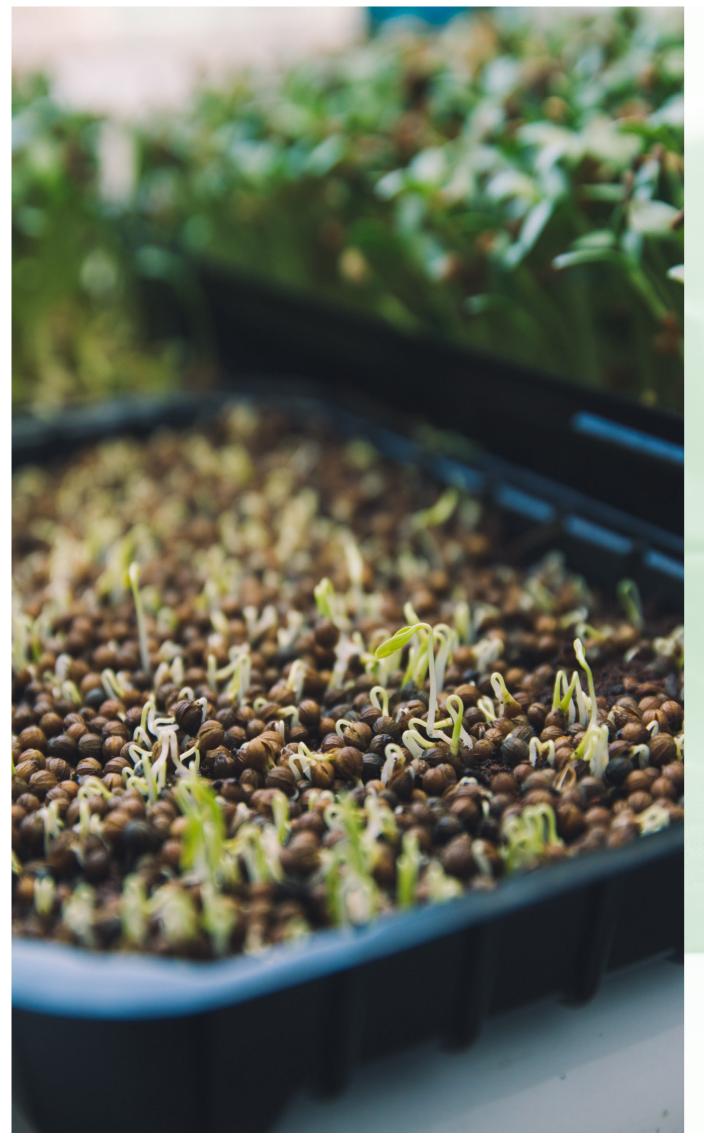


# ORGANIC CROPS IN WORKSPACES





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# Why cultivate in workspaces?



#### LOCAL GROWING

Transform the greening of offices beyond the aesthetic to make them productive and interactive



### TEAMWORK

Promote a unique way to connect your work teams with an urban farm.



#### ZERO MILES

Encouraging the consumption of kilometer zero vegetables can educate people about the importance of local agriculture.

Encourages teamwork: Maintaining an urban farm requires collaborationand coordination among colleagues, which can strengthen relationships and improve teamwork dynamics.

Increase employee engagement: Participation in farm careUrban can increase employee commitment to the company by involving themin significant activities outside of their usual job responsibilities

