



Urban farming & sustainability training & resources

HOW TO CHANGE THE FUTURE

NOW

How can we help you?

QUICK SEARCH DASHBOARD	
Urban Farming Lessons & Resources	Sustainability Program
What will students learn?	Sustainability lessons
Services we offer	
For children & schools	
For adults & company staff	
Urban farming lessons	
Our programs in action	Urban Food Production Kit
Urban farming reports 2012 2013 2016	Instructor profile

Introduction



It's never been easier to learn valuable Japan-specific gardening and sustainability skills in English!

Growing your own food and living more sustainably in the city is easy, cheap and fun, but it's even better knowing that the food you produce and the actions you take will lead to better health, a safer environment, and a more sustainable future for all.

After teaching over 400 students how to grow fantastic food and live more sustainably over 5 years right here in Tokyo, sustainability consultant **Jon Walsh** is now offering **practical, hands-on urban farming and sustainability training** to show people how to live more sustainably and **grow delicious healthy no-spray food** at the home and workplace.

What will students learn?

- ✓ **How to grow real, healthy food** – Learn key skills that will enable you to grow a wide range of fresh, tasty, no-spray **vegetables and herbs** at your home and/or workplace in 3-4 weeks
- ✓ **Skills for life** – that can be taught to families and passed down to future generations
- ✓ **How to grow food** on balconies, walls, fences and gates, in pots, planter boxes, buckets, raised, chain and suspended gardens, and more
- ✓ **How to reduce your intake of toxic chemicals**
- ✓ **Essential Japanese vocabulary** that will make choosing and buying gardening equipment, seeds and plants a breeze
- ✓ **How to boost food independence** and increase survival chances if a major disaster strikes
- ✓ **How to help the community** by donating a portion of the food you grow to [Second Harvest Japan](#) food bank > [Press release](#)
- ✓ **How to slash food miles and reduce pollution**
- ✓ **How to reduce rubbish and energy use**
- ✓ **How to boost personal, family and group self-sufficiency**
- ✓ **How to take immediate steps to live more planet-friendly lifestyles**
- ✓ **Practical ways to utilize sustainable strategies** to strengthen communities and help others.

Services

[Business Grow](#)'s urban farming service is all about growing **fantastic food** (and lots of it!) in the city. We teach people of all experience levels how to grow **healthy, no-spray food** where they live and work at a fraction of the price of store-bought organic vegetables. Students learn skills that will not only help them **grow healthy no-spray food**, but also help boost self-sufficiency and **protect the environment**.

With a record of success working with teachers, parents, professionals and students, we offer:

Urban farming training

We provide hands-on urban farming/gardening training that enables students to get actively involved in the entire food production cycle from sowing seeds and tending vegetables to harvesting, eating and sharing food in the city.

→ [More info](#) & see P2

Garden building & maintenance

Need a garden to provide healthy food, a CSR program, and/or to boost environmental awareness? We can set up and manage vibrant gardens for you as well as provide comprehensive advice, instruction and hands-on seed-to-salad gardening services to quickly create food growing spaces for you on rooftops, around and inside buildings, and produce delicious, healthy food.

→ [More information](#)

Education, resources & programs

Business Grow provides a wide range of informative how-to guides, articles, reports, [food growing kits](#) and other resources that can equip customers with the necessary information to [grow food on site](#), launch [food-based CSR programs](#), [support the community](#) and help the environment.

→ [More information](#) and see p2&3

Sustainability training & resources

Our [sustainability training program](#), comprised of training, informative [articles](#) and other resources, helps people kick the junk habit, reduce their environmental footprints and live more environmentally-friendly lifestyles.

→ [More info](#) & see p4

Urban farming

Learn how we teach children and adults how to grow fantastic food in the city – for life!

For children & schools

Our comprehensive urban farming programs have been tailor-made for school children of all ages and teach them everything they need to know to grow healthy nutritious food at school on rooftops, walls, fences, gates and more. Students acquire key knowledge and skills to help them grow a wide range of vegetables and herbs in just 3-4 weeks, reduce intake of poisonous agricultural chemicals, and **grow food on virtually any sunlit space**.

This training can equip students and their families with important food production skills for life, and be passed down to future generations.

- [Beginners urban farming lessons](#)
- [Advanced urban farming lessons](#)

For adults & company staff

See above + we can teach all levels of office and organization staff how to grow fresh, healthy food at homes and workplaces within Tokyo.

Lessons can be customized to suit requirements, and focus on utilizing available on-site space to grow fantastic food. Why not launch a CSR or community support program and grow food for staff, visitors and events?

- [Customized food growing courses](#)
- [Office food growing solutions](#)
- [Corporate urban farming strategy](#)

Urban farming lessons

1. [How to grow vegetables from seeds](#)
2. [How to transplant seedlings](#)
3. [Vertical gardening](#)
4. How to create balcony, raised & 1 sq m gardens
5. [How to grow food without soil](#)
6. [How to collect rainwater](#)
7. Eco-friendly ways to start seeds
8. [How to build DIY greenhouses](#)
9. [Recycling food/water, making compost](#)
10. [How to build a PET bottle fence garden](#)
11. [Hydroponics and self-watering containers](#)
12. [Natural pest control methods](#)
13. The doctor in your garden (herbs)
14. How to build pipe and gutter gardens
15. [Recovery from disaster](#), and more.

