

Urban Farming Fast Food Workshops

Learn how to grow your own **healthy food** in the city!



Want to join an urban farming workshop or course with your friends and learn how to grow fresh, healthy food at home, work, and virtually anywhere the sun shines?

It's easy!

Choose any 5 lessons below, grab some friends or work mates, book Tokyo's [urban farming experts](#), and we'll bring the training and the food-growing fun to your home, [office](#), club, [park](#), or wherever you are in Tokyo.

Workshops can also be run online! → See [Online training](#).

Lessons

- How to grow vegetables from seeds
- How to transplant seedlings
- Eco-friendly ways to start seeds
- How to grow food on walls (vertical farming)
- How to build a PET bottle fence garden
- Where can we grow food?
- How to create balcony, raised and 1 m2 gardens
- How to set up rooftop gardens
- How to grow food in thin air (chain gardens)
- How to start a 'sprout factory' in 1 day
- How to collect rainwater for gardens, home use, and emergencies
- Eco-friendly pest management
- How to collect & recycle water and food, & make compost
- Recycling everyday objects into planters, and more!

What are you waiting for?

Fun + Fantastic Food
= a Great Event!



Ideal for:

Workplace teams
Families
Friends
Clubs

To find out more, contact [Jon Walsh](#),

[Business Grow](#) e: info@businessgrow.net