



Remember to tell readers about the special urban farming products on p7! ☺

# Sustainability



# In The City

## Dashboard

### I want ....

- ...an [urban farming guide](#)
- ...to learn [the basics of urban farming](#)
- ...to grow food at my: [Home](#) [School](#) [Office](#)
- ...a [Corporate Urban Farming Strategy](#)
- ...to grow food [for my community](#)
- ...[my children to learn urban farming](#)
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Urban farming & sustainability

[www.businessgrow.net](http://www.businessgrow.net)

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Smart advice, news and information about sustainability, urban farming and real food

# Sustainability..... ...urban farming & food

FOR HEALTHIER PEOPLE AND A SUSTAINABLE PLANET

## Welcome!

.....to the second issue of **'Sustainability In The City'**, (SITC) a monthly newsletter presenting news, advice and information focusing on growing and eating healthy food in the city, and living in greater harmony with the environment.

This issue features a range of informative and exciting articles starting with [Rediscovering Sustainability](#), a close-up look at how we 'lost' the art of living sustainability (and how we can get it back), [Mobile Farms](#) – an innovative mobile structure that can enable people to grow food virtually anywhere, what to grow in October, [how to grow sprouts and spinach](#), smart tips on [disaster preparedness](#), and much more.

> [About SITC](#)

> [Issue #0001](#)

## Rediscovering Sustainability

Cover story

What we forgot about Earth-friendly resource use, and how we can learn it again

Despite the now dated technology, recent past generations had one key thing over us – smart, effective sustainability practices. In short, they knew about recycling before the word was even invented. In fact, until as recently as the 1960s, people in many developed countries reused, rebuilt and recycled everything from glass bottles, cloth bags, diapers and food waste to tools, clothes, shoes and furniture. Find out what happened and how we can learn from the past to build a more sustainable future.

→ [Read more](#)

## October gardening tips

The cool and colors of Autumn are well and truly here, however, there's still time to get stuck into sowing and planting crops to provide food for the cooler months. Here's some key tips:

- Consider planting seedlings over seeds. If sowing seeds, look for ones that will grow within 3-12 weeks.
- Look at keeping plants warm using plastic sheeting, moving them inside a greenhouse, etc.
- Plant container grown vegetables, trees, fruit bushes and bulbs.
- Start composting – Autumn produces masses of organic material that is ideal for creating compost.
- Check catalogues and shops for seeds.

### What to grow in October

Baby leaves	Broccoli
Gobou	Cabbage
Daikon	Garlic chives
Mizuna	Lettuce
Komatsuna	Kale
Swiss chard	Radish
Rocket	Shungiku
Spinach	Parsley
Chingensai	Coriander
Mints, and more.	

## Featured urban farm

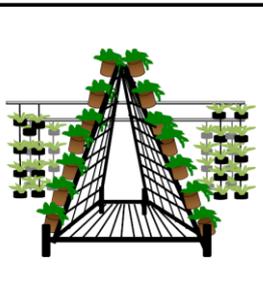
**Sorado farm** on the rooftop of [Ebisu station](#) in Tokyo is a prime example of how otherwise unused urban space can be converted into a food source. Plots are approximately 21/2 x 3m and available for rent.

→ [More](#)



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- P2** [How to grow sprouts](#)  
[What's possible? Fence gardens](#)  
[How to grow stunning spinach](#)  
[Quick-click urban farming news & articles.](#)
- P3** **SPECIAL INNOVATION FEATURE Mobile Farms**  
Discover an innovative mobile food growing platform that can enable people to grow food quickly, easily, and virtually anywhere, including rooftops, car parks, beaches, mountains, ships, deserts and disaster zones. → See [P3](#)
- P4** [Be prepared for disaster, The year humans finally got serious about saving themselves from themselves](#)  
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## NEW SUBSCRIBER SIGN-UP PACKAGE

Join the Sustainability In The City mailing list and receive:

1. How to build a mini raised garden (right)
2. How to build a chain garden
3. 1 urban farming [Teacher/Parent Pack](#).

→ Simply mail [info@businessgrow.net](mailto:info@businessgrow.net) and ask to register!





