

# URBAN FARMING CRASH COURSE

Learn food growing & sustainability skills to last a lifetime

## 90 minutes.

That's how long it will take to learn how to grow a wide range of **healthy vegetables, herbs and sprouts** at your home and/or workplace, take concrete steps to become more self-sufficient, improve your family's health, help the planet, and learn valuable food-growing skills – **for life**.

Book your session with sustainability consultant **Jon Walsh** now for a hands-on, information-packed **urban food production crash course** that will teach you critical skills, and more – while working together to build your gardens. Private and group sessions can be arranged in and around Tokyo.

## Topics

To create your customized course, simply indicate the topics you want to learn below.

### URBAN FARMING SKILLS: BASICS

1. 15 vegetable growing basics – Key facts to broaden your awareness and grow more
2. How to [sow seeds](#) and [transplant seedlings](#)
3. How to select ideal sites to grow food based on crop, available sunlight, elevation, etc.
4. How to gain access to growing space if you don't have any
5. How to set up a planter box garden – the easiest way to start growing larger quantities of food
6. Eco-friendly ways to start seeds
7. How to extend your harvest and maximize yield.

### URBAN FARMING SKILLS: ADVANCED

8. Vertical gardening – How to transform virtually any sunlit wall into a vibrant garden
9. How to set up a [balcony garden](#) – Turn your balcony into a food source
10. How to build a [fence flower pot garden](#) – Transform your fence into a mini farm
11. How to build a [raised garden](#) and grow food on concrete
12. How to set up a rooftop garden – Utilize your rooftop to grow food
13. How to build a 1-square meter garden, gutter gardens and PET bottle fence gardens
14. How to start a herb garden, make your own herb teas, and more
15. How to build DIY greenhouses – Protect plants and extend the growing season
16. Natural pest prevention – Learn how to keep insects at bay, naturally
17. [How to grow food/plants without soil](#).

### SELF-SUFFICIENCY: KEY STEPS

18. [How to collect and recycle water and food, & make compost](#)
19. How to set up a rain collector and capture thousands of liters of rainwater
20. Recycling everyday objects into planting containers
21. Re-growing vegetables from waste scraps – How to re-grow 15+ vegetables from cuttings
22. [Recovery from disaster](#) – Learn key survival and food production skills to survive a disaster.

## FEES, CONTACT

Fees depend on requested topics and course materials.

**CONTACT:** Jon Walsh

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**Experience:** [here](#)



## WHAT YOU RECEIVE

- ✓ **Customized on-site training in key skills**
- ✓ **Comprehensive lesson notes**
- ✓ Guide to interpreting Japanese seed packets
- ✓ **Japan Planting Calendar** – Simple guide to when to sow seeds and plant seedlings in Japan
- ✓ How and where to buy gardening equipment (includes bilingual shopping guide).

# URBAN FARMING SOLUTIONS DASHBOARD



GROW **FANTASTIC FOOD** IN VIRTUALLY ANY SUNLIT LOCATION

## Your Dashboard

I want ....[to learn about urban farming](#)

to learn urban farming:

- [in Tokyo](#)
- [outside Tokyo](#)

I want to learn [the basics of urban farming](#)

I want to grow food at: [Home](#) [School](#) [Office](#)  
[Corporate Urban Farming Strategy](#)

I want to grow food [for my community](#)

[I want my children to learn urban farming](#)

Give me [the works: the total package](#)

**Get a taste!**

> [Rooftop harvest](#)

> [Urban farming school project](#)

## WHY WE DO IT / BENEFITS

Modern commercial farming methods exacerbate climate change and poison soil, waterways, and consumers. **There has got to be a better way – and there is.** We are helping power the worldwide movement of people who grow their own food in cities by promoting, incorporating and using ‘no-spray’ gardening techniques, water, recycled materials, and little else.

