



FOOD GROWING DEMONSTRATIONS

Healthy food right where you work

As the climate changes and increasingly violent weather events become more frequent, disaster preparedness, self-sufficiency and resource management are becoming increasingly important issues. Here's how you can boost all 3 – and improve your health, help the planet, and launch a CSR program – without leaving your office.

What is this?

Urban farming consultant **Jonathon Walsh** is available to come to your workplace and teach customized **on-site food growing/sustainability lessons to staff** (see overleaf for lesson list). These can either be organized as one or more attendee-driven lessons or a full course, and include an explanation of the key benefits of growing your own food, a hands-on demonstration of seed sowing, and an office appraisal of food growing options – all with a focus on boosting vital self-sufficiency skills and helping the environment.

Benefits

- ✓ Learn how to grow, healthy no-spray food at your office
- ✓ Create positive publicity by launching a food-based CSR or community support program and donating fresh food to food banks, charities and community support groups – see p3 and [here](#)
- ✓ Learn how growing food on-site can boost self-sufficiency and increase survival chances if a major disaster strikes
- ✓ Improve staff health and support mental wellbeing
- ✓ Equip staff with food production knowledge and skills – for life
- ✓ Slash food miles and reduce pollution and chemical intake
- ✓ Share food among staff, use in cafeterias, at events, etc.
- ✓ Sell vegetables grown on site as 'XYZ Company-brand' food.



Jonathon demonstrates basic seed sowing techniques to students at Tokyo International School.

2 special bonuses for organizers

Company organizers of food-growing demonstrations receive the following:

1. **Grow For Good strategy** – Find out how to launch or expand CSR activities by growing food for charities, food banks and community organizations.
2. **73% discount off MediaSmart Pack** – containing business marketing tools, e-books, reports, media services and turnkey strategies custom designed to help users promote their organizations to virtually any potential customer, obtain media publicity, help the environment, and sell more. **Save 190,000 yen.**

> [More info](#)



10 urban farming/sustainability lessons

The following can be presented as either a customized or full course.

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

What is included?

Your company receives:

- ✓ Free consultation on food growing options at your office
- ✓ 1 x food growing kit containing planter box, soil, seeds and tools
- ✓ [Grow For Good](#) CSR strategy
- ✓ 73% discount off [MediaSmart Pack](#) (see p1)
- ✓ Six ways to generate income from a garden
- ✓ Full equipment procurement service (charged): receive everything you need to start growing food at the home or office.

Course attendees receive:

- ✓ Customized on-site food growing/sustainability training
- ✓ [Urban Farming Guide](#) – A 23-page beginner's guide to growing healthy, no-spray food in the city > [Brochure](#)
- ✓ 10% off [Sustainability Pack](#) (see p3)
- ✓ 6 informative brochures, guides and reports, including:
 - [How to Grow Plants in Pots](#) – A step-by-step food planting guide
 - [How to Set Up a Rooftop Garden](#)
 - [Feeding the Future](#) – 15 food growing methods, many of which will be valuable in case of emergencies or disaster →



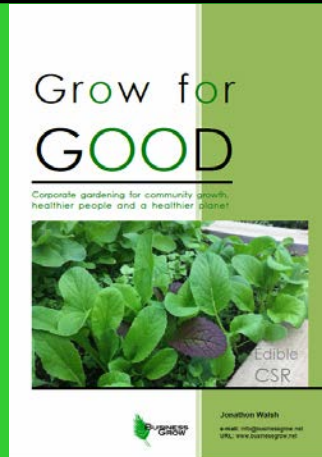
Find out more (click to download brochures)

- > [Urban Farming & Sustainability Consulting](#)
- > [Corporate Sustainability Strategy](#)
- > [School Sustainability Progress Report 2013](#)
- > [Urban Farming Starter Packs.](#)
- > [Urban food production concierge services.](#)

Make an impact in your community!

Customers will also receive the Grow For Good strategy.

This strategy outlines how to launch or expand CSR activities by growing food on-site for charities, food banks and community organizations.



Use Grow For Good to give back to the community and make a direct impact in people's lives!

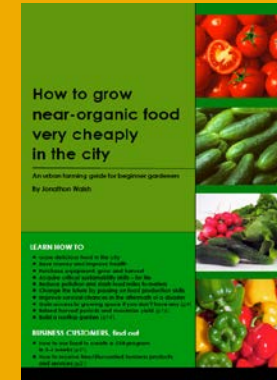
Once you start growing food, why not expand your community outreach and make an impact by allocating garden space or a set number of planter boxes to grow food on-site to donate to a food bank, charity or community group?

➔ After Business Grow partnered with Tokyo International School (TIS) in 2013, Jonathon (right) delivered 3.5 kgs of fresh, no-spray vegetables to [Second Harvest Japan](#) food bank on behalf of TIS. The food was used immediately in a soup kitchen.
>> Download [press release](#).

Grow For Good can be launched quickly and easily and used to generate positive publicity.



Two special bonuses for attendees



Urban Farming Guide
A 23-page beginner's guide showing how to sow, grow and harvest safe, healthy and great tasting no-spray food at the home, school and office – minus the harmful chemicals.

> [Brochure](#)



10% off Sustainability Pack - Practical hands-on guides and information outlining 25 ways that businesses can start boosting self-sufficiency – within days – by growing kilograms of healthy, near-organic food and capturing thousands of liters of rainwater on site, and more

> [Brochure](#)

For more information and pricing, contact: Jonathon Walsh, urban farming consultant

- Garden design, consulting, installation & maintenance
- Gardening demonstrations, food growing kits
- Vertical garden setup and advice
- Business sustainability consulting.

E-mail: info@businessgrow.net

URL: www.businessgrow.net/Green.htm

