

Kids Gardening Community Chat: Hydroponics
Resources from Green Our Planet
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Hydroponics at its core is putting plant roots in contact with a nutrient-rich water solution, putting grow lights (or the sun) overhead, and letting them grow. There are about 7 different types of hydroponic systems, with endless designs based on those types. Children of all ages can do it - it's super engaging and educational in about every school subject and makes them feel good!

[Green Our Planet HydroConnect Program Flier](#)

[Green Our Planet Website](#) - apply for a program

[Green Our Planet Lesson Samples](#)

[Green Our Planet YouTube channel](#) - find video lessons and tutorials

[Kratky tutorial](#) - [Kratky as a lesson](#)

[Wicking systems](#)

[Making systems out of recycled materials](#)

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