

Urban farming

Teacher Packs



Teach students valuable lessons in urban food production, protecting the environment, and boosting self-sufficiency – while supporting the community!

Interested in starting a food production program but not sure how?

Did you know that on one sunlit wall, it is possible to grow hundreds of lettuces and mouth-watering amounts of other healthy, great-tasting vegetables and herbs?

It's possible, easy, and our Teacher Pack 3 (below) will show you how.

Teacher Packs are teaching guides that enable even inexperienced gardeners to grow food sustainably, boost self-sufficiency, and help the planet. Each pack contains a detailed 'off-the-shelf' lesson plan that equips teachers to teach one of the following urban farming classes:

10 lessons

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

BENEFITS

- Launch an urban food production course this year
- Shave hours off lesson research and planning
- Grow delicious, no-spray food on-site for students & staff
- Equip students with critical food production knowledge & skills
- Boost food security and disaster preparedness
- Slash food miles and reduce pollution
- Use Teacher Packs with other courses and programs
- No limit on re-use by current school staff.



Teacher Pack Lesson 1

How to transplant seedlings



Introduction

This lesson shows students one of the basic skills of gardening: how to transplant seedlings.

Once this technique is mastered, students will be able to create their own gardens and grow their own food. This lesson also contains a sustainability options list and a valuable bilingual vocabulary guide to help staff and students purchase equipment at Japanese retailers.

This lesson has been prepared for elementary-level students but can easily be adapted for older students and adults.



Lesson contents

- Lesson preparation 1
- Documents required 1
- General teaching notes 2
- Lesson outline 2
- LESSON NOTES 2
- How to transplant seedlings 3
- Essential vocabulary 4
- Equipment shopping list 5

Lesson preparation

Teacher Pack lesson 1 shows students how to transplant seedlings. This can get a little messy, so be prepared with sheets, if necessary, etc. to keep dirt off the ground and areas that need to be protected.

If you plan to have all students transplant seedlings, be sure to prepare an appropriate number of planter boxes and other noted equipment (see p5) in advance. Consider what you want the students to grow based on your program goals, eg. vegetables, fruit, herbs, flowers, or all the above.

It is recommended that teachers do at least two practice deliveries of this lesson, in particular to determine where to set up and position equipment.



Documents required

- How to transplant seedlings [See p3 below]
- Essential vocabulary [See p4 below]

1

Teacher Packs are clearly written multi-page documents containing detailed information required to teach urban farming classes. They feature:

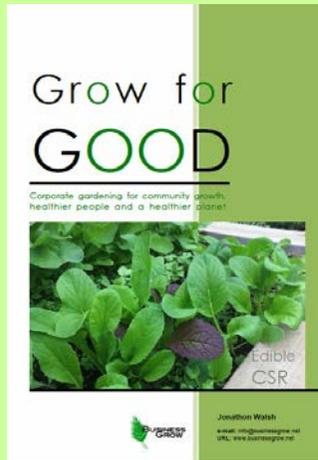
- ✓ Lesson preparation advice
- ✓ Required documents list
- ✓ General teaching tips, main lesson notes
- ✓ Detailed equipment shopping lists
- ✓ Photos showing classes in progress
- ✓ All classes have been tried and tested
- ✓ All lessons created by an urban farming consultant
- ✓ Pick up → prepare → practice → present!

Click [HERE](#) to download a free sample
Click [HERE](#) to see lessons in progress

Make an impact in your community!

Customers will also receive the Grow For Good strategy.

This smart strategy outlines how to launch or expand CSR activities by growing food on-site for charities, food banks and community organizations.



Use Grow For Good to give back to the community and make a direct impact in people's lives!

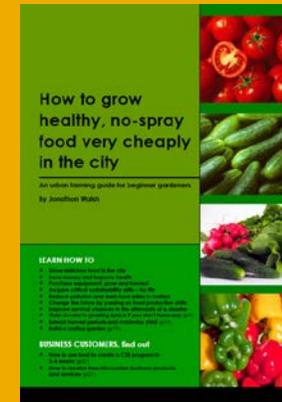
Once you start growing food, why not expand your community outreach and make an impact by allocating garden space or a set number of planter boxes to grow food on-site to donate to a food bank, charity or community group?

➔ After Business Grow partnered with Tokyo International School (TIS) in 2013, Jonathon (right) delivered 3.5 kgs of fresh, no-spray vegetables to [Second Harvest Japan](#) food bank on behalf of TIS. The food was used immediately in a soup kitchen. > Download [press release](#).

Grow For Good can be launched quickly and easily and used to generate positive publicity.



Two special bonuses *



Urban Farming Guide
A 23-page beginner's guide showing how to sow, grow and harvest safe, healthy and great tasting no-spray food at the home, school and office – minus the harmful chemicals.

> [Brochure](#)



Sustainability Pack
Practical hands-on guides and information outlining 25 ways that schools can start boosting self-sufficiency – within days – by growing kilograms of healthy, no-spray food and capturing thousands of liters of rainwater on school premises, and more.

> [Brochure](#)

* Conditions apply

Find out more: brochures

- > [Urban Farming & Sustainability Consulting](#)
- > [School Sustainability Strategy](#)
- > [School Sustainability Progress Report 2013](#)

To find out how to save 50%, contact: Jonathon Walsh

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