## VITAL VEGETABLES

# How to grow stunning spinach



### U R B A N F A R M I N G

#### How to grow sprouts

**WHEN TO GROW:** All year round (however temperatures between 20°C - 28°C work best.)

**HOW TO SOW:**

1. Place a folded piece of kitchen paper in the bottom of a tray or cup. Make it as flat as possible.
2. Sprinkle the paper with water so it is completely wet.
3. Sprinkle sprout seeds generously & evenly over the paper.
4. Put something on top of the container/tray – such as a sheet of newspaper, or put them in a box – so that seeds are kept in the dark. Alternatively, put them in a dark cupboard.
5. Once seeds sprout (be sure to keep the paper and seeds moist), move them to a sunny windowsill and water daily.

**HARVESTING:** See packet for harvesting instructions.

**NUTRIENTS:** Depends on specific type of sprout.

**HOW TO USE:** Put in sandwiches, throw them on a salad, mix into a smoothie, or as a garnish on winter soups.

#### Planter box growing tips

**What you need**

- |                      |                              |
|----------------------|------------------------------|
| Spinach seeds        | A flower pot, or planter box |
| Pot net              | Pot stones                   |
| General purpose soil | A trowel.                    |

**1. Prepare soil**

Place pot nets on the bottom of the planting container (cut nets to size if necessary) and cover with a thin layer of pot stones. Fill the planting container with soil up to approximately 3-4 cm below the top edge. Use your fingers or a trowel to break up any large chunks. Mix in compost if desired.

**2. Sow seeds**

Use your finger or the tip of a trowel to make a shallow trench about 1 cm deep. Following the guidelines on the seed packet, sow seeds at appropriate spacings. Cover with 1 cm of soil and gently pat it down.

**3. Watering & harvesting**

Water as necessary so that the soil does not dry out. Harvest at the recommended time (see seed packet), or sooner if you like the leaves fresher.

#### What's possible?



#### Build a fence garden

Got a spare fence that gets a bit of sunshine? Why not build a fence garden on it? Use flower pots with clip holes, fill them with soil, seeds or seedlings and clip them to the fence. If pots are positioned in vertical columns, water poured into the top pot should drain down to lower pots, making watering more efficient.

#### Quick-click news & articles

**8 edibles you can grow indoors this winter**

Winter is approaching and growth outside in the garden is slowing, however, that doesn't mean it's time to stop growing food. Here's 8 fruits and vegetables that can be grown indoors, including sprouts, salad greens, kale, carrots, citrus fruit and potatoes. → [Read more](#)

**5 ways to start a community garden**

Want to get serious about growing food next spring? Community gardens are a great way to do so, grow healthy food, make new friends, keep fit and enjoy the outdoors. Here's 5 ways to turn your dream into reality. → [Read more](#)

**How to freeze food to cut down on waste**

The fun and overindulgence of Christmas is approaching, which is a great time to think how to reduce the tremendous amount of perfectly good food that ends up in the trash. Here's some tips on how to reduce uneaten food and keep it fresh for later. → [Read more](#)

**Finding the potential in vacant lots**

Vacant lots may look dormant and be blights in the landscape, but to urban farmers, they are anything but. Vacant lots can be converted into vibrant food sources, and should be considered community assets rather than urban eyesores. → [Read more](#)

#### News

- [Urban farming hits the roof](#)
- [First commercial scale rooftop greenhouse in U.S.](#)
- [Shenzhen factory reborn as a thriving urban farm](#)

**Have any questions** about any of the featured topics? Mail us and we'll do our best to answer them.

# Mobile Farms

Food. Everywhere.

## NATURAL DISASTERS, CIVIL EMERGENCIES

- Mobile farms can be used to ease pressure on emergency support/aid services by introducing the ability to grow food on site.
- Mobile farms could become an instant morale booster for people affected by disasters.

**Is there a way that more food can be grown locally, delivered and shipped to more areas without putting gardens in the ground?**

**Yes!** Mobile Farms, designed by Tokyo-based sustainability consultant Jonathon Walsh, have the potential to not only increase the availability of food in virtually any sunlit location, but also help refugees and those affected by disaster.

Read on to discover a new way that innovation can feed the masses.

### What is the basic concept?

The key is two steel mesh frames that are welded or hinged together in an inverted V-shape. Planter pots and other containers are hooked securely to both frames, while larger planter boxes can be attached and used to grow climbing plants such as tomatoes, cucumbers, and others. The mesh supports the planters and enables climbing vegetables to climb. If the main frames are close to vertical, water poured into the upper pots will drain down into the lower pots, increasing watering efficiency.