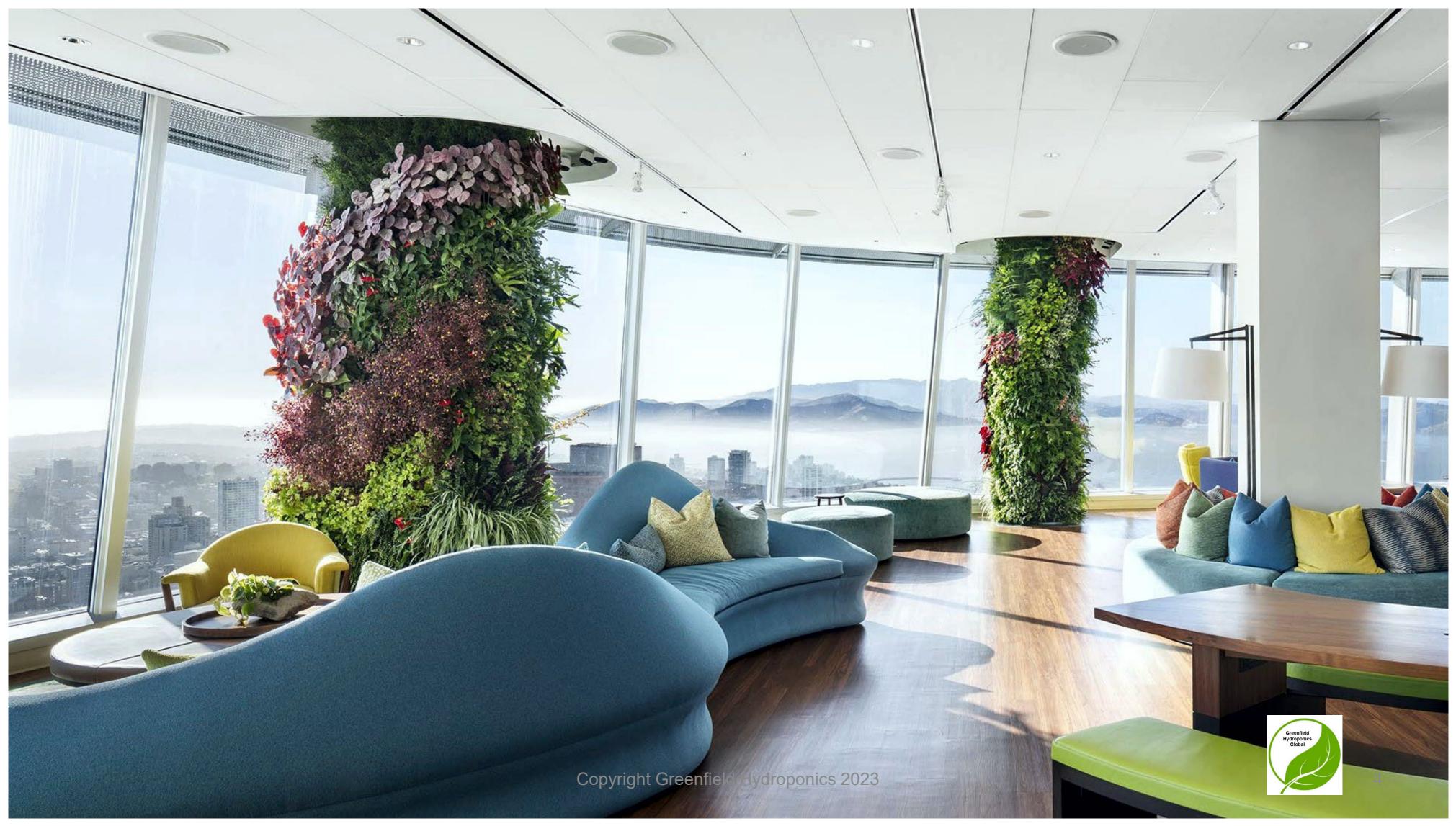
Food education: Encouraging the consumption of kilometer zero vegetables can educatepeople about the importance of local agriculture and decision makingconscious eating.

**Green environment:** create a sustainable environment where work teams will be motivated and engaged in vegetable cultivation.

Freshness and quality: By consuming vegetables produced near your location, you enjoyfresh, high-quality products that have not had to be transported for long periodsdistances.

Put your office greenery to work





## What is Indoor Farming?



In a constantly changing world, indoor agriculture emerges as a revolutionary and sustainable response to the food and environmental challenges we face. Through the integration of technology and the wisdom of traditional agriculture, indoor urban farms stand as a beacon of hope for the future of food and the preservation of the planet.Imagine a future where fresh, healthy food is not a luxury, but a fundamental right. Indoor urban farms bring us closer to that vision, by allowing us to grow food anywhere, at any time of the year. This innovative form of agriculture makes the most of limited resources, minimizes environmental impacts and ensures a constant supply of nutritious food. It is a bold step towards sustainability and food selfsufficiency.Indoor agriculture is a beacon of hope for urban areas.

Cities are often disconnected from food production, relying heavily on the import of agricultural products. By integrating indoor urban farms into city infrastructure, we can build more resilient and self-sufficient communities. Additionally, creating jobs in urban agriculture can revitalize local economies and improve the quality of life for residents.



