

Table of Contents

Introduction	Page 5
I. Our Micro-System Overview and History	
A. How To Have Fun With Aquaponics	Page 10
1. System Features	
2. System Benefits	
3. Energy Implications	
4. Quick Summary of Aquaponics' Applications	
B. A Short Overview Of Aquaponics	Page 16
1. How It Works	
2. Types of Aquaponics Systems	
II. Components and System Processes	Page 20
A. Aquaponics Technology	
1. The Parts of Your Micro System	
2. System Sizing, Proportions, and General Considerations	
3. Value Engineering: Reducing Costs Using Alternatives	
4. Air and Water Pumps	
5. Electrical Requirements and Alternate Energy Components	
B. System Processes and Chemistry	Page 27
1. Sequence and Flow	
2. What Happens In The Fish Tank	
3. What Happens In the Hydroponic Troughs	
C. Water Quality	Page 28
1. City Water, Ag Water, Stream Water, and Bad Water	
2. Measurement Methods	
3. High and Low Limits For Dissolved Oxygen, Ammonia, pH, and Iron	
4. Additions	
5. System Overflow	
III. System Operation and Maintenance	Page 31
A. System Startup	
1. Verify Water Quality And Fill Her Up	
2. Get Some Fish: You Need The Fertilizer	
3. Do Nothing: The Two-Month Startup	
4. Inoculate: The Five-Day Startup	
5. The Nitrite Spike And Survivability	
B. Daily	Page 35
1. Feeding/Observation	
2. Sampling/Measurements/Recordkeeping	
3. Checking/Cleaning	
C. Weekly	Page 37
1. Harvesting Fish/Restocking/Carrying Capacity of System	
2. Harvesting Vegetables/Replanting	
3. Additions (Sometimes)	

D. Monthly Or Longer	Page 39
1. Maintenance/Repairs	
2. Additions	
E. System Catastrophes And Recovery Techniques	Page 39
1. Water Loss Or Water Circulation Loss	
2. Air Supply Loss	
3. Power Loss	
IV. Vegetables	Page 40
A. Plant Selection	
1. General Types, What Grows Well	
2. Special Techniques Required	
3. Not-So-Well and Why	
4. Planting Trials Results	Page 54
5. Climates' Effect on System Operation	Page 58
B. Sprouting And Planting Systems	Page 61
1. Germination And Types Of Seeds	
2. Conventional Sprouting On Greenhouse Tables	
3. Sprouting In Aquaponics System Rafts	
4. Sprouting Table System Using Aquaponics' Water	
5. Planting Out	
6. Raft Hole Spacing And Cycling Tricks	
C. Harvesting and Processing Tips And Tricks	Page 64
1. Cut-And-Come-Again	
2. Remove And Leave Whole	
3. Pick Vegetables/Remove Unwanted Growth	
V. Fish And Aquatic Species	Page 65
A. Aquatic Species In Our Systems	
1. <i>Tilapia tilapia</i> sp.	
2. Chinese Catfish <i>Clarius fuscus</i>	
3. Giant River Prawn, Wild Prawn	
4. Mosquito Fish	
5. Water Fleas/ <i>Grammars</i>	
B. Temperature Ranges And Growth	Page 71
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 72
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 Micro-System	
6. State Extension Agents: Agriculture, Aquaculture, and Fish Vet	

VI. Operating Manual for Micro Aquaponics Systems Page 75

VII. Construction Manual for Micro Aquaponics Systems Page 80

VIII. Materials Lists for Micro Aquaponics Systems 64 and 128 Page 96

IX. Construction Drawings for Micro Aquaponics Systems Page 99

Friendly Aquaponics, Inc.
Outdoor Micro Aquaponics Systems
Do-It-Yourself Training
For 64-128 sq. ft. Systems

Aloha, and e komo mai! (“Welcome”, in Hawaiian!) Thank you for your purchase. You have honored us with your trust, and your belief that we have information that can enrich your life. I give you my word that this is so, as long as you USE this information: grow things! If you do not use this information – **with your hands** - it will make no difference whatsoever in your life. **FEED YOURSELF**. It is one of the highest and best uses of your (free) time, and you cannot not win! Feeding yourself – even a little – will deepen your relationship with everything that you eat, giving you a greater appreciation for the work of others, that you have perhaps not appreciated enough in these days of plenty.

What you hold in your hands represents a combined six years in Aquaponics research. Tim and I have three years each in Aquaponics; we are brand new. To some people this might seem like a limitation, but given you are reading this, evidently, you are not one of them. Thank you! We believe that our relative newness and the fact that we are actually operating a commercial Aquaponics farm (rather than just teaching Aquaponics, or being a “consultant”), might mean that we have some good information to share. Thank you for believing in us, and we promise to make you right.

The science in this manual comes from our direct observation of the larger-sized systems we run outdoors (from our “Outdoor Micro Systems”, which are 64-132 sq ft of growing space, through our Family System of 256 sq ft, to our three full commercial systems, ranging in size from ~1100 sq ft of growing area up to our monster low-density system, which is 3300 sq ft! These systems are all built using different construction techniques, but the principles remain the same.).

A note about Friendly Aquaponics, Inc.: We are the first Aquaponics facility in the world to obtain organic certification, and the first, and so far the only Aquaponics facility the world to achieve HACCP Food Safety Certification for Good Agricultural Practices. We are commercial farmers who rely on a Costco account for the main source of our income. We hold trainings twice per year on the Big Island of Hawaii, and we are the ONLY Aquaponics trainers we know of that are actually making our living by DOING what it is that we are teaching. ALL of the other trainers in Aquaponics are consultants ONLY. You can decide how important this is to you. If you are interested in learning more about Aquaponics, and would like to learn to make money with Aquaponics, please consider coming to one of our trainings. Please see www.friendlyaquaponics.com for details on training dates, costs, and accommodations.