

Urban Self-Sufficiency

Premier Package

Take control. Boost self-sufficiency.
Start today



What's included?

Growing food on-site: the basics

1. 15 vegetable growing basics
2. How and where to buy gardening equipment (includes bilingual shopping guide)
3. How to select ideal sites to grow food
4. How to transplant seedlings and sow seeds – Learn the basics of creating a garden and growing food quickly and easily
5. Interpreting Japanese seed packets
6. How to set up a planter box garden – Learn how easy it is to grow food in pots, containers, buckets, and more
7. When to sow seeds and plant seedlings in Japan
8. How to gain access to growing space if you don't have any
9. How to extend harvest and maximize yield.

Advanced urban farming skills

1. Vertical gardening – How to transform virtually any sunlit wall into a vibrant garden
2. Balcony gardening – Simple steps to turn a balcony into a healthy food source
3. How to build a raised garden and grow food on concrete
4. How to set up a rooftop garden
5. How to create a 1-square meter garden
6. Concept gardening – Ideas for turning streets, walls, and empty spaces around town into vibrant food sources
7. 4 ways to generate income from a garden.

Self-sufficiency – key steps

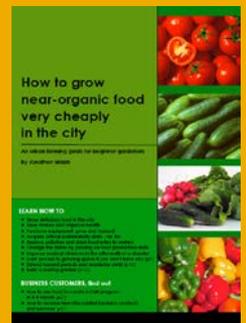
1. 2 steps to take today to boost self-sufficiency for under ¥15,000
2. How to set up a rain collector and capture thousands of liters of rainwater
3. How to collect and recycle water and food, and make compost
4. Feeding the Future – 15 strategies to produce food including rooftop gardens, hydroponics, community gardens, raised gardens, portable gardens, and more
5. Self-sufficiency and Urban Farming Resources Pack.

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 no-spray food at the home, school or office.

> [Brochure](#)



Mobile farms (Exclusive report)

A total no-spray food growing solution that enables people 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.



Sustainability Pack

A powerful package of 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, no-spray food and capturing thousands of liters of rainwater on site, and more.

> [Brochure](#)



Urban Farming Concierge Service

10% off food growing advice and services specifically tailored to clients' location and environmental conditions.

- Advice and consulting
- Garden installation
- Urban farming resources
- On-site (Tokyo only) and remote (worldwide) service available.

> [Brochure](#)



Urban Farming Teacher Packs

10 clearly written guides outlining smart ideas that enable even inexperienced gardeners to grow food sustainably, boost self-sufficiency, and help the planet.

- ✓ Preparation advice
 - ✓ Tips and detailed notes
 - ✓ Equipment shopping lists
 - ✓ All lessons created by an urban farming consultant
 - ✓ Pick up → prepare → grow!
- > [Brochure](#) > [Sample](#)



Customers receive the following exclusive 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]

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](#)
- > [Urban Farming Concierge Service](#)
- > [GroBricks](#) – Food growing kits.

INVESTMENT: Pay one small price for food growing and self-sufficiency ideas to last a lifetime.

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

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