

How to Grow Your Lunch

An exclusive workshop run by [Business Grow](#), Tokyo's leading English language urban farming company

Meet your instructor:
Jon Walsh



New Zealander [Jon Walsh](#) is one of Japan's [leading experts](#) in urban food production, and director of Tokyo-based sustainability consultancy [Business Grow](#).

Since 2012, Jon has briefed and [taught 2,000+ people in Japan](#) and around the world how to grow no-spray urban food, [installed 90+ gardens](#) in Tokyo, [donated fresh food to food banks](#), and provided valuable urban farming [consulting services](#), [resources](#) and advice.



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- Urban farming [consulting & training](#)
- [Urban farming workshops](#)
- [Online urban farming workshops](#)
- [Garden installation](#)
- Urban farming guide (see [sample pages](#))
- [Urban farming resources](#)
- [Full services brochure](#)

Learn how to grow fresh food!

Growing healthy urban food is fun, easy, and life changing!

This information-packed event will show you how to start a garden and grow your own food at home/work – **for life!** Aimed at busy staff and parents who want to learn how to grow fantastic food, improve their health, save money, & support the environment, this workshop will teach attendees:

- ✓ Urban farming: What it is, where it's happening, and why it's important
- ✓ Benefits of growing healthy food in the city
- ✓ Essential gardening equipment and where to buy it
- ✓ What vegetables and herbs can be grown now
- ✓ **Demonstration #1:** 4 ways to sow seeds + The Golden Rule
- ✓ **Demonstration #2:** How to transplant seedlings
- ✓ Where are the best places to grow food at home and work
- ✓ **How to start school gardens and donate food to people who need it**
- ✓ How to keep your garden growing, maximise/extend your harvest + more!

This is your chance to learn how to grow your own healthy urban food, minimise basic errors, maximise harvest output, improve your health, and support the environment – for life!

Please request prices. For \$25 extra, attendees can receive:

Get more!

- ✓ Comprehensive 60-page urban farming guide (> [sample pages](#))
- ✓ 15 vegetable growing basics (report)
- ✓ Two how-to guides: **1/** How to sow seeds, **2/** How to transplant seedlings
- ✓ 15% off home/workplace online [urban farming consulting](#) (see [report](#)).

Book an event today! → Contact Jon, info@businessgrow.net