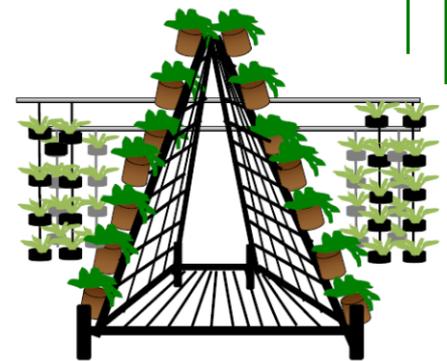
In addition, the shelf at the bottom of a mobile farm can be used to store gardening tools and a rain collector kit if used.

### How can mobile farms be used?

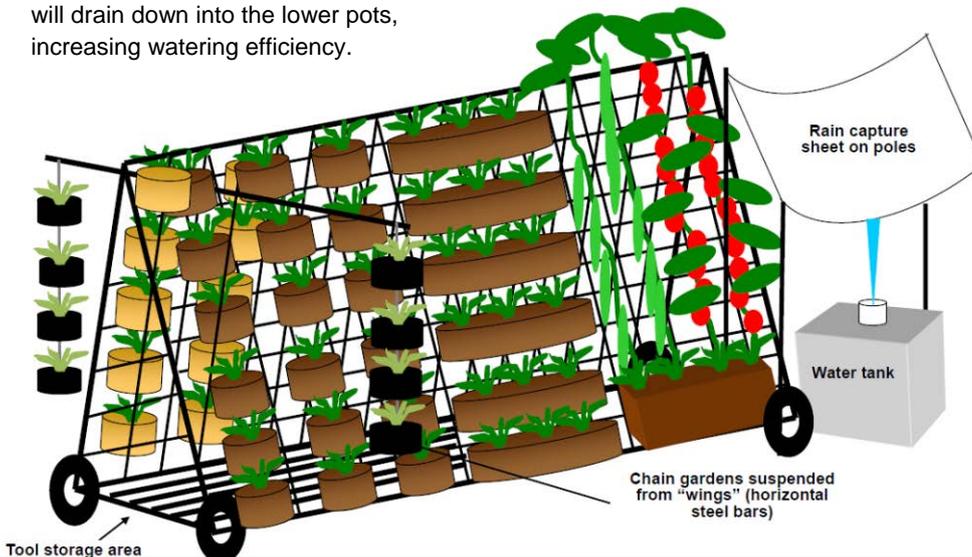
**Mobile farms can be used in a range of different ways:**

- To grow food in areas with infertile, radiated or otherwise unusable soil or surfaces.
- As a key component/asset of a climate change mitigation strategy.
- To produce food during emergencies, ie: after earthquakes and other natural disasters. Mobile farm kits – either bare or fully laden – could easily be delivered by air, sea or road as circumstances dictate.
- To produce large amounts of food on an ongoing basis, in particular in refugee settlements or locations that are food scarce.
- As a training tool to educate people in the basics of sustainable food production, organic farming, etc.

→ [Read full article](#)



End view showing 'wings' supporting chain gardens (flower pots clipped to suspended chains.)



Mobile farm concept design ©Jonathon Walsh, Business Grow, 2013

## KEY BENEFITS

- Total no-spray urban farming solution that can produce tons of food sustainably.
- Quickly boost food production capacity in virtually any sunlit area.
- Bring sustainable farming and healthy food to virtually any location, including rooftops, schools, office blocks, hospitals, beaches, deserts, mountains, disaster zones, refugee camps, cruise liners, container ships, yachts, etc.
- Low cost, easy to install, compact, scalable.
- Mobile – easily transportable by trailer, truck, train, boat and aircraft.

## Contact

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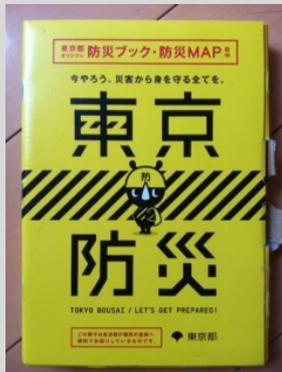
# Smart sustainability

## S U S T A I N A B I L I T Y

### Be prepared for disaster

Tokyo Metropolitan Government's newly released "Disaster Preparedness Tokyo" manual provides a broad range of practical tips and ideas to help people fully prepare for earthquakes and other disasters.

Learn basic CPR, how to stop bleeding, provide First Aid for burns and fractures, how to prevent dehydration, store and carry water, make an emergency toilet, diapers and sanitary pads, and much more. → [Read more](#)



### The year humans finally got serious about saving themselves from themselves

In the face of mountain snow packs permanently disappearing, jungles being razed to make way for crop land, ice sheets cracking and melting, and increasing temperatures moving growing regions, forcing people to migrate and pushing many species to extinction, it now looks like we are finally putting in place the technological and political processes to seal a global deal to limit greenhouse gas emissions. The numbers are inspiring and they may only get better.

