

Tokyo International School

# Urban farming progress report

November 2012



## Introduction

TIS has taken on gardening consultant **Jon Walsh** to re-build the school's rooftop garden, set up plants and planter boxes around the school, and educate teachers and students in the art of growing food in the city.

Jon's key focus is to equip students, staff, mums and dads with the necessary knowledge to grow food for themselves – wherever they live – and **improve their health and help the environment** at the same time.

*Come on in and find out what's happening....*



## Principles

To maximize learning and health outcomes, Jon:

- Does not add any chemicals or artificial fertilizers
- Encourages "hands-on" learning
- Promotes sustainable practices and products
- Collects and uses rainwater whenever possible.

## The rooftop garden

1



26 September

Before the TIS maintenance team got busy....

2



28 September

Garden weeded and ready to plant.

3



2 October

Students sowing 13 different kinds of seeds, including spinach, lettuce, pak choi, mizuna, radish, komatsuna, spring onions and mustard leaves.

4



5 October

The newly planted garden in the foreground contains flowers, basil and lemon balm. Seeds are starting to sprout in the other squares.

5



10 October

What a difference 5 days makes! Everything is sprouting now.

6



16 October

Japanese radish - ready to eat in just 2 weeks!

### Interested in growing food at home?



“How to Grow Plants in Pots” contains key information on how to produce healthy food at the home or office with minimum fuss and potentially impressive palate-pleasing results.

>> [Click HERE to read](#)

## Meanwhile, on the 4<sup>th</sup> floor...

7



A GroRack shelving unit holding GroBrick planters containing 8 different types of seeds was installed on the 4th floor. These are in a great position where they receive ample sunlight.

GroRacks >> [More info](#) (See P2)

## What are these?

**GroBricks** – unpack-and-grow food growing kits containing a planter box, soil, seeds and full instructions.

>> [More info](#)



10

## Classroom crops



Jon demonstrates how to sow seeds in a window planter box for students of Josie's grade 1B class. Students were very interested to see how vegetables are "born" and one asked, "Do seeds sleep under the soil?"

8



Three days and the seeds are sprouting.

9



11



The rooftop garden is now ready to harvest.

# City rooftop harvest!



Zero food mile radishes

## FOOD GROWN

Komatsuna	Mizuna
Radishes	Spinach
Pak Choy	Mustard leaves
Pino Green	Roro Green
French leaf mix	Japanese radish
Vitamin leaf	Basil

*Seed to salad in just*

**6 weeks!**



Mustard leaves, radishes and komatsuna



Pino Green leaves



Approximately 50 students and teachers experienced picking and eating completely fresh near-organic vegetables – on the school's inner city rooftop!



Rooftop garden salad leaves