



# PERSONAL SUSTAINABILITY PACK

Practical hands-on guides and information outlining 25 ways that individuals and families can start boosting self-sufficiency – **within days** – by growing kilograms of healthy, near-organic food and capturing thousands of liters of rainwater, and more

## Why sustainability?

The warming climate and surging population growth are putting increasing strain on critical resources – food and water – and securing these is likely to become increasingly important in the near future.

The good news is that boosting our food and water security is easy, affordable, and we can take steps to achieve it immediately.

This Personal Sustainability Pack not only shows individuals and families how to take responsibility for their own futures by boosting food and water security, but also helps people to:

- Enjoy the benefits of healthy, near-organic food grown on site.
- Acquire critical food production skills and significantly boost self-sufficiency.
- Build food and water “insurance” against shortages, supply cuts and disasters.
- Reduce intake of agricultural chemicals.
- Help protect the environment by slashing food miles and associated pollution.
- Boost food independence and increase survival chances if a major disaster strikes.
- Donate food to charity as part of a community support program.

## Change the future!

Help family, friends and neighbors acquire practical food growing skills and know-how that they will be able to use to grow food for their families **and** pass down to future generations.

## SUCCESS STORY

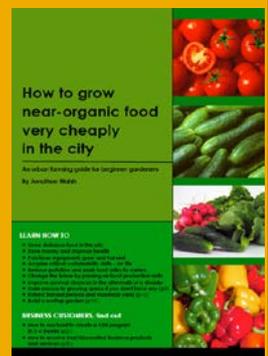
To read how we created raised gardens, grew food for 100+ people, taught students how to grow their own vegetables, and grew food for charity at Tokyo International School, click [HERE](#).

## Exclusive reports, guides & food growing solutions

### Urban Farming Guide

This 23-page beginner's guide contains everything you need to know to grow healthy, delicious food in the city – minus harmful chemicals. Learn how to sow, grow and harvest safe, healthy and great tasting near-organic food at the home, school or office.

>> [Brochure](#)



### Mobile farms (Exclusive report)

A total near-organic food growing solution that enables users to grow tons of food sustainably on rooftops, office blocks, vacant land, hospitals, boats, beaches, mountains, and in schools, car parks, fields, camp sites, and more. Mobile farms are relatively low cost, easy to build, compact, mobile and scalable. If chemicals are not used, they are also good for the environment.



### Rain Collector System

This simple rain collector system can be set up in 10 minutes and is an effective way to collect thousands of liters of rain water for use in the garden, home and school, and if filtered, for drinking and cooking. [Set up guide]



### Chain gardens/ Vertical gardening

Chain gardens present an easy, low cost way to grow fresh, healthy vegetables, save money, reduce food safety concerns, provide food for your own and other families, and transform houses and buildings into mini farms. [Set up guide]

### GroBricks GroRacks

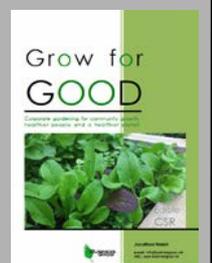
Complete food growing kits containing everything you need to grow herbs and vegetables at the home or office.

>> [Brochure](#)



### Grow For Good

All customers receive the option to join **Grow For Good** – a smart strategy that helps individuals grow food for charities, food banks and community groups. **Make a real impact** by providing food on plates for people who really need it. Receive a free [press release](#) to promote your activities.



...and more. See overleaf

# Customers also receive the following 7 reports\*

## How to Grow Plants in Pots

Key information on how to produce healthy food at the home or office with minimum fuss and palate-pleasing results. Includes **Essential Japanese gardening vocabulary and phrases**. [How To guide]



## Feeding the Future

15 food production methods that can – and are – being used to feed the world's expanding population. Many of these methods will be valuable during and after emergencies and natural disasters. [Exclusive report]

## How to Set Up a Rooftop Garden

Learn how to convert unused space on your rooftop into productive gardens that can produce fresh healthy food, improve the health of your family, and become a learning center about Nature. [How To guide]



## Planter Water-Saving System

This planter water-saving system is extremely simple to set up, costs very little, and will help you save and recycle not only the water you use to grow plants but also rainwater. [Set up guide]

**And:** Interpreting Japanese Seed Packets, Pole gardens (concept diagram), Wall net gardens (concept diagram).

\* Subject to conditions

## Gardening is healthy – and fun!



## Urban farming services

With a record of success working with teachers and students, we offer a full range of seed-to-plate services:

- Full gardening services, consultation and advice
- Garden design, installation and maintenance
- Gardening and food growing demonstrations
- Food growing kits.

### Brochures:

- >> [Urban Farming Services](#)
- >> [On-site food growing demonstrations](#) (Tokyo only)
- >> ['Grow For Good'](#) CSR/community support program
- >> [GroRacks](#) – for verandahs, decks, indoors, etc.
- >> [GroBricks](#) – for windowsills, desks, tables, etc.

**INVESTMENT:** Pay just 9,995 yen for sustainability ideas to last a lifetime.

**SUPPORT THE COMMUNITY:** 1,000 yen from all purchases will be donated to the community group or charity of the buyer's choice.

## Why Business Grow?

Urban farming & gardening services

Tools, information and services to plant, grow and sow near-organic food in the city >> [Brochure](#)

Experience & completed gardening projects

- >> [Tokyo Int'l School 2013](#)
- >> [Tokyo Int'l School 2012](#)
- >> [Press release: Food donation to food bank](#)

## To order, contact

Jonathon Walsh

Urban farming consultant

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

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

