

How to...

Grow Plants in Pots

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Growing your own food is one of the easiest ways to start living more sustainably. Follow these simple steps and you'll be growing tasty, home-grown food in no time that will cut costs, slash food miles, and help the environment.

What you need

- A pot or planter box
- Net (examples below)



- Stones
- Soil (examples below)



- Flowers or plants

Where to buy

- **Pots, planter boxes, nets:**
Look in garden & flower shops, Tokyu Hands, Daiso/¥100 stores.
- **Soil, plants:**
Garden & flower shops, department stores.

Instructions

1. Obtain a pot or planter box, preferably one that is a suitable design and color for where it is to be placed. Ensure it has a drainage hole(s) at the bottom.
2. Place plastic nets over the drainage holes and cover the bottom of the pot/container with a thin layer of stones or similar solid material. (The net and stones improve drainage and prevent plant roots from rotting.)
3. Pour soil (appropriate for the plant you are growing) up to approximately 2 cm below the top of the container.
4. Scoop a hole in the soil and pour a little water into it. Take the plant out of its pot, or use scissors to cut the plastic from around the plant, then carefully loosen the earth with your fingers being careful not to damage or cut the roots.
5. Place the plant in the hole, carefully compact soil around the roots, then water again.
6. Repeat steps 1-5 as necessary.



Essential vocab

Words and phrases to help you get what you need...faster.

Words

English	Romanji	Japanese
Pot	Hachi	鉢
Planter (box)	Purantaa	プランター
Pot bottom net	Netto	鉢底ネット
Seeds	Tane	種
Seedling	Nae	苗
Plant	Shokubutsu	植物
Flower	Hana	花
Vegetable	Yasai	野菜

English	Romanji	Japanese
Stones	Ishi	石
Soil	Tsuchi	土
Compost	Taihi / Komposto	堆肥 / コンポスト
Fertilizer	Hiryou	肥料
Sunny place	Hiatari ga ii tokoro	日当たりがいい所
Shady place	Hikage no tokoro	日陰の所



Phrases

English	Romanji	Japanese
Seed sowing period	Maki doki	まきどき
When (is the best time) to plant these seeds?	Tane o maku no wa itsu ga ii desu ka?	種をまくのはいつがいいですか？
When (is the best time) to plant these buds/sprouts?	Nae (← seedling) o ueru no wa itsu ga ii desu ka?	苗を植えるのはいつ(がいい)ですか？
Do these (plants/flowers) grow best in the sun or shade?	Kono (shokubutsu/hana) wa hiatari ga ii tokoro ni ueta (← plant (verb)) hou ga ii desu ka? Hikage ga ii desu ka?	この(植物/花)は日当たり(がいい)所に植えたほうがいいですか？ 日陰がいいですか？

Sustainability options

- Try to use recycled planters and pots whenever possible. See www.ecoforms.com
- Buy locally where possible and practical. Consider how far products have to travel to get to you, especially if they are imported.
- Look for heirloom seeds (can be saved from the current year's plants to be grown the next year) over hybrid seeds (may not be able to be grown the following year).
- Try to use organic fertilizer and compost.



GroBricks

Taste the joy of growing food

Everything you need to grow herbs and vegetables at the home or office. GroBricks bring life to virtually any space, healthy food to your plate, farming to the city, and greater independence to your life.



GroBricks – benefits

- ✓ GroBrick kits include everything you need to start growing food at home or office – instantly!
- ✓ Learn food growing basics – potentially a critical skill should disaster strike
- ✓ Bring life and natural beauty to virtually any lit space
- ✓ Break into urban gardening – a key step to living a more sustainable life
- ✓ Get healthy! – you determine what goes on your plants, not agriculture cos.
- ✓ Fully customizable – you decide container size, color and seeds
- ✓ Possibly the only locally produced all English growing kit available in Japan
- ✓ Eco option available – organic seeds, biodegradable containers
- ✓ Video seed sowing guidance
- ✓ Delivered to your home or office.



Available seeds

VEGETABLES

lettuce
salad mix
mini tomato
chingensai
mizuna
spring onion
mini carrots
spinach
komatsuna

HERBS

basil
shiso
parsley
mint
lemon balm

Think Big, Grow Big

- GroBricks grow with you – use more GroBricks to increase your food supply
- GroRacks (see overleaf) and larger containers are available for offices, seminar rooms, foyers, etc. in plastic, terracotta, biodegradable cardboard, etc.
- City rooftops are great places to cultivate food. See our Feeding the Future report (below) to learn how to create and harvest food from a rooftop garden.

GroBrick kits contains

- ✓ Container (14 x 28 cm)
- ✓ Seeds
- ✓ Plant label sticks
- ✓ Video seed sowing guidance
- ✓ Feeding the Future report – 15 ways to grow food
- ✓ How to Grow Plants in Pots newsletter
- ✓ How to Set up a Rain Collector report
- ✓ Guide to interpreting Japanese seed packets
- ✓ Soil
- ✓ Sowing spoon
- ✓ Full instructions



PRICE: ¥1,250 per kit + courier fee. TO ORDER: Contact Jonathon Walsh e: info@businessgrow.net

GroRacks

Urban Farming Systems

In post-3/11 Japan, having the ability to grow your own food could be one of the most valuable skills you can possess. GroRacks are larger growing systems incorporating GroBricks and other size containers to give you the ability to harvest food at the home or office. **GroRacks** –

- ✓ Boost food independence and can increase survival chances if a major disaster strikes.
- ✓ Enable your family to enjoy the health benefits of home-grown/organic produce
- ✓ Help reduce grocery bills and slash food miles

GroRacks – the benefits

- **Grow** vegetables, herbs and flowers
- **Produce** food in virtually any location that receives sunlight. Ideal for sunny apartment verandahs, rooftops and other exposed locations
- **Customize** to your requirements – choose height, containers, seeds
- **Maximize** use of small spaces: 5-level GroRacks provide a full 1 sq m of growing space on just 0.2 sq m
- **Provide** a hands-on way to teach children important food growing skills.

GroRacks

- ✓ Are easy to install
- ✓ Can be delivered direct to your door to enable you to start growing fast.

Prices subject to requirements and include:

- ✓ GroRack shelving system
- ✓ Containers, soil, seeds, trowel, hoe
- ✓ Installation advice and consulting.



A GroRack loaded with fresh vegetables and herbs ready to be picked for the dinner plate

BENEFITS FOR BUSINESS CUSTOMERS

If you are running a business and purchase a GroRack system, you will also receive:

- ✓ Free consulting about installing GroBricks and GroRacks in the office.
- ✓ **CSR Rewards marketing strategy** (← click to view) valued at ¥69,000 - **FREE**.
- ✓ 73% off the **MediaSmart Pack business marketing package** (← click to view)



Act now!

Spring/Summer is the ideal season to start growing.

Contact **Jonathon Walsh** today to order or simply to discuss options. Quotations available.

e-mail: info@businessgrow.net