→ [Read more](#)

### The Renewable Revolution

It appears that for the first time, a shift from 'dirty' to cleaner renewable energy sources is gaining momentum. If this continues, it will have huge implications for the global economy – as far-reaching as the shift from wood to coal or coal to oil.

Major new developments, including a surge in solar and wind installations, indicate that oil's rein as energy king may not be as enduring as once imagined. Factors driving this change include a sea change in Chinese energy behavior, developing nations showing eagerness to move to renewables to expand energy output, and the falling price of renewable energy sources.

→ [Read more](#)



### What's possible?

**One Way to Fight California's Drought: Desalt the Ocean**



California's prolonged drought is forcing many people to reevaluate their options, including their opposition to water desalination projects that many US environmentalists have claimed kill not only fish larvae and other microscopic marine life, but larger fish as well. Now, with retreating snowpacks and shrinking reservoirs, engineers are preparing to switch on a large new water desalination plant with capacity to provide enough water for 300,000 people a day.

→ [Read more](#)

### Quick-click news & articles

#### Inventors race to find best way to recycle carbon

In a bid to help prevent the billion of tonnes of CO2 generated each year from reaching the atmosphere, the [XPrize Foundation](#) has announced a \$20 million prize for the best idea to capture and convert CO2 from either gas- or coal-fired power stations.

→ [Read more](#)

#### Portable, solar-powered ecocapsules

Want to get off the grid? Check out this completely self-sustaining portable ecocapsule that comes with a wind turbine and solar cells that can support inhabitants for almost a year, anywhere (as long as there's some sunlight.) There's also a rainwater collection system, shower, kitchenette, toilet, bed and work space.

→ [Read more](#)

#### Two degree Celsius warming locks in sea level rise for thousands of years

A jump in global average temperatures of 1.5°C-2°C will see the collapse of Antarctic ice shelves and lead to hundreds possibly thousands of years of sea level rise.

→ [Read more](#)

#### Ocean's wildlife populations down by half

A new WWF report has described an alarming decline in marine biodiversity: populations of marine vertebrates have declined by 49% since 1970 with numbers of certain types of fish falling by almost 75%. The key culprits? Human actions.

→ [Read more](#)

### News

- [68 more corporate giants pledge significant climate action](#)
- [Solar power expansion could pose ecological risks](#)
- [Is China finally kicking its coal addiction?](#)
- [Apple targets supply chain emissions with new solar farms](#)

# FACING CLIMATE CHANGE

## United We Stand, Divided We Die

### Part II: Solutions and Strategies

By Jonathon Walsh



[This is part 2 of a 2-part special report. Part 1 can be downloaded [here](#).]

### Sustainable solutions

Let's focus on the two most important ingredients for life: **water** and **food**. A critical factor behind the existence of every past civilization has been a stable and reliable climate – when farmers knew when the seasons would change and the rains would come.

That is all changing. Quickly.

**At a global level, the most important goal for us is to stabilize climate by slowing the [rise in average global temperatures](#)**, since without a stable planetary eco-system and reliable weather patterns, food production, vital water sources, and our livelihoods will be seriously affected.

**At a local and individual level, the most important goals will be to:**

1. Downsize and get off the grid as much as possible to reduce stress on critical, life-giving resources.

2. Learn how to adapt and cope with extreme weather events and weather-afflicted resources. This means not just knowing how to grow food and collect water where we live and in our communities, but having the [ability](#) and equipment to do so. Other measures involve using solar panels, recycling food and water, and reusing as much as possible.
3. Ensure there is arable land available that contains healthy soil.

To reduce stress on critical, life-giving resources and create more sustainable communities and cities, **we will need to do less buying and more sharing and recycling**. [How to get what you want without paying for it](#) explains key ways that we can do this, and [Making Every City Sustainable](#) presents a vision and additional ideas for how to create more sustainable families, communities and cities.

Downsizing our purchasing and environmental footprints is absolutely

essential for one simple reason: as the expanding global population faces the limitations imposed by finite resources **a resource crunch is inevitable.**

*“Buying ‘green’ isn’t enough. We have to buy less and re-use, share, and give away what we have and don’t need.”*

Downsizing is also essential for the health of ourselves and our planet since no matter how beautiful, impressive, pleasurable or sweet the items we have, use and treasure are, they will all eventually sink, spill, seep, leach, erode, or break down into the earth and oceans and ultimately pollute the air we breathe and water we drink. [\[Great Pacific Garbage Patch.\]](#)

For urbanites, an all-important foundation stone of self-sufficiency will be **urban farming** – growing food in urban areas. Where can we grow food in cities?

