



# Self-Sufficiency Premier Pack

HOW TO SURVIVE AND THRIVE



## Introduction

The Covid-19 pandemic coupled with the rapidly worsening [threats of climate change](#) have not only [severely impacted entire industries](#), [put millions out of work](#), hammered incomes and savings, and [negatively impacted food supplies and food production itself](#), they also pushed people everywhere to re-evaluate what is truly important.

**The result?** [Demand for seeds](#) and interest in urban farming skyrocketed. Having your own food supply is a key component of a smart self-sufficiency strategy. So is knowing how to get items and services you need for no charge, and, if necessary, survive a natural disaster.

The **Self-Sufficiency Premier Pack** makes acquiring key skills – [that could save lives](#) – easier & faster than ever. Get ahead. **Order yours today!**

## HIGHLIGHTS: You will learn:

- ✓ **Essential food production skills:** How to sow seeds and transplant seedlings
- ✓ How to access growing space you don't own
- ✓ How to grow food on balconies, [decks](#), walls, [fences](#), gates, [rooftops](#), even in thin air
- ✓ How to maximize and extend crop yields
- ✓ How to recycle water and collect rainwater
- ✓ How to obtain products & services for no cost
- ✓ Essential disaster prep./survival skills, & more!

## You will get:

- ✓ Exclusive 60-page [urban farming guide](#)
- ✓ Discounted [online urban farming training](#)\*
- ✓ 10 x urban farming [self-learning guides](#)
- ✓ Exclusive bilingual (J/E) gardening guides
- ✓ Discounted [garden installation](#) and consulting services, [sustainability workshops](#), disaster preparation / [survival skills training](#),\* and more.

## What's included?

### GROWING FOOD: LEARN THE BASICS

1. **15 food growing basics**
2. **How and where to buy gardening equipment** (Tokyo, Japan)
3. **How to select the right soil** (critical for healthy plants and food)
4. **How to select ideal locations to grow food**
5. **The fundamentals:** How to sow seeds and transplant seedlings
6. **How to gain access to growing space if you don't have any**
7. **How to extend harvest and maximize yield.**

#### Exclusive bilingual (Japanese/English) resources:

8. Japan planting calendar: When to sow seeds, seedlings, harvest, etc.
9. Guide to interpreting Japanese seed packets
10. Gardening equipment shopping guide
11. Vegetable (35) & herb (11) name list (English, Japanese, romanji).

### ADVANCED URBAN FARMING SKILLS

1. **Vertical farming** – Learn innovative ways to transform virtually any sunlit surface into a garden
2. **How to grow food in thin air** – Quickly upsize your food supply
3. **Balcony gardening** – How to turn a balcony into a food source
4. **How to build raised gardens** (includes [22-page building guide](#))
5. **How to set up a rooftop garden**
6. **How to create a 1-square meter garden** – Small space gardening
7. **Concept gardening** – Ideas for turning empty spaces into food sources
8. **How to build a water-recycling planting container**
9. **Mobile farm** – Blueprints to grow food virtually anywhere
10. **How to Become an Urban Food Producer** (report)
11. **Feeding the Future** – 15 strategies to produce food starting today.

### SELF-SUFFICIENCY & SURVIVAL SKILLS

1. **How to set up DIY rain collectors** (2 types)
2. **How to collect and recycle water and food, and make compost**
3. **Learn how to get products & services without paying for them**
4. **[FREE] Disaster preparedness manual** – 300+ pages of proven advice to help households fully prepare for a natural disaster
5. **Sustainability Dashboard** – Practical guide
6. **Natural Disaster Survival Strategy** – Practical guide
7. **Making Every City Sustainable** (report).

The Self-Sufficiency Premier Pack provides access to exclusive information products and discounted, customized services to do one thing: boost self-sufficiency



## Exclusive reports, guides & food growing solutions



### Urban Farming Guide

**The only urban farming guide you will ever need.** This 60-page manual contains everything urban farmers need to know to start growing food, and keep growing it for life. Learn how to select soil, four ways to sow seeds successfully, grow more food faster, extend harvest, water & pick your food, and much more.

> [Sample pages](#)



### Online Urban Farming Training (worldwide)

**10% off [online urban farming training](#) for 12 months.\***

Learn how to start growing your own fresh & healthy food in the city without leaving home! Learn urban farming basics, advanced food growing techniques, and more.

> [Brochure](#)



### Urban Farming Site Consulting

**10% off food growing advice and services** specifically tailored to clients' location and environmental conditions, including:

- ✓ Briefing about urban farming and successful food production
- ✓ Urban farming site analysis (See [report](#))
- ✓ Urban farming lesson (choose 1 from 10)
- ✓ Urban farming [resource pack](#) & discounts
- ✓ Available [on-site](#) (Tokyo) and [remote](#) (worldwide). > See [Brochure](#)



### Urban Farming Self-learning / Teacher Packs

**Ideal for teaching children.** Ten practical self-paced gardening lessons that enable even inexperienced gardeners to grow food sustainably, boost self-sufficiency, and help the environment.

- ✓ Tips and detailed notes
- ✓ Equipment shopping lists
- ✓ Ideal for parents.

> [Brochure](#) > [Sample](#)



### Sustainability & Disaster Preparation / Survival Training

**10% off [sustainability workshops](#)** – Learn practical methods and ideas that can be put into action immediately to reduce rubbish and energy use, and boost self-sufficiency. [Disaster preparation and survival skills](#) lessons that can save lives are also available. > [Brochure](#)



## Urban farming services

With a 13-year record of success in urban farming [training](#), [consulting](#) and [garden installation](#), [Business Grow](#) offers a full range of seed-to-plate services:

- Comprehensive urban farming [services](#), [consulting](#), and advice
- [On-site](#) (Tokyo) and [online urban farming training and consulting](#) (worldwide)
- Garden design, [installation](#) and maintenance
- Urban farming [workshops](#), [seminars](#) and [lectures](#)  
➔ [Brochure](#)
- [Community support](#) and [CSR](#) strategies  
(➔ [Food donations](#))
- [Food growing kits](#).

➔ [Download product/service portfolio](#)

## Why Business Grow?

### Experience and know-how

We've got 13 years' experience, trained 2,000+ people, [built 80+ gardens](#), and provided tailored services to help people plant, grow, and eat healthy urban food.

### Garden building experience

- See [Tokyo gardens portfolio](#)
- [Grand Hyatt Tokyo garden](#)
- [St. Mary's Int'l School farms](#)
- [Montessori Int'l School](#)

## For more information, contact

### Jon Walsh

Urban farming consultant & instructor

- [Urban farming dashboard](#)
- [Experts Profile / Bio](#)
- [Media Kit](#)

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\* **Note:** All discounts shown in this brochure apply for 12 months from the date the Self-Sufficiency Premier Pack is purchased.