URBAN FARMING

SOLUTIONS DASHBOARD

GROW FANTASTIC FOOD IN VIRTUALLY ANY SUNLIT LOCATION



Your Dashboard

I wantto learn about urban farming

to learn urban farming:

→ 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

WHAT WE DO

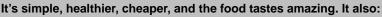
Business Grow helps people grow fresh, healthy 'no-spray' food on site by providing products, services and training aimed specifically at helping individuals, families, businesses and other organizations boost self-sufficiency and reduce their environmental footprints.

Get a taste!

- > Rooftop harvest
- Urban farming school projec



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.





- 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.

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.





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)
- <u>Urban Farming Guide</u> 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

- 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 and more.

Interpreting Japanese seed packets 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



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.

- <u>Urban Farming Personal Concierge Service</u>
- <u>Urban Farming Lessons</u> <u>On-site Food Growing Demonstrations</u> (Tokyo only)
- <u>Urban Farming Services brochure: General</u>
- 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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