

Learn skills to grow good food in the city for life

Creative strategies to sow, grow and harvest safe, healthy and great tasting no-spray food at the home, school, office or city

Contains key language, purchasing and growing information for foreign residents in Japan

Find out more

Reports (click titles to view)

- [Urban gardening project report](#) (Tokyo International School)
- [How to Set up a Rooftop Garden](#)

Brochures

- [Gardening & Urban Farming Consulting](#)
- [Food growing kits](#)

3 WAYS TO BUY

- 1/ Straight purchase
- 2/ Exchange a product or service
- 3/ Allow Business Grow to grow food for charity on 1 sq. meter of your site for 2 months.

Business Grow

Green business/sustainability services and advice

www.businessgrow.net/Green.htm

How to grow healthy, no-spray food very cheaply in the city

An urban farming guide for beginner gardeners

By Jonathon Walsh, Sustainability Consultant

LEARN HOW TO

- Grow delicious food in the city
- Save money and improve health
- Purchase equipment, grow and harvest
- Acquire critical sustainability skills – for life
- Reduce pollution and slash food miles to meters
- Change the future by passing on food production skills
- Improve survival chances in the aftermath of a disaster
- Gain access to growing space if you don't have any (p9)
- Extend harvest periods and maximize yield (p16)
- Build a rooftop garden (p19)

BUSINESS CUSTOMERS, find out

- How to use food to create a CSR program in 3-4 weeks (p21)
- How to receive free/discounted business products and services (p21)



A step-by-step guide to growing healthy, delicious food in the city – minus harmful chemicals. In it, you will learn:

- How to grow healthy food at your home, school or office
- **How to gain access to growing space if you don't have any**
- How and where to buy the necessary gardening equipment
- How and when to sow seeds and plant seedlings
- How to water and maintain your garden to produce great food
- How to harvest some of the best food you will have ever tasted
- Lots of creative gardening and food production ideas.

➔ See contents on P2

Buyers will also receive:

- ✓ Discounts off [gardening consulting](#) and gardening services [Tokyo only]
- ✓ **Five gardening and sustainability reports (see overleaf), including: Feeding the Future** – exclusive report outlining 15 food growing methods, many of which will be valuable in case of emergencies or disaster
- ✓ **Essential Japanese Gardening Vocabulary & Phrases**
- ✓ **For 7,495 yen extra, receive discounts off gardening consulting and gardening services [Tokyo only*]**

For business customers, pay just 69,000 yen extra and receive:

- ✓ A **Grow For Good** strategy that clearly explains how to turn food growing efforts into a CSR program within weeks (value 25,000 yen)
- ✓ **73% discount** off a [package of business marketing tools](#) that can help business people promote their companies to virtually any potential customer, obtain media publicity, help the environment and sell more. (Save 190,000 yen).

2,500 yen

To order or learn more: Jonathon Walsh info@businessgrow.net

Urban Farming Guide brochure

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Customers receive the following 7 reports

- ✓ Essential Japanese Gardening Vocabulary & Phrases
- ✓ How to Create a Chain Garden



How to Grow Plants in Pots



How to Set up a Rain Collector



Feeding the Future



How to Set Up a Rooftop Garden



Interpreting Japanese Seed Packets