

# Friendly Aquaponics, Inc.

## 2011 Family Aquaponics Training

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### **Training Outline**

Introduction	Page 4
<b>I. Family System Overview and History</b>	
A. How To Have Fun With Aquaponics	Page 5
1. System Features	
2. System Benefits	
3. Energy Usage	
4. Quick Summary of Aquaponics' Applications	
5. Glossary of Terms and Definitions	
B. A Short Overview Of Aquaponics	Page 8
1. General Principles	
2. Different Kinds of Systems Available: Pros and Cons	
3. How Do You Find The System That's Right For You?	
<b>II. Components and System Processes</b>	
A. Aquaponics Technology	
1. How We Got Started	
2. Things To NOT Do	
3. System Sequencing, Sizing, and Proportions	
4. Economical Construction/Use of Best Alternatives	
5. Aeration, Blowers, and Pumps	
6. Electrical Requirements and Alternate Energy Components	
B. System Processes and Chemistry	Page 15
1. Sequence And Flow Direction	
2. What Happens In The Fish Tank	
3. What Happens In the Hydroponic Troughs	
C. Water Quality	Page 16
1. City Water, Ag Water, Stream Water, and Bad Water	
2. Measurement Methods	
3. High and Low Limits	
4. Additions	
5. System Overflow	

### III. System Operation and Maintenance Page 18

#### A. System Startup

1. Verify Water Quality And Fill Her Up
2. Get Fish: You Need The Fertilizer
3. Do Nothing: The Three-Month Startup
4. Inoculate: The Five-Day Startup
5. Helping Your Fish Survive The Nitrite Spike

#### B. Daily Page 20

1. Feeding/Observation
2. Sampling/Measurements/Recordkeeping
3. Checking/Cleaning

#### C. Weekly Page 21

1. Harvesting Fish/Restocking/Carrying Capacity of System
2. Harvesting Vegetables/Replanting
3. Nutrient And pH Levels In The Family System

#### D. Monthly Or Longer Page 23

1. Maintenance/Repairs
2. Additions

#### E. System Catastrophes And Recovery Techniques Page 23

1. Water Loss Or Water Circulation Loss
2. Air Supply Loss
3. Power Loss

### IV. Vegetables Page 25

#### A. Plant Selection

1. General Types, What Grows Well
2. Greenhouse/Screenhouse or Special Techniques Required
3. Not-So-Well and Why
4. Planting Trials Results
5. Climates' Effect on System Operation
6. Dealing With Climate: Greenhouses, Fish Houses, and Insulation
7. Future Trials Planned

#### B. Sprouting And Planting Systems Page 37

1. Germination And Types Of Seeds
2. Conventional Sprouting On Greenhouse Tables
3. Sprouting In Aquaponics System Rafts
4. Sprouting Tray System In Aquaponics' Sideflow
5. Planting Out
6. Raft Hole Spacing And Cycling Tricks

#### C. Harvesting and Processing Tips And Tricks Page 38

1. Cut-And-Come-Again
2. Remove And Leave Whole
3. Pick Vegetables/Remove Unwanted Growth

## V. Fish And Aquatic Species

Page 40

### A. Aquatic Species In Our Systems

1. Tilapia *tilapia* sp.
2. Chinese Catfish *clarius fuscus*
3. Tiger Prawn, Wild Prawn
4. Mosquito Fish
5. *Gammarus*/ Water Flea
6. Biosecurity: Species For Your Location (And NOT For Your Location!)

### B. Temperature Ranges And Growth

Page 42

1. The Relationship Between Feeding, Growth, and Temperature
2. Hotter Is Better For Fish
3. Cooler Is Better For Vegetables
4. What Is Your Ambient? Plan Your System And Species Accordingly
5. Fish Disease Problems

### C. Stocking Fish Into Your System and Harvesting

Page 44

1. Initial Stocking
2. Where Do You Get The Fish To Stock With?
3. What If You Don't Have A Hatchery Nearby?
4. Some Interesting Things We Noticed About Tilapia
5. Harvesting the Family System
6. State Extension Agents: Agriculture, Aquaculture, and State Fish Vet

## Family Aquaponics Training

### Introduction

We got tired of being servants for rich people and decided to teach people how to grow food. We love it and know it will make enough to support us. We hope this encourages others to take similar paths and similar risks in the pursuit of life itself. Do what makes you jump out of bed in the morning, and calls forth the best of who you are. Life is too short to do otherwise.

You will build the aquaponics systems that change the way the world grows its food, so that everyone has enough to eat. To do that, you need to understand systems.

I had a sail making business that depended on my 92-year-old, cast-iron Singer sewing machine. One day it froze up in the middle of a seam, when I had a deadline and was already feeling less than totally relaxed and confident that I would get the job done. I didn't know how to fix it, so I sat and stewed. Then I decided to take the whole thing apart. I got out my tools; I disemboweled the machine. I took it completely apart. I saw how it worked; how the different parts related to one another; where it was adjustable. It took some time: I spent four hours doing this. Then I found the teeny piece of thread in the guts of the machine that had made it freeze up. The next time the machine froze, it took five minutes to fix. Now I can fix and adjust any sewing machine I meet because I understand them. Understanding the system gave me the keys to the kingdom.

Aquaponics is a revolution in food production and food freedom comparable to what the world saw with personal computing. We know that producing our own quality food, instead of just hoping giant agribusiness companies will do it, is a GOOD idea. When you understand how aquaponics systems work, you will have the tools with which to start this peaceful, affirmative revolution.

As part of this revolution, we encourage and support affiliates, something no other aquaponics trainers do. We are committed to teaching others how to spread the knowledge required to build and operate these systems. If you want to take this further than just starting a Family System or an aquaponics farm, and feel you can stand up in front of a roomful of people and cheerfully spout aquaponics, contact us (AFTER your commercial farm is going!). The farm is the most important part; it comes first.

Finally, thank you from the bottom of our hearts for supporting us in our commitment to this new and exciting method of food production. We will do everything in our power to make sure you get more than your money's worth from this training.

PLEASE NOTE: Our farm's three largest systems were originally stocked with fish at a level of 1.5 lbs of fish per square foot of raft area. We call a system with this stocking density a High Density system (HD for short) because of the high density of fish they support. With the high fish food, electricity, and labor costs we have in Hawaii, these were not the best systems to use because we lost about \$1.50 on each pound of fish we grew (LOTS more on this later!).

In 2008 we developed a new kind of aquaponics system we call Low Density systems, or LD for short (your Family System is a Low Density system). These affordable LD systems are organically certifiable with Organic Certifiers of California, and because they operate on one-fifth the fish that the HD systems do, they lose less money on the fish portion of the operation, but still grow the same amount of vegetables, and thus make you more money overall. Although EVERYONE wants to grow MORE FISH, doing so is controlled by a simple equation: electricity for aeration plus fish food is on one side of the equation, and how much you could just buy fish for is on the other side. There is a complete discussion of this in this manual that describes some of the VERY FEW situations where growing more fish is a good idea from an economics point of view.