Why grow your own?

Keen for students to learn key life skills that can engage them directly with the amazing power of Nature, improve the health of the school community and the environment, and that can make an intergenerational impact? Would you like fresh tomatoes with that? Here’s how to get it all.

Urban farming workshops and programs are the easiest way to expose students and the entire school community to the many benefits of growing their own fresh, healthy food in the city. It’s hands-on, practical, inspiring, and fun!

And it gets better – growing our own food is one of the easiest and most enjoyable ways there is to not only take greater control of our health and enjoy a larger palate of tastes and flavors, it’s also a smart way to live a more sustainable and planet-friendly lifestyle.

What can students learn?
- Why grow food in the city?
- Fundamental principles and practical steps to growing food from seeds and seedlings in virtually any sunlit location in the city
- How and where to buy gardening equipment
- When to sow seeds & plant seedlings in Japan
- How to gain access to growing space if they don’t have any
- How to extend harvest and maximize yield
- How to protect the environment by slashing food miles and associated pollution
- How to boost food independence and increase survival chances if a major disaster strikes.

Contact: Jon Walsh (Bio)  
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For students, staff and parents

Urban Farming Programs
These multi-lesson programs will equip students with all the skills they need to grow healthy food without chemicals — for life.

> Beginners  > Advanced

What’s possible?
Students will learn the entire seed-to-salad cycle process.

> Session 1  > Session 2  Does it get any better than this?

What can programs achieve? Check them out!

Aoba-Japan International School – 2019  
Tokyo International School programs – 2013  2012 (日本語)

Urban Farming Workshops
One-off fully customizable sessions aimed at teaching people how to grow healthy urban food.

Fast Food Growing Sessions ➔ Event
Farm-to-Table events

See past events:
Social Innovation Japan  
Pechakucha Tokyo  
Tokyo American Club  
Aoba-Japan International School  
Lakeland University Japan  
US Embassy compound Tokyo

Garden Installation
Get your own school garden installed to grow your own healthy food on site.

Grand Hyatt Tokyo  
Montessori School – 2020  
Aoba-Japan Int’l School – 2019  
Tokyo Int’l kindergarten – 2018  
Tokyo Int’l kindergarten – 2019  
Tokyo rooftop garden (supported)

Community Support
Use food to support your community.

Grow For Good CSR strategy  
Food Haven Tokyo (FHT)  
FHT food donations photos  
Food donation press release

Fundraising
Social Impact Projects  
Social Impact Project Sponsor Pack  
Social Impact Project Report

Other Training Options
Additional training to expand students’ learning.

Sustainability programs  
Disaster prep./survival skills

Funding Options
To make programs more accessible, we have a number of funding options available. Please enquire.
Teaching Students

**Fresh food grown on site!**

Hands-on urban farming 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.

Two programs are available – Beginners and Advanced – and lessons from both can be customized to create a tailored teaching plan that can equip students with all the skills they need to grow healthy food without chemicals – for life. This service is backed up by a suite of informative articles, guides and resource materials.

→ Brochure

Schools can also join Food Havens Tokyo, which encourages students to grow & donate food to charities.

Teaching Staff & Parents

**Get everyone involved, learning and growing**

Running urban farming workshops, lectures, seminars, customized short courses and team-building programs is a great way to spread valuable urban farming skills wider into the entire school community. Urban farming training is not only a vital life skill and a hugely valuable learning experience, it can also provide significant physical, mental and social benefits.

Business Grow can also run sustainability and disaster preparation and survival skills programs that share practical recycling skills and help people prepare for and survive natural disasters.

Download Urban Farming Lessons & Packages brochure

Installing Gardens

**Why not get an on-site garden?**

Need a garden to provide healthy food, a CSR program, and/or to increase environmental awareness?

Business Grow can provide advice, instruction and hands-on garden building services to quickly create food growing spaces on rooftops, walls, fences, and around and inside buildings to produce delicious, healthy food.

→ Grand Hyatt Tokyo garden → Kindergarten garden → Montessori school
Events can be run throughout the year in Tokyo, and surrounding prefectures when possible.

Workshops and programs can be customized to match curriculum requirements, budget, and available time.

A range of other options are available including urban farming seminars and on-site consulting to show what food can be grown where at school.

Earn from these events

Promote the below urban farming packs to school staff and parents and receive a 15% commission on each sale.

Beginners Food Growing Pack
- Urban farming guide
- Essential bilingual E/J gardening resources
- Essential growing tips
- 6 urban farming reports, and more.
Price: 9,995 yen > Brochure.

Urban Farming Quick Start Pack
The easiest way to learn about and start growing your own fresh, healthy food in the city. Features on-site evaluation + urban farming lesson + Beginners Food Growing Pack (see left) + discounts.
Price: 25,000 yen > Brochure.

Instructor profile

Jon Walsh (profile) has 9 years’ experience as a Tokyo-based urban farming/sustainability consultant and instructor. He has taught over 870 students, teachers, parents and business people how to grow healthy food, and grown thousands of tomatoes and cucumbers, hundreds of lettuces and large quantities of other no-spray vegetables and herbs in Tokyo since 2012.

In the media: Japan Times, TVNZ, Japan Today, Metropolis, Tokyo American Club, Asia NZ Foundation, NZ Embassy.

Learn more
- Full services portfolio
- Service summary

Contact Jon Walsh:
- Urban food production & training
- Garden installation & maintenance
- Exclusive urban farming resources
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