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Master Farmer Workshops Series

AQUAPONICS

Fred Lau, Mari's Gardens
July 19th



SUBMIT QUESTIONS FOR THE FARMERS: admin@oahurcd.org

[Oahu RC&D Aquaponics Fact Sheet](#) (includes a topic definition, farmer profile and helpful resources)

Fred Lau and his staff at Mari's Gardens shared their insight into aquaponics with our group. We were given a glimpse of day-to-day water quality issues as well as the use of solar to operate pumps. Fred also shared answers to the big questions about an aquaponics operation and led us on a tour of the facility.



Aquaponics is an intensive, sustainable agriculture technique, which relies on the waste from fish rearing to provide the nutrients for growing plants hydroponically (without the use of soil). The fish and the vegetables can both be agricultural products.

Additional guest speakers included Clyde Tamaru of UH CTAHR who shared current research on Aquaponics and Luisa Castro of UH CTAHR who discussed food safety in Aquaponics.



WORKSHOP HANDOUTS & PRESENTATIONS:

[Oahu RC&D Aquaponics Fact Sheet](#)

[Food Safety Checklist](#)

[Basics of Aquaponics](#) Presentation - Fred Lau, Mari's Gardens

[Current Research in Aquaponics Presentation](#)- Clyde Tamaru, UH-CTAHR

RELATED PUBLICATIONS:

["Construction of Automatic Bell Siphons for Backyard Aquaponic Systems"](#)

["Small-Scale Lettuce Production with Hydroponics or Aquaponics"](#)

["On-Farm Food Safety: Aquaponics"](#)

["Testing Your Aquaponic System Water: A Comparison of Commercial Water Chemistry Methods"](#)

["Aquaponics - Integration of Hydroponics with Aquaculture"](#) (available for purchase from the National Sustainable Agriculture Information Service)

RESOURCES:

[Hawaii Aquaculture and Aquaponics Association](#)

[Aquaculture Hub](#)

[Aquaponics Journal](#)