[→ Download full report](#)



## SUSTAINABILITY DASHBOARD & ACTION PLAN



Two superb resources packed with ideas, guidelines and practical strategies to set you on the path to sustainability.

**Request yours today!**

**E-mail** Jonathon at: [info@businessgrow.net](mailto:info@businessgrow.net)

# Rediscovering Sustainability

What we forgot about Earth-friendly resource use, and how we can learn it again

By Jonathon Walsh

**When researching sustainability practices of past generations and comparing them to those in use today, two words immediately come to mind: What happened?** How did we go from a time where, until as recently as the 1960s, people in many developed countries reused, rebuilt and recycled everything from glass bottles, cloth bags, diapers and food waste to tools, clothes, shoes, and furniture – to now, where we are literally drowning in our own refuse?

Despite the now dated technology, recent past generations had one key thing over us – smart, effective sustainability practices. In short, they knew about recycling before the word was even invented. In fact, these practices have undergone such a huge transformational change in just the last few generations that the way our forefathers used to live is barely recognizable from the way we do so today in our consumer-driven societies.

A small example: 200 billion plastic water bottles were purchased in 2012 and the number rises every year creating a mountain of waste that pollutes both land and oceans. Unless or until we quickly re-learn the smart habits our societies used to practice, and push the '3R'S' (Reducing, Recycling and Reusing) to the limit, we will continue to see our skies, oceans, rivers and bodies polluted, our land clogging up with rubbish, and global temperatures continuing to rise to species-extminating levels.



Cloth diapers – would be washed, dried and reused



Back in the day....glass milk bottles

## How they did it

Our forefathers' highly effective sustainability practices – that kept much of society's rubbish largely in check – are in great danger of simply being forgotten and never again being passed down to younger generations by word of mouth or action. Should these habits go extinct, there is a solid chance we will soon follow.

## Here's how they did the “eco-thing” only 2-3 generations ago:

### Plastic drink bottles

Bottles were either glass or stoneware and were reused. When collected and returned to a shop, a refund of a few pence was given, which was an easy way for many children to earn pocket money. People would put corks in the tops of bottles to prevent leakage, and if they went to the beach, they would often find freshwater taps where they could help themselves to a drink.

### Plastic bags

Many people used paper bags or wrapping paper, while others had a cloth bag they took to the shops to carry bread.

How did they carry shopping home? In a trundler (metal frame on 2 small wheels with a sturdy bag attached). Grocers (old form of supermarket) would employ young boys riding bikes with a large basket on the front to deliver groceries.

→ [Read full article](#)

# Resources

## URBAN FARMING TEACHER / PARENT PACKS

Teacher Pack Lesson 1

How to  
transplant  
seedlings

**Introduction**

This lesson shows students one of the basic skills of gardening: how to transplant seedlings. This lesson provides a comprehensive overview of the process and includes a list of resources for further information.



**Lesson preparation**

Teacher Pack Lesson 1: Before students have to transplant seedlings, they can play a role in the process by preparing the soil, watering the plants, and checking for pests.

If you plan to have all students transplant seedlings, you will need to prepare a separate number of gardens. Consider using your own garden to demonstrate the process to the students.

It is recommended that teachers do at least two practice attempts of this lesson in particular to determine where to set up the garden.

**Documents required**

- Student worksheets (one per student)
- Teacher worksheets (one per teacher)



**Lesson contents**

- Lesson introduction
- Lesson preparation
- Lesson activity
- Lesson conclusion
- Student worksheets
- Teacher worksheets



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 (vertical gardening)
5. Balcony gardening
6. How to collect rainwater
7. Eco-friendly ways to start seeds
8. How to collect and recycle water and food, and make compost
9. Recycling everyday objects into planters
10. How to create a 1-square meter garden.

Did you know it is possible to grow hundreds of lettuces and large amounts of other healthy, great-tasting vegetables and herbs on one sunlit wall? Find out this and more in pack 4 (see right)!

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



## Food Havens

Let's turn the city

green!

> [More info](#)

## BEGINNERS FOOD GROWING PACK



### FOR BEGINNER GARDENERS

– 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](#)

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## Sustainability In The City



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