Our programs in action



Hands-on training to produce fantastic food!

Sustainability program

Our **sustainability program** teaches students practical methods, concepts and ideas that can be put into action immediately to reduce rubbish and energy use, boost self-sufficiency, strengthen communities, help others, and protect the environment.

Students can learn about [bartering](#), [time banking](#), [building sustainable cities](#), day trading and much more.

→ [More info](#)

Sustainability lessons

The following sustainability lessons – and more – can be created and taught to meet requirements:

1. [Bartering](#)
2. [Time banking](#)
3. [Making every city sustainable](#)
4. [What happened?](#) – consumable products: then & now
5. Carbon footprints
6. Creating eco-friendly classrooms/offices
7. Package-free shopping
8. Pressures on the Earth
9. Day trading/sharing resources
10. Quality of life and sustainability, and more.



Urban Food Production Kit

Reinforce your skills with the 'ultimate' guide to growing fantastic food in Japan



- **Learn how to successfully grow** fresh, tasty, 'no-spray' vegetables, herbs and sprouts where you live and/or work
- **Learn for life** – Equip yourself and your family with important food production skills that can be used for life, and passed down to future generations
- **Improve your health** – Reduce your family's intake of toxic agricultural chemicals
- **Learn how to capture and save 1000s of liters of water**, boost self-sufficiency and be kinder to the planet wherever you live or work.

What's inside?

- Comprehensive 23-page [urban farming manual](#)
- 37 exclusive how-to guides and reports
- Basic and advanced urban farming guidance, tips and resources
- 10 urban farming [self-learning packs](#)
- **Exclusive Japanese language support**
- Vertical gardening guides, mobile farm plans
- Strategies to collect and recycle rain water and grey water, and much more.

Value: 153,500 yen
Special price: 49,995 yen
 Part of the proceeds support [Second Harvest Japan](#) food bank.

[Download brochure](#)

Instructor profile



Jon Walsh has 5 years experience as a Tokyo-based urban farming/sustainability consultant and instructor. He has grown thousands of tomatoes and cucumbers, hundreds of lettuces and large quantities of other no-spray vegetables and herbs, and taught key food production skills to hundreds of school children, teachers, parents, PTA members and business people.

Jon is also having a series of urban farming articles published in [Eye-Ai](#) magazine and other media, and teaches urban farming at Tokyo American Club [\[article\]](#).

Contact e-mail: info@businessgrow.net

Fantastic food!



Information & resources



About Business Grow

Business Grow is an innovative Tokyo-based company specializing in providing urban farming and sustainability services and advice including:

- Garden design, consulting, installation and maintenance
- Urban farming/gardening training
- Gardening demos, food growing kits
- Sustainability-focused education, resources and training programs
- Business sustainability consulting.

Business Grow promotes a range of [CSR](#), [community support](#) and [on-site urban farming](#) and [sustainability programs](#) to assist individuals, families and companies to reduce their environmental footprints, boost self-sufficiency and protect the environment.

Our work record

- [2016 urban farming progress report](#) – see how Jon worked with students to create edible gardens at Tokyo Int'l School (← recommended)
- [2013 urban farming report](#) – (← recommended)
- [2012 urban farming report](#) – (← recommended)
- [Urban farming lessons - Beginners](#) (← recomnd)
- [Urban farming lessons - Advanced](#) (← recomnd)
- [Rooftop harvest](#) (← recommended)
- [Garden building basics](#) [Seed sowing basics](#)
- [Vertical farming](#) [Recycling/composting](#)
- [Food donation press release](#)
- [Sustainability lessons](#).

For more
information,
contact

Jon Walsh,
sustainability consultant
e: info@businessgrow.net

How can we help you?

Urban farming services

We also.....

Carry out home and office-based training and garden installation

- [Urban farming concierge](#)
- [Office Pack](#)

Provide urban farming self-learning packs

[Self-learning packs](#)

Demonstrate how to grow food in the city

[Food growing demonstrations](#)

Resources

General

- [Urban farming dashboard](#) – All Business Grow's highly practical urban farming resources
- [Urban Food Production Kit](#) – The 'ultimate' guide to growing fantastic food in the city
- [Beginners food growing pack](#)
- [Urban farming concierge service](#) – Customized on-site and remote food growing consulting services
- [Urban farming self-learning packs](#) – 10 off-the-shelf lessons for parents and teachers
- [Urban farming lessons – Beginners](#)
- [Urban farming lessons – Advanced](#)
- [Sustainability lessons brochure](#)

Schools

- [Urban Farming & Sustainability Consulting brochure](#)
- [School sustainability strategy](#)

Businesses, organizations

- [Office food growing solutions](#)
- [Grow For Good community support/CSR strategy](#)
- [Urban gardening services](#) – (Tokyo only)
- [Corporate sustainability strategy](#)