## **Growing Systems**



Zip Racks that transport towers save time and labor. Large crop yields lead to healthy profits. The time to break even is measured in months, not years. Custom-made plumbing kits with automated water management systems take the stress out of making sure your plants are happy and healthy.



Grow Tower is compatible with over 150 different plants, from delicate herbs and vegetables to abundant fruiting crops such as tomatoes and pumpkins. The Grow Tower growing process produces up to 30% more yield 3 times faster compared to conventional traditional farming methods. For most herbs and leafy greens, the seedling-to-harvest cycle can be as short as 21 days

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Interest in microgreens & herbs is growing more and more, Consumption of these live foods has had a very interesting exponential growth. Micro vegetables are increasingly taking on more importance in healthy eating & add differentiating culinary touches that make food choices something out of the ordinary.







Hydroponic System

BasicsNutrientsWater quality Room

temperatureclimate control greenhouses Types of products

Agriculture Hydroponics
Culture mediathe food
industry

Cultivation methodsProduction practices

Standard Operating Procedures (SOP)

Commercial agriculture

Agricultural ManagementMarketing Sales





## **Motivated work team**



Improving the work environment: The presence of vegetation and farm-related activity can improve the work environment. Employees enjoy a greener, more attractive environment, which can increase job satisfaction and morale.

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# Hotels

The incorporation of urban farms in hotels and resorts is a growing trend that offers numerous benefits for both tourist establishments and guests.

These benefits cover economic, environmental and customer experience aspects.

Fresh, Quality Food: Urban farms allow hotels and resorts to grow their own fresh foods, such as fruits, vegetables, and herbs. This ensures that guests enjoy high-quality, flavorful food during their stay.

**Unique cuisine:** Hotel chefs can use farm-fresh produce to create unique and delicious dishes that highlight local and seasonal food. This can improve the establishment's culinary reputation and attract local diners and tourists.

SEnvironmental sustainability: Local and sustainable food production on urban farms reduces the carbon footprint by reducing the need for long-distance food transportation. Additionally, responsible growing can include eco-friendly practices such as composting and waste reduction.



#### **Educational institutions**



**Hands-on education: Urban** farms in schools give students the opportunity to learn hands-on about agriculture, horticulture, and biology. They can actively participate in planting, caring for plants and harvesting, which improves their understanding of natural processes.

**Connection with nature**: The presence of an urban farm at school allows students to connect with nature in an urban environment. This encourages a greater appreciation for the environment and can improve students' mental and emotional health.**Healthy Eating**: School farms can grow a variety of fresh, healthy foods, such as fruits, vegetables, and herbs. This promotes a more balanced diet and can help combat diet-related health problems such as obesity.

**Interdisciplinary Learning**: School farms offer interdisciplinary learning opportunities as they involve concepts related to science, mathematics, geography, and sustainability. Students can apply what they learn in the classroom to real situations on the farm.

**Practical Skills Development**: Students gain valuable practical skills such as gardening, teamwork and problem solving. These skills can be applied in everyday life and future careers.

**Promoting responsibility**: Caring for plants and animals on a school farm encourages responsibility and care for other living beings. Students learn about the importance of care and respect for nature.

**Promoting sustainability**: School farms can teach students about sustainable agricultural practices, such as composting and efficient water use. This contributes to greater environmental awareness and the training of more

Healthier nutrition and diet: Urban farms provide direct access to fresh, nutritious foods, such as fruits and vegetables. Residents can enjoy locally harvested foods that are rich in vitamins and minerals, benefiting their overall health.

Cognitive stimulation: Gardening and plant care can stimulate residents' minds through planning, tracking, and problemsolving related to growing food. This can help maintain and improve cognitive skills.

Reduced stress and anxiety:
Spending time on the farm and being in contact with nature can have a calming effect and reduce stress and anxiety in residents.
These activities can promote relaxation and a feeling of well-being.

Encouraging socialization: Urban farms provide a common space where residents can interact and collaborate on shared activities. This encourages the construction of social relationships, combating isolation and loneliness.





## CONTACT

Allan M. Olbur

224-425-9236

amo@GreenTechnologyGlobal.com





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