

# Introduction To Aquaponics



**Volunteer and Learn! With Glenn Martinez at the Lokelani 'Ohana Farm, 2315 Kahekili Hwy, Waihe'e, Maui 96793**

**Schedule: Come when you can!**

**12/02/2011 - Stain wood 1pm-5pm**

**12/03/2011 - Greenhouse construction and wash cinders 8am-5pm**

**12/04-12/09 - Build aquaponic system 8am-5pm**

**12/10/2011- Introduction To Aquaponics Workshop, 9am-12pm and 2pm-5pm \$100  
Couples are ½ price; Volunteers that have contributed from 12/02 to 12/08 will receive \$10 per hour of donated time towards the class. Contact Natalie Cash at 808-551-8442 to volunteer or sign up for the class.**

## What's Good About Aquaponics?

- Recycles water and nutrients environmental friendly.
  - Uses 90% less water than ground crops.
  - Eliminates chemicals and pesticides.
  - Eliminates soil-bourn diseases.
  - Is a sustainable source of fish and vegetables at your back door.
  - Is a family activity that promotes healthy eating and helps to stretch food budgets.
  - Provides a great way to teach children how to grow food and care for living things.
  - Vegetables can be organic from day one, instead of waiting several years to certify land where herbicides, pesticides and non-organic fertilizers have been used.
  - Fish can be organic if natural feeds like soldier fly larvae or azolla are used as feed.
- Can be scaled up to a small or large profitable, production.



Owner and operator for 14 years of 5 acre Certified Organic farm in Waimanalo Olomana Gardens. Newly elected President of the Hawaii Farmers Union, 11/ 2010. Now serving on Board of Directors for Hawaii Aquaculture and Aquaponics for about two years. Serves on the Coast Guard Auxiliary, Champions the end of GMO, is pro-organic and pro-seed savers. Promote and encourages farming FOOD, Grow Your Own! Promotes having an Organic garden on EVERY school campus, wants to revitalize the FAA, Future farmers Program. Wants to promote school field trips to farms. Wants to promote AG Tourism, not just for the farmer to make money but to connect with the public and kids that farming is good, profitable and a great way to live. Olomana Gardens, 41-1140 Waikupanaha St. Waimanalo, HI 96795, 808-259-0223 [www.olomanagardens.com](http://www.olomanagardens.com)



Lokelani 'Ohana is a non profit organization running programs in organic gardening, weaving/ creative arts and housing for people with developmental disabilities. Our goal is to expand our services in providing safe, loving, fulfilling homes and programs. We are located at 2315 Kahekili Highway, Waihe'e, Maui 96793, 808-249-0254, [www.lokelaniohana.org](http://www.lokelaniohana.org)