

Growing Plants without Soil: Hydroponics/ Aquaponics & Aqua-culture / Aeroponics

Research and Outlines

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Related Documents

- [RL-P5 - Urban Agriculture and Gardens \(Research and Learning Labs\)](#)
- Projects
 - [Potong Pasir Urban Agriculture, Micro-Gardens & Farms Project](#)

Research

Articles

- Best (Easiest) Plants to Grow Hydroponically Indoors -
<http://www.healwithfood.org/grow-indoors/best-plants-to-grow-hydroponically-or-aquaponically.php>
- Oh Farm's How to Set up Oh Farms Hydroponics Gardening Kit -
http://www.ohfarms.com.sg/start_growing
- What Can You Grow Hydroponically? -
<http://modularhydro.com/ArticleLibrary/WhatCanYouGrowHydroponically.html>

Perspectives on Growing Plants Without Soil

Concepts on Hydroponics

Reference

What Can You Grow Hydroponically?

Plants that do not require much care and thrive in compact systems

Category	Plant Name
Flowers	<ul style="list-style-type: none">• Lavender
Herbs	<ul style="list-style-type: none">• Anise• Basil• Catnip• Chamomile• Chervil• Chives• Cilantro• Coriander• Dill• Fennel• Marjoram• Mint• Oregano• Rosemary• Sage• Tarragon• Thyme• Watercress
Vegetables	<ul style="list-style-type: none">• Artichokes• Beans• Lettuce• Spinach• Cabbage• Broccoli• Cauliflower• Brussels Sprouts• Peas

List of Easy to Grow Tropical Plants for Hydroponics or Aquaponics

1. **Spinach** - Continuous supply as parts can be snipped off and grown back.
2. **Lettuce** - Continuous supply as Easy to harvest outer leaves that keep growing back
3. **Watercress** - Semi-Aquatic plant. Requires slight alkaline ph that keeps moving
4. **Cherry Tomatoes** -
5. **Cucumbers**
 - a. Vine Type: require support with trellis or wire cage.
 - b. Bush type: Smaller
6. **Peppers**
7. **Kale**
8. **Mint**
 - a. (Orange Mint, Water Mint) - Semi Aquatic plant grows best in shallow water on sides of ponds and streams.
 - b. Peppermint - Hybrid cross between spearmint and orange mint loves water.
9. **Basil**
10. **Parsley**
11. **Cilantro**