

# Table of Contents

<b>FOREWORD</b>	<b>15</b>
<b>INTRODUCTION</b>	<b>17</b>
<i>A Brief History</i>	19
<i>Advantages: Why Hydro?</i>	24
<i>Limitations</i>	29
<b>CHAPTER 1 THE DIFFERENT HYDROPONICS SYSTEMS</b>	<b>33</b>
<i>Passive Systems</i>	33
<i>Flood and Drain</i>	34
<i>NFT</i>	38
<i>DFT: Deep Flow Technique</i>	42
<i>Drip Systems</i>	42
<i>Aero-hydroponics</i>	46
Air pumps	46
Water pumps	50
Vortex	52
<i>Aeroponics</i>	54
<i>Vertical Cultivation</i>	56
<i>DWC: Deep Water Cultivation</i>	59
<i>Hydroponics of the Future</i>	61
<i>Which One to Choose?</i>	61
<b>CHAPTER 2 HYDROPONIC SUBSTRATES</b>	<b>65</b>
<i>Common Features</i>	65
<i>Inorganic Substrates</i>	67
Rockwool – Glasswool	67
Lava rocks	69
Pumice	69
Perlite	69
Vermiculite	71
Gravel	71
Sand	71
Expanded clay pebbles	73
<i>Organic Substrates</i>	73
Peat moss	73
Coco coir	75
Sawdust	76
<i>Others</i>	76
Soilless mixes	76
Water	76
<b>CHAPTER 3 THE NUTRIENT SOLUTION: WATER, NUTRIENTS, AND FILTRATION</b>	<b>83</b>
<i>Water</i>	83
pH	84
Table: pH scale, some examples	84
Alkalinity	86
Hardness	87
Salinity	87
<i>Filtration and Treatments</i>	89
Reverse osmosis	89
UV Filter	90
Sand filter	92
Biofilter	92
Activated carbon filter	92
Ceramic filters	92
<i>The Nutrients</i>	94
Table: The role of each element	95
<b>CHAPTER 4 MANAGEMENT OF NUTRIENT SOLUTION</b>	<b>101</b>
<i>Temperature</i>	102
<i>pH</i>	104
Table of absorption	104
<i>Conductivity</i>	105
Table of conductivity in mS/cm	105
<i>Changing the Solution</i>	106
<i>Some Basic Advice</i>	108
<b>CHAPTER 5 HYDROPONICS PLANTATION STAGE BY STAGE</b>	<b>113</b>
<i>Sowing</i>	113
<i>Mother Plant</i>	114
<i>Cuttings</i>	116
<i>Vegetative Stage</i>	118
<i>Flowering and Fruiting</i>	120
<i>Harvest</i>	122
<i>Growing for Seeds</i>	122
<i>Hydroponics for Outdoors</i>	122

<b>CHAPTER 6 THE HYDROPONICS GROW ROOM</b>	<b>123</b>
<i>Space</i>	123
<i>Humidity</i>	126
<i>Ventilation</i>	128
<i>CO<sub>2</sub></i>	129
<i>Light</i>	132
Metal Halide (MH)	
- High Pressure Sodium (HPS)	136
LED (Light emitting diodes)	136
Plasma light	136
<i>Odor</i>	138
<b>CHAPTER 7 DEFICIENCIES, PESTS, AND OTHERS</b>	<b>143</b>
<i>Deficiencies</i>	143
Table of mobile, semi, and fixed elements	144
Table of deficiencies/excesses	144
<i>Pests in Indoor Cultivation</i>	146
Above ground	149
• Spider mites	149
• Aphids	151
• Thrips	151
• Whiteflies	151
• Molds - Fungi	151
Below the ground	153
• Root aphids	153
• Nematodes	153
• Fungus gnat	153
• Molds - Fungi	153
<b>CHAPTER 8 ADDITIVES: BRINGING LIFE TO HYDROPONICS</b>	<b>159</b>
<i>Silica</i>	160
<i>Humates</i>	161
<i>Plant Extracts (Boosters)</i>	162
<i>Hormones</i>	164
<i>Algae Extracts</i>	165
<i>Fungi and Bacteria</i>	165
<i>Worm Casting Extract</i>	166
<i>Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>)</i>	168
<i>CO<sub>2</sub> Tabs</i>	169
<i>Enzymes</i>	170
<i>Mycorrhiza</i>	170
<b>CHAPTER 9 CAN HYDROPONICS BE ORGANIC? BIOPONICS</b>	<b>175</b>
<i>Conductivity</i>	177
<i>pH Level</i>	178
<i>Filtration</i>	179
<b>CHAPTER 10 URBAN GARDENING (OUTDOOR AND INDOOR)</b>	<b>181</b>
<i>General Principles</i>	182
Impermeability	182
Heat	182
Rain	183
Frost	183
Wind	183
Insects	185
Kitchen, Living Room	185
Terraces, Balconies	186
Vegetal Walls	186
Roofs	193
City Farms	194
<b>CONCLUSION</b>	<b>199</b>
<b>APPENDIX 1 GALLERY</b>	<b>203</b>
<b>APPENDIX 2 THE LAW AND THE LABEL</b>	<b>217</b>
<i>What Does the Law Say?</i>	217
Minerals	217
Mixes of mineral and organic	218
Organic	218
Eco labels	218
<i>Consumer's Information</i>	218
What does the label tell you?	219
What the label does not say	219
What do we find on the labels in real life?	220
<i>In Brief</i>	220
<b>APPENDIX 3 CONVERSION CHART</b>	<b>221</b>
<b>APPENDIX 4 BIBLIOGRAPHY</b>	<b>223</b>
<b>INDEX</b>	<b>227</b>



235