**It's simple, healthier, cheaper, and the food tastes amazing. It also:**

- ✓ Teaches critical food production knowledge and skills
- ✓ Promotes good health by showing people how to reduce intake of toxic chemicals
- ✓ Reduces costs and waste flows
- ✓ Boosts personal, family and group/school self-sufficiency
- ✓ Reduces environmental pollution and energy usage
- ✓ Boosts food security and disaster preparedness.



## WHAT WE DO

**Business Grow** helps people grow **fresh, healthy ‘no-spray’ food on site** by providing products, services and training aimed specifically at helping individuals, families, businesses and other organizations **boost self-sufficiency** and reduce their environmental footprints.

## 1 URBAN FARMING TRAINING

Learn the basics – and advanced – food production skills through this customizable series of highly practical, ‘hands-on’ urban farming lessons. Our comprehensive program focuses on teaching how to utilize urban spaces to **grow large amounts of healthy ‘no-spray’ food**, capture and recycle water, boost self-sufficiency and protect the environment.

Choose one, a few, or all 14 lessons and you’ll be well on your way to experiencing the fun, satisfaction and great health benefits of growing your own.

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

> Learn more: [Urban Farming Lessons brochure](#).



## 2 URBAN FARMING EDUCATION PACKS & RESOURCES

Business Grow offers a broad range of **packages, articles, reports, and informative how-to guides** to help people learn more about urban farming, sustainability issues and protecting the environment, including:

### URBAN FARMING PACKAGES

- [Urban Self-Sufficiency Premier Pack](#) – **The Total Package** containing practical how-to guides, essential information and practical ideas to help sustainability-minded people grow food, save water, boost self-sufficiency and be kinder to the planet.
- [Beginners Food Growing Pack](#) – For beginner gardeners (see right)
- [Urban Farming Guide](#) – A highly practical step-by-step guide to growing healthy, delicious food in the city – minus harmful chemicals.
- Urban Farming Teacher/Parent Packs [Brochure](#) [Sample](#) – Teach kids.
- Sustainability Packs [Personal/Family](#) [School](#) [Business](#)

### ARTICLES & GUIDES

- Interpreting Japanese seed packets
- How to make a chain garden
- How to set up a rooftop garden
- How to grow in a 2L PET bottle
- How to set up a rain collector
- [Feeding the Future](#)
- Facing climate change: [Part I](#) [Part II](#)
- How to make a suspended garden
- How to grow plants in pots
- **Japan planting calendar**
- Planter water-saving system
- Mobile Farms
- [Making Every City Sustainable](#) and more.



## 3 URBAN FARMING SERVICES

Business Grow also offers a comprehensive range of **urban farming services** – in-house, on-site and remote – to help individuals, families, schools and businesses maximize food production wherever they live or work.

**On-site services include:** Garden setup, instruction, maintenance, gardening training and related advice.

**Remote services include:** Gardening consulting and advice on the areas listed directly above.

- [Urban Farming Personal Concierge Service](#)
- [Urban Farming Lessons](#) [On-site Food Growing Demonstrations](#) (Tokyo only)
- [Urban Farming Services brochure: General](#)
- [Food Havens](#) – Create your own food haven in the city!
- [Urban Farming Consulting: Schools](#)
- **Urban farming strategy** for [Schools](#) [Businesses](#)
- [Grow For Good](#) CSR/community support strategy [Press release](#)
- [Office Food Growing Solutions](#)
- [Speaker Service](#) – Urban farming consultant Jonathon Walsh is available to give presentations and seminars about urban food production, boosting self-sufficiency, and related sustainability issues.



## EXPERIENCE & CONTACT

Jonathon has run 5 urban farming programs at Tokyo International School since 2012 that have shown over 300 students, staff and PTA how to grow large quantities of tasty, no-spray vegetables in their school gardens. **To find out more:**

- [Urban farming lessons](#)
- [Int'l school urban farming project report – 2013](#)
- [Int'l school urban farming project report – 2012](#) [日本語](#)
- [Food donation press release](#)



- **Urban food production & training**
- **Garden installation & maintenance**
- **Gardening demonstrations.**

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