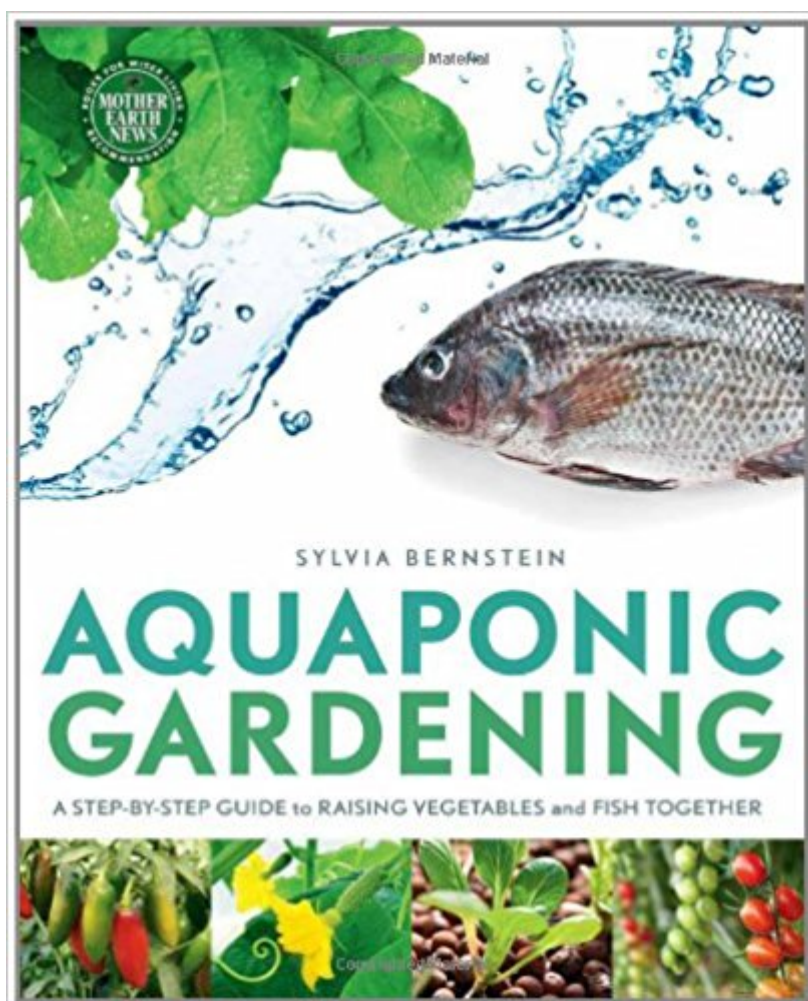


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# Aquaponic Gardening: A Step-By-Step Guide To Raising Vegetables And Fish Together



## Synopsis

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.

## Book Information

Paperback: 257 pages

Publisher: New Society Publishers; Original edition (October 11, 2011)

Language: English

ISBN-10: 086571701X

ISBN-13: 978-0865717015

Product Dimensions: 0.8 x 7.2 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 515 customer reviews

Best Sellers Rank: #18,280 in Books (See Top 100 in Books) #1 in Books > Science & Math > Nature & Ecology > Natural Resources > Fisheries & Aquaculture #2 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique > Hydroponics #3 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Fruit

## Customer Reviews

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 â “ 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 Iâ™ve got the book to help me do it. --Paul Greenberg - Best Selling Author, Four Fish: The Future of the Last Wild FoodThis is a delightful book to read! ... Iâ™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 CenterLearning 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 AssociationSylvia 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 FoundationAquaponic 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 magazineNow 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"

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Being retired we notice more things that we "might" be interested in doing. We have found that by purchasing books that will tell us "all about it" EG: "XXXXXX for Dummies" let's us know what to expect and what is expected from us. On several occasions we have not gone beyond reading the book. They are worthwhile investments. This method saves an investment which down the road just might disappoint us. Not to mention that if we go forward we have an excellent guide to help us. This book is SUPER helpful and it looks like we will be looking further into this endeavor.

Having never had fish nor an aquaponics garden I purchased this book. It is very informative but does not cover all the aspects of doing your garden along with problems the fish might have other than the normal low pH, ammonia, nitrites and nitrates. I'm sure the author could not cover every aspect in this book such as fish ich and how to treat naturally, which ended up being my issues. I use this book as my go-to and also the many great websites that are out there....this is definitely a book I'm glad I purchased as it really taught me a great deal but just understand as with most books you will still have to do your own research but will at least have a great guideline for what else you might need to know. She does give a lot of resources you can use and has her own blog.

This is an excellent resource for anyone wanting to get started with aquaponics. It explains complex technical information in simple terms that demystify the science surrounding aquaponics, making it accessible to everyone that dreams of eating wholesome, organic, sustainably grown food produced in their own back garden (or basement).

A good story but hard to pull off. I suspect there is a lot of wishful thinking, if not exaggeration, in this book. I converted my aquaponic system to hydroponics and get much better results.

I have never enjoyed the hard work of digging in the dirt to garden. Pulling weeds, fighting pests and having to deal with dry weather was always a pain. Then I heard of the fun of aquaponic gardening and that has changed everything. Bernstein in her book has laid out a detailed plan for the beginner to start from scratch and build their own system. All you need is water, fish, plants and bacteria that is in nature and some tanks and you can farm Aquaponically. I have used her excellent insights to

build my own small pilot plant. Every detail has been covered and it has become my Aquaponics Bible. This book covers everything you need to begin and continue being a success as a gardener.

I bought this for my husband because he's interested in this sort of thing. So he read it just to satisfy his curiosity. He enjoyed reading it, but some of the examples require a large investment and he just wanted to know how things worked. So, yes, it fulfilled the purpose for which I bought it. Yes, it's complete in its coverage. I recommend reading it even if you aren't going to follow through and do the gardening.

Insightful and encouraging; just the type of thing I wanted! Full of relevant details, check sheets and resources, just the way a beginner like me wants it. Full of "been-there, done-that stories, like existing experts like to see. A little bit of history and science, to add some "why to?" to your "how to"!

We have been involved in backyard aquaponics for a few years now and have several books on the subject, and we still gained several ideas to improve our system from this book. An excellent purchase! Sylvia writes with humour and in a style that is easy to read and enjoyable. She uses graphics and tables to compare different gravel types, system designs, lights, fish etc so that you can easily see the characteristics, benefits and fall backs of each - very useful! She also discusses aspects of aquaculture that "start-up manual" type books ignore - such as how to control pests on your vegetables (because you can't just spray them with toxins) or adjust and control pH and nutrients for plant growth without impacting on your fish quality. If you want detailed step-by-step 'blueprints' on how to build your first system, this book may not give you the floor plans you are looking for. But every budding aquaponics gardener should still buy this book because it has pearls of wisdom in it that will save you time, money and tears. If this book doesn't inspire you to save the world, nothing will ;)

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