

Aquaponic Gardening: A Step-By-Step Guide to Raising Vegetables and Fish Together

By Sylvia Bernstein



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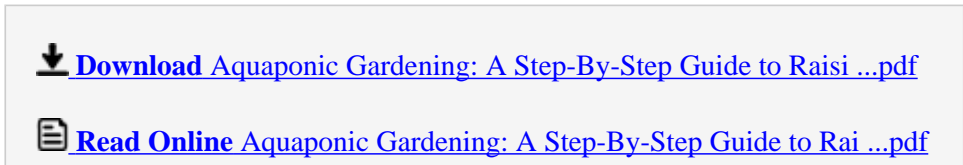
Aquaponics is a revolutionary system for growing plants by fertilizing them with the waste water from fish in a sustainable closed system. A combination of aquaculture and hydroponics, aquaponic gardening is an amazingly productive way to grow organic vegetables, greens, herbs, and fruits, while providing the added benefits of fresh fish as a safe, healthy source of protein. On a larger scale, it is a key solution to mitigating food insecurity, climate change, groundwater pollution, and the impacts of overfishing on our oceans.

Aquaponic Gardening is the definitive do-it-yourself home manual, focused on giving you all the tools you need to create your own aquaponic system and enjoy healthy, safe, fresh, and delicious food all year round. Starting with an overview of the theory, benefits, and potential of aquaponics, the book goes on to explain:

- System location considerations and hardware components
- The living elements--fish, plants, bacteria, and worms
- Putting it all together--starting and maintaining a healthy system

Aquaponics systems are completely organic. They are four to six times more productive and use ninety percent less water than conventional gardens. Other advantages include no weeds, fewer pests, and no watering, fertilizing, bending, digging, or heavy lifting--in fact, there really is no downside! Anyone interested in taking the next step towards self-sufficiency will be fascinated by this practical, accessible, and well-illustrated guide.

Sylvia Bernstein is the president and founder of The Aquaponic Source and the Vice Chairman of the Aquaponics Association. She also manages AquaponicsCommunity.com, the largest US-based online community site dedicated to aquaponic gardening. An experienced speaker and internationally recognized expert on aquaponic gardening, Sylvia writes and blogs on the subject for the *Aquaponic Gardening Blog*, *Growing Edge* and more. Her inspiration is a large, thriving aquaponic setup in her backyard greenhouse in Boulder, CO powered by tilapia, catfish, and other creatures-that-swim.





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Editorial Review

Review

This isn't just another book for dummies; this is a comprehensive handbook on how to grow real food...so meticulously documented, that failure is not an option. --Jeff Edwards – President, Progressive Gardening Trade Association (PGTA)

I have always wanted to put my money where my mouth is and figure out how to do sustainable aquaculture in the context of my home garden. Finally I've got the book to help me do it. --Paul Greenberg - Best Selling Author, Four Fish: The Future of the Last Wild Food

This is a delightful book to read! ... I've been involved with hydroponics and aquaculture for 30 years and still learned from reading this very thorough how-to book. --Henry A. Robitaille, PhD - Former General Manager, The Land Exhibit, Epcot Center

Learning how to garden through the creation of a completely balanced ecosystem is now clearly understandable, even to inexperienced gardeners. -- Michael C. Metallo, President and CEO, National Gardening Association

Sylvia Bernstein has provided the "aquapons of the world" with a clear, impassioned, and elegant "Bible" to spread the good news about aquaponics. --James J. Godsil, co-founder Sweet Water Organics Sweet Water Foundation

Aquaponic Gardening is an excellent primer for anyone considering home-scale aquaculture. Whatever your location or methods, the information should prove invaluable. Fish are within reach! --Peter Bane, Publisher of Permaculture Activist magazine

Now the thousands of people who are discovering aquaponics every day have a resource for moving from the dream to the step-by-step reality of raising fish and food in their homes, yards, and even businesses. --John Thompson Sr. VP Sales and Marketing (and Basement and Backyard Aquaponist) AeroGrow International, Inc.

This book is a vital resource for urban homesteaders. --Sundari Kraft, author of "The Complete Idiot's Guide to Urban Homesteading"

The science is so well explained, it is easily understood. I am ready to start. I love this book! --Jeff Lowenfels, Author, "Teaming With Microbes"

About the Author

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backyard greenhouse in Boulder, CO powered by tilapia, catfish, bluegill and other creatures-that-swim.

Users Review

From reader reviews:

Guadalupe Winn:

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled Aquaponic Gardening: A Step-By-Step Guide to Raising Vegetables and Fish Together your mind will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely can be your mind friends. Imaging every single word written in a book then become one application form conclusion and explanation this maybe you never get before. The Aquaponic Gardening: A Step-By-Step Guide to Raising Vegetables and Fish Together giving you yet another experience more than blown away the mind but also giving you useful information for your better life in this particular era. So now let us present to you the relaxing pattern is your body and mind is going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary paying spare time activity?

Edward Christensen:

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Kathleen Bonds:

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Curtis Swasey:

What is your hobby? Have you heard that question when you got scholars? We believe that that problem was given by teacher to the students. Many kinds of hobby, All people has different hobby. Therefore you know that little person similar to reading or as reading become their hobby. You must know that reading is very important as well as book as to be the issue. Book is important thing to increase you knowledge, except your own teacher or lecturer. You find good news or update concerning something by book. Amount types of books that can you take to be your object. One of them is actually Aquaponic Gardening: A Step-By-Step Guide to Raising Vegetables and Fish Together.

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