



NATURE HARMONY FOUNDATION

NATURE FARM INSTRUCTIONS – HOW TO MAKE YOUR OWN HYDROPONIC SYSTEM

MATERIALS:

- 2-liter bottle
- Sponge
- Mineral water
- Aluminum foil
- Nutrients
- Seeds: kale, lettuce, bok choy, parsley, broccoli, basil

INSTRUCTIONS:

1. If you want to apply the same concept of our Nature Farm at home, you can find a container like plastic bottles.
2. Draw a line in right across where the curve starts to end.
3. You can use a small net pot or the top portion of the bottle and put it in the other half of the bottle.
4. Measure and cut a part of the sponge by creating a slit.
5. Place any seed like kale, lettuce, bok choy, or parsley in the slit and then in the net pot or the top portion of the bottle.
6. Make sure to add mineral water and fill until getting contact with the sponge.
7. Add nutrients which can be found in garden stores or boil banana peels (rich in potassium) for one hour.
8. Give the plant enough sunlight.
9. Change water every 4 days.
10. Cover bottle with aluminum foil or any dark cloth to prevent algae growth.



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GRAPHIC DESCRIPTION

