

GROWING+SPACES: *A Healthy Choice*



***Applying a background in
microbiology and biotechnology to
the art and science of sustainable
year-round harvests.***



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Shawn Odneal



Stop by The Root!



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The Trend

- Double digit growth in home veggie gardens and indoor growing spaces
- Great supply – garden centers, supermarkets, farmers markets and more
- Unique new varieties - a PINK tomato?
- Great family activity



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How Does Your Garden Grow?

- In the ground?
- In patio pots or containers?
- Hydroponic?
- Aquaponic?
- Vertical?



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Raised Garden Beds

versatility



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Designing it is easy...
Keeping your garden HEALTHY requires a plan...



***STOP BY **THE ROOT** FOR SIMPLE, EASY-TO-USE
FERTILIZERS AND PLANT HEALTH PRODUCTS!***



Compost!

43% of waste in your garbage can be composted!



- Boost your garden nutrition
- Reduce waste
- Save money

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Compost Tea



Why use compost tea?

Inoculate **microbial life** into the soil or onto the foliage of plants.

Add **soluble nutrients** to feed the foliage and soil.



*Don't forget your
compost activator!*



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You don't need Miracle Gro!

**Natural & Organic
work better!**

- **Healthier plants**
- **Fewer chemicals in
your food**



Tower Gardens



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Vertical Gardening & Living Walls



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Don't Forget Houseplants!

A NASA study concluded that common house plants improve air quality. Houseplants will remove up to 87% of air toxins in a room in less than 24 hours!

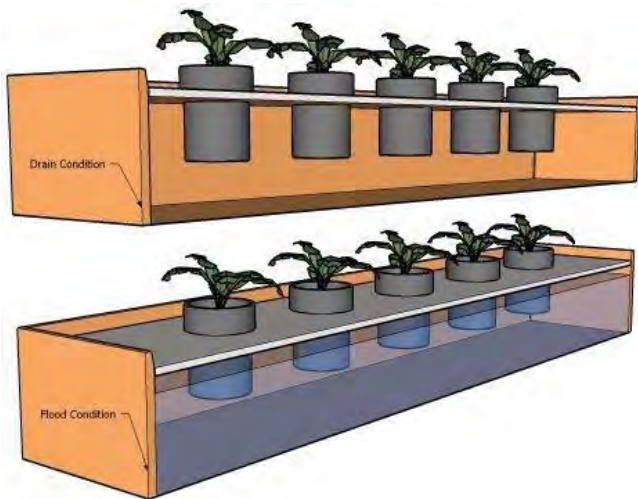
Houseplants are proven to reduce stress and increase attention!

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HYDROPONICS

Cultivation of plants in **nutrient solution** rather than in soil.



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WHY HYDROPONIC?

- ✓ **Bigger and faster yield per square foot**
- ✓ **More efficient - water and fertilizer is reused**
- ✓ **Far fewer pests and disease**
- ✓ **No seasonality**

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AQUAPONICS

Aquaponics is a **sustainable food production system** that combines a traditional aquaculture (raising aquatic animals such as fish, lobster and even mussels in tanks) with hydroponics (cultivating plants without soil) *in a symbiotic environment.*

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AQUAPONICS



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WHY AQUAPONIC?

- You can save money.
- It's possible to grow year-round.
- Plants are healthier in a controlled environment.
- Fish live and reproduce happily
- Homegrown vegetables & herbs taste better.

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And best of all...

It's sustainable!



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Top Aquaponic Crops

- Lettuce
- Chives
- Herbs
- Watercress
- Arugula
- Pepper
- Tomato
- Peas
- Strawberry

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Top Aquaponic Fish

- Tilapia
- White Bass
- Trout
- Catfish



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