite for Organic food in Japan

MIE PROJECT
Building long held attitudes towards food quality and safety is tough enough in many countries, but probably most crucial in a country as demanding of quality as Japan.

PROFILE
Duco Delgore
Founder and President, MIE PROJECT Co., Ltd.

KEY ISSUES
What are the 2 biggest growth opportunities for organic food in Japan?

Interviews with leaders in the urban farming and food sector

SMART SUSTAINABILITY

100+ ways to conserve water

What's possible?

Recycling greywater for gardening

Quick-click news & articles

United We Stand, Divided We Die
Part I: Impacts and Challenges

FACING CLIMATE CHANGE

United We Stand, Divided We Die
Part I: Impacts and Challenges

As a warming planet and a swelling global population puts a steady upward on our natural resources – principally food and water – sustainability consultant Jonathan Walsh says we should be thinking seriously about how we can provide these for ourselves – now.

Water, water everywhere?

What's the key question that we may have heard with more than one voice?

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SUSTAINABILITY DASHBOARD & ACTION PLAN

Interviews with sustainable business leaders, and articles about sustainability-related issues

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WELCOME!

COVER STORY
FACING CLIMATE CHANGE
United We Stand, Divided We Die

SEPTEMBER GARDENING TIPS

GROWING & ADVISE
VITAL VEGETABLES
HOW TO GROW AMAZING Lettuces

NEW SUBSCRIBER SIGN-UP PACKAGE

Specific food growing advice and tips

NEW SUBSCRIBER SIGN-UP PACKAGE

- Join the Sustainability In The City mailing list and receive:
1. How to build a mini raised garden
 2. How to build a chain garden
 3. 1 urban farming **Teacher/Parent Pack.**
- Simply mail info@businessgrow.net and ask to register!

Urban Farming

How to build a mini RAISED GARDEN

How to build

1. Do you have a plan?
2. Do you have a budget?
3. Do you have a location?
4. Do you have a soil?
5. Do you have a water?
6. Do you have a light?
7. Do you have a temperature?
8. Do you have a humidity?
9. Do you have a wind?
10. Do you have a rain?
11. Do you have a snow?
12. Do you have a hail?
13. Do you have a fog?
14. Do you have a dust?
15. Do you have a pollen?
16. Do you have a bacteria?
17. Do you have a virus?
18. Do you have a parasite?
19. Do you have a predator?
20. Do you have a competitor?

← **SIGN UP TODAY!**