

Aquaponics: Grow your own Veggies

Aquaponics! – the food of the future.

It's fast becoming a cheap alternative and nutritional food source for the health conscious consumer.

A merger of agriculture and hydroponics, it's the closest to a self-sustaining soil-less vegetable garden one can find. In essence, the water in the tank plus the waste of the fish is an organic food source for the growing plants. The plants in turn act as natural filters for the water that flows back into the fish tank after the plants have been watered.

It's an agricultural technique that closely resembles the connection between fish, water and plants in the wild. Combining the best of both worlds, **Aquaponics** eliminates the drawbacks of systems like Hydroponics.

In Comparison **Hydroponics** is based on expensive artificial man-made fertilizers made from a mishmash of chemicals, salts and trace elements. The correct application of the mixture and the PH balance of the water needs to be carefully monitored using expensive meters.

Another **Hydroponic** flaw is the build-up of salts and chemicals in the water, a big no-no for the well being of the plants. The only solution is to dilute the recycled water by draining and topping-up of a determined amount of water on a regular basis.

In comparison the **Aquaponics** system runs like a cute baby. You simply feed the fish with affordable commercial or home grown fish food. Once the system has been setup and monitored for a short period you need only check pH and ammonia on a weekly basis and top-up dropping water levels when needed.

Unlike Hydroponic systems that are prone to diseases called pythium or root rot, **Aquaponics** is virtually disease free.

Can it get any easier?



A mini Aquaponics: It's smart enough to be displayed in your house or study

This system is so simple it can be easily managed from an apartment in the center of town.

1. It uses very little water. The water is recycled and loss through evaporation is reportedly no more than 1.5% per day.
2. A mini indoor system needs as little as 2 – 3 Square meters.
3. It requires no heavy labor.
4. Best of all, it's naturally organic. Chemical pesticides will kill the fish.

There is one drawback however. Because the plants grow in gravel (instead of sand) you can't grow root vegetables like potatoes or carrots.

All said and done, **Aquaponics** is a great way to grow healthy and nutritious veggies. It's the farming of the future and even if you've never done it before, it's easy to manage.

**If you want to learn more
and how to set it up**

CLICK HERE!



**There's simply no price on a healthy lifestyle
It's an established fact that you ARE what you
EAT**

Aquaponics is *HEALTHY*

Aquaponics is *CHEAP*

Aquaponics is *EASY*

Click *HERE* to learn more



'till next time, but until then please leave us a comment or two.

Steve

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