SPOTLIGHT on Sustainablility

A Student Led Educational Program Encourages Backyard Garden Initiatives

"Together we can inspire the community to take sustainable action"

What is Living Harmony?

Living Harmony is a backyard aquaponics garden project led by three enterprising University of Central Florida (UCF) students; Jonathan Carr, Rob Papson and Joshua McFadden. Inspired to provide an example to their community on sustainable action, Living Harmony seeks to become a reliable community resource for home food production. The students grow nutritious food for their household and donate produce to UCF's Knights Helping Knights Pantry for students in need.

How does aquaponics work?

Aquaponics grows plants in fertilized water where the nutrients are provided by fish. The Living Harmony system obtains these nutrients from a large tank stocked with 54 tilapia. The water travels from the fish tank up through the gravel beds then into deep water cultures, becomes absorbed by the plants, and then is pumped back to the fish.

What are the benefits of aquaponics?

Aquaponics is a form of growing plants using minimal water. The only water lost in the system is taken up by the plants or evaporated. Living Harmony adds approximately 15 gallons of water every two days, which is much more efficient than traditional farming methods. Because aquaponics is a closed system, it can be done anywhere, even in the desert.

What's growing now?

The project is currently growing Swiss chard, dwarf bok choy, red romaine lettuce, collard greens, red winter cabbage, tomatoes, butter crunch lettuce, cucumbers, ruby supreme guava, radicchio and more!

Get involved!

Living Harmony acts as a hub for UCF students and community members to educate themselves about aquaponics and encourage backyard garden initiatives. They encourage the public to come see the project to learn how to set up systems at home. Led by UCF students, Living Harmony serves as a stepping stone for other gardening projects and will be left for future students. For additional information contact Jonathan Carr at **jonathancarr@knights.ucf.edu**.

Our HOME for Life

*For more information on Orange County's Sustainability Initiative, visit **www.ochomeforlife.net***