



## Hidroponia Para Dummies (For Dummies)



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*Gloria Samperio*

## **Hidroponia Para Dummies (For Dummies)** Gloria Samperio

What is hydroponics? Basically, growing plants without the use of a traditional dirt medium and using a nutrient rich water solution. Those mediums range from fiberglass to sand and from fired clay balls to nothing at all. Several branches of hydroponics include aeroponics (using air as the grow medium), aquaponics etc. How do I get started? Well, you can buy a kit - but its going to cost you... a lot. Or, you can improvise and create your own kit to suite your needs. My local hydroponic supplier's cheapest multiplant kit is \$185, does 8 plants but is not very versatile and is very compact. It uses the ebb and flow method. They also offer a single pot (bucket) bubbler system for \$50. We are going to combine these two systems into a more versatile and much cheaper system. What are my options? There are many different methods. NFT (nutrient film technique - stream a thin layer of nutrient solution over the roots) is common among professional kits - a long with ebb and flow (temporary flood your root system and allow to drain). The most interesting method involves suspending your plants in mid-air and spraying the root system very frequently (aka aeroponics). Drip systems are also common and has its own advantages. There are MANY methods - all of which do not use dirt;) WHY HYDROPONICS? Hydroponically grown foods not only taste better and are more nutritional, you can change the properties of your food, monitor what goes into your food and pollutes less. You can also grow more in less space. This is especially great for those of us that do not have a backyard to grow in. With the right plant selection, you can also keep pests away. I plan on planting a citronella plant - not only do I like the smell of citronella plants, but their oils keep away mosquitoes and other pests.

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About the Author

Gloria Samperio viaja constantemente para estudiar las tecnicas mas innovadoras en cultivos hidroponicos que se han desarrollado en los cinco continentes. Actualmente preside la Asociacion Internacional de Consultores de Hidroponia"

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