



2024

BEST CROPS FOR HYDROPONIC



Hydroponic cultivation guidebook that emphasizes plant selection and vegetable growing : " Hydro Harvests : Choosing and Growing Vegetables Hydroponically.

Happy growing !



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ARAGULA

It carries a spicy punch in a tender leaf , making it a great addition to salads, pizzas , and sandwiches , As a Bed for Serving .



ARAGULA CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Full harvest

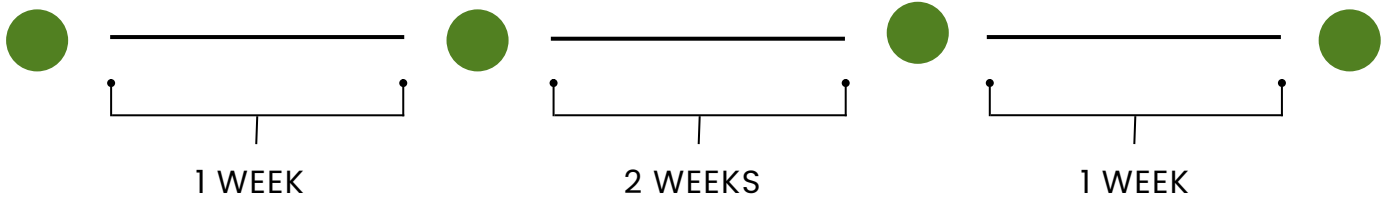
Yield : 320 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



BASIL

Its sweet, yet slightly peppery flavor makes it a great addition to pesto sauce, soups, drinks, salads, infused oils and Vinegars, pizzas , pasta, and sandwiches , As a Bed for Serving .



BASIL CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Harvesting from leaves and stems without damaging the roots

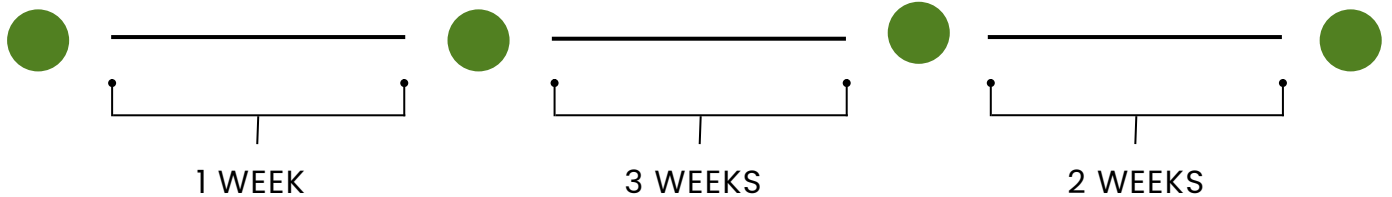
Yield : 200-320 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



SPINACH

Its mild, slightly sweet taste makes it a popular ingredient in many dishes around the world. Makes it a great addition to salads, smoothies, cooked Dishes, egg dishes , Stuffings and Fillings, pizzas , Baking.



SPINACH CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Full harvest or from leaves

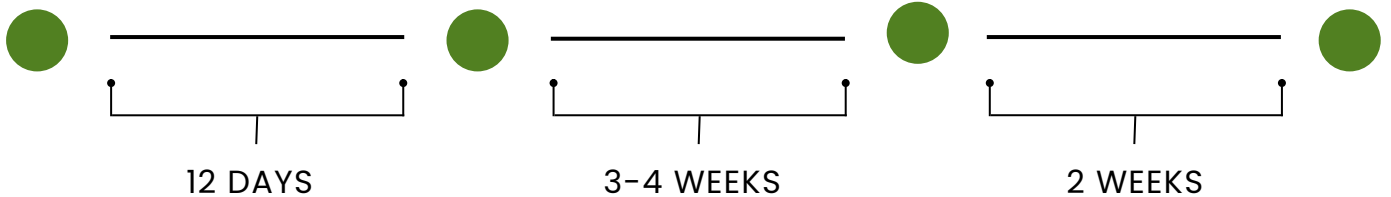
Yield : 1000-1200 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



If harvested from the root, ignore the second harvest.

