

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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