

What Is Aquaponics?

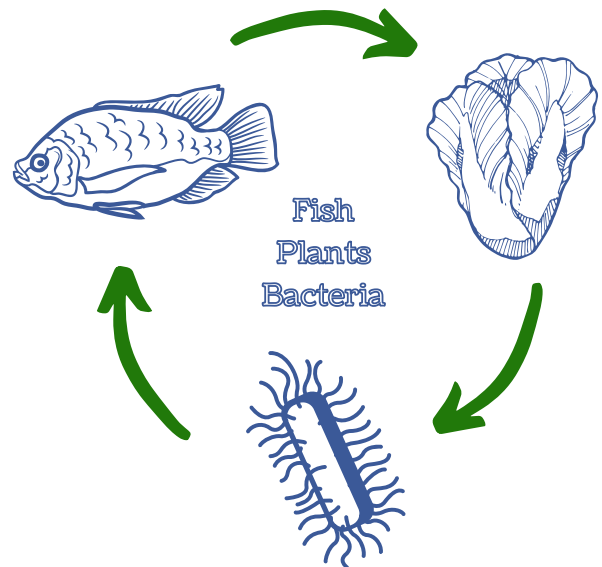
A system of aquaculture in which the waste produced by farmed fish or other aquatic animals supplies nutrients for plants grown hydroponically, which in turn purify the water.



How It Works

There are 3 components of Aquaponics; the fish, the plants and the beneficial bacteria. These three living entities each rely on the other to live.

- The bacteria consume the fish waste keeping the water clean for the fish.
- In the process, the bacteria provide the plants with a usable form of nutrients.
- In removing these nutrients through plant growth, the plants help to clean the water the fish live in.



What Can You Grow?

The fish and plants that you select for your aquaponic system should have similar needs as far as temperature and pH. As a general rule, warm, fresh water fish and leafy crops, such as lettuce, greens and herbs will do the best.

Fish

tilapia
blue gill
brim
sunfish
crappie
catfish
carp
koi
fancy goldfish
pacu

Plants

leafy lettuce
kale
swiss chard
microgreens
basil
mint
chives
watercress
broccoli
cauliflower



Benefits

- Use 5-10% of the water to grow 10 times more food per acre compared to traditional agriculture!
- All natural fertilizer source from fish waste.
- Efficient, sustainable and highly productive.
- Produce and fish free of additives and chemicals
- Requires less back-bending labor
- Eliminating soil eliminates soil borne diseases.
- When combined with a Greenhouse, you can grow year 'round in any climate

Resources

Websites

- coloradoaquaponics.com - Tawnya and JD Sawyer, CO
- aquaponicsgardening.ning.com - Community Blog
- attra.ncat.org/attra-pub/aquaponic.html - ATTRA
- aquaponics.com - Nelson and Pade, WI
- backyardaquaponics.com - Joel Malcolm, Australia
- aquaponics.net.au - Murray Hallam, Australia
- friendlyaquaponics.com - Susanne Friend and Tim Mann, HI
- uvi.edu - University of Virgin Island
- aquaponicsinstitute.org - Nate Storey, WY

Books

- [Aquaponic Gardening](#), Sylvia Bernstein
- [Aquaponic Design Plans](#), David H. Dudley
- [Aquaponics for Beginners](#), Nick Brooke

Podcasts

- Aquaponics for Everyone
- Beginner Aquaponics

YouTube Channels

- ZipGrow
- AquaponicGardening



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