I’m going to share a quick story about Aquaponics and my neighbor
My neighbor’s pair of “lab” puppies would pull him around the neighborhood. They would stop and say “hello.”
Meet Mochi and Nori. Care to guess who is who?
last year I started gardening by creating a simple raised bed garden.
Almost immediately I was introduced to other neighborhood pets’

Roof rat, or *Rattus rattus*

They loved my Tomatoes ....
That helped spark more interest in Aquaponics

Emailed Windward about a class and got a response from Clyde Tamaru.

Clyde S. Tamaru
Dept. of Molecular Biosciences and Bioengineering
College of Tropical Agriculture and Human Resources
1995 East West Road AgSci 218
Honolulu, HI 96822
Phone:808-342-1063
First (and most important) Aquaponics mathematical equation I learned

\[ \text{Mochi} + \text{Nori} = \]
Took a beginners Class at Windward

Great experience and highly recommended!
Took a tour of Mari’s Garden with Fred Lau.

A few days later I emailed Fred to ask about his selection of Tomato starters and he told me to come pick some up. I thought that was pretty cool.

Told me he was building greenhouses because that was the best way.
A comment from Wes in Malamalama: The magazine of the University of Hawaii.

- Awesome.
- I have seen all those locations in person and I am completely mesmerized and impressed.
- It’s impossible to come away from talking to Mr. Lau and Mr. Tamaru and not want to join in on the future of Hawaii, and the world.
- They love to teach, and they love to share. Making the world a better place.

One of the most important things I learned from Fred “grow what you like to eat”.

Recognition
Friends and neighbors say....

Things I was told
I would grow
Planning the greenhouse

Made a plan
The Layout  12x 16 Costco Tent - Craigslist = 50.00
A little digging...
Notice Anchor pins on each leg
Attached boards with self tapping screws

Anchored all tent poles with 4’ concrete pins and/or ¾ galvanized Pipe
Add barrier cloth, 18” Galvanized hardware cloth, and Gravel
Throw in a sink, screen cloth, 6 mil plastic, and some green stain.
Finished Product
Wood growbeds with plastic liners
NFT (nutrient film technique) system
Free-Flow 10 pot Growbed

Idea from Fred
....and we started cycling and growing (6 months ago)
Broccoli
Strawberries
Mint
(Juicy, Fresh, Clean) Cucumbers
Soy Beans
Parsley & Celery
Basil (4 feet high)

Watercress
Peppers
Tomatoes
The Most Rewarding Part .......

Picking your salad!
More ........ Corn
... Grapes ..... Blueberries...
Homemade ...homegrown ingredients
Then there is the fish....

As a longtime fisherman, I just tell everyone “It’s Mahimahi”.

[Images of fish in water]
In Closing

If anyone needs help in designing or building a simple backyard greenhouse please feel free to contact me.

Rick White
808 342-2334
bigfish@hawaii.rr.com
The End

Mahalo!