KALE

Its peppery, slightly sweet ,bitter taste makes it a great addition to salads, smoothies, soups and stews , sautéed or stir-fried , kale chips , juicing , pesto , steamed .



KALE CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

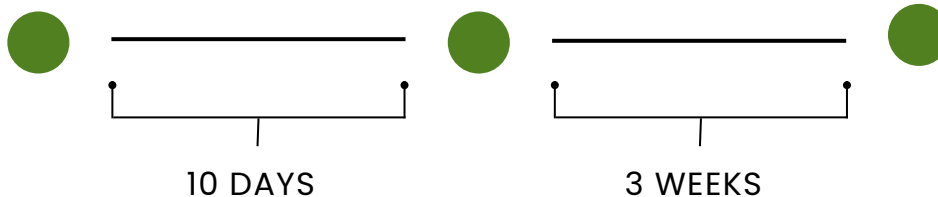
Harvesting : Harvest from leaves

Yield : 420-440 gr / zip tower

GERMINATION

SEEDLING

HARVEST



SWISS CHARD

Swiss chard has a distinctive taste that is often described as earthy and slightly bitter, makes it a great addition to salads, smoothies, Sautéed or Stir-Fried , Soups and Stews , Baked into Casseroles and Lasagnas ,As Wraps or Rolls , pesto , In Quiches and Frittatas .



SWISS CHARD CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Only harvest 30-35% of the plant, leaving the rest of the plant to support another harvest

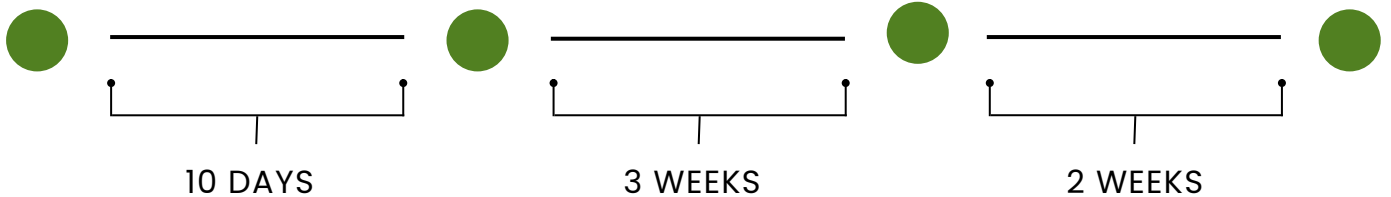
Yield : 423 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



LETTUCE

Its flavor according to change lettuce type , which is mild , slightly sweet , slightly bitter and makes it a great addition to salads, Wraps and Sandwiches , Garnishes , Cooked Dishes , Soups and Stews , Smoothies and Juices Lettuce Cups , As a Bed for Serving .



LETTUCE CULTIVATION

Planting : Germinate from seed

Harvesting : Harvest from root

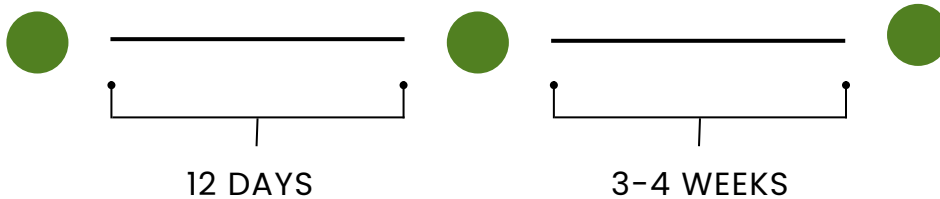
Temperature : 18°C

Yield : 300-400 gr / root

GERMINATION

SEEDLING

HARVEST



CRESS

It is a leafy green with a peppery flavor that has been used in cooking and as a garnish for centuries. Makes it a great addition to salads, Wraps and Sandwiches , Garnishes ,pesto and souces , Butters and Cream Cheeses , Smoothies and Juices , As a Bed for Serving , egg dishes.



CRESS CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Harvest from leaf

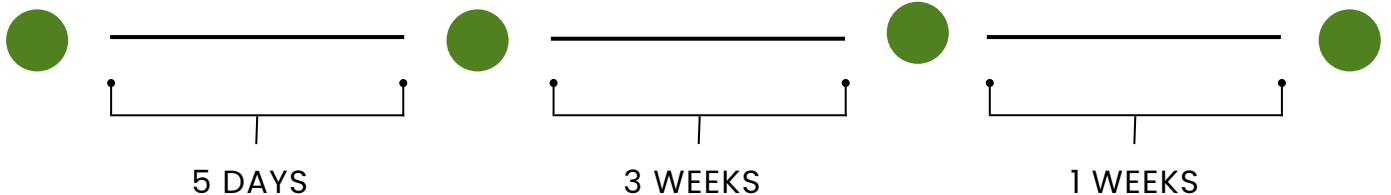
Yield : 423-440 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



BOK CHOY

its smooth , slightly sweet flavor , makes it a great addition to salads, stir-fry dishes , Garnishes ,Soups and Broths , asian dishes , Grilled , Braised , Pickled.



BOK CHOY CULTIVATION

Planting : Germinate from seed

Harvesting : Full Harvest

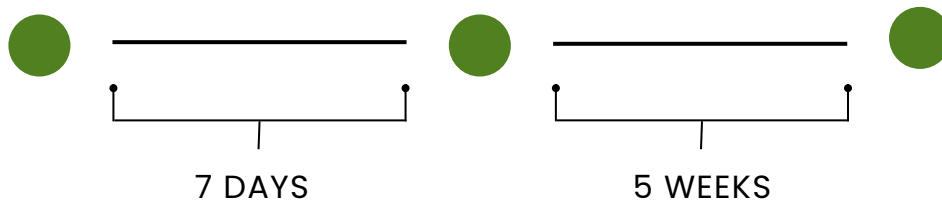
Temperature : 18°C

Yield : 350-400 gr / root

GERMINATION

SEEDLING

HARVEST



PARSLEY

It is a leafy green with a peppery flavor that has been used in cooking and as a garnish for centuries. Makes it a great addition to salads, Wraps and Sandwiches , Garnishes ,pesto and souces , Butters and Cream Cheeses , Smoothies and Juices , As a Bed for Serving , Marinades and Dressings , Herb mixture , tabbouleh



PARSLEY CULTIVATION

Planting : Germinate from seed

Harvesting : Harvest from leaf

Temperature : 18°C

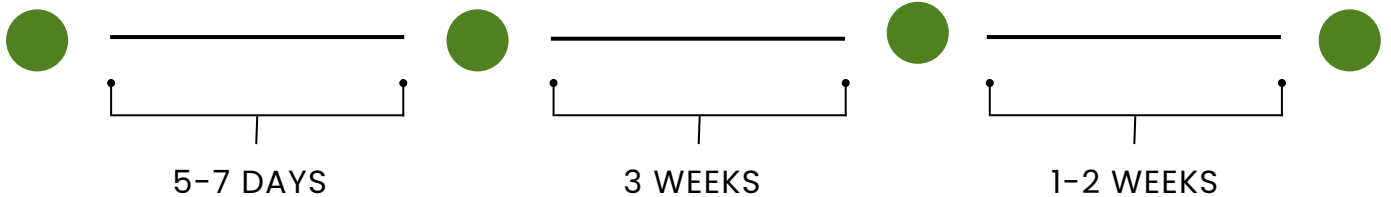
Yield : 300-350 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



DILL

It is a leafy green with a peppery flavor that has been used in cooking and as a garnish for centuries. Makes it a great addition to salads, Wraps and Sandwiches , Garnishes ,pesto and souces and dressing , Butters and Cream Cheeses , Smoothies , Dips and Spreads , Potato Dishes ,Breads and Pastries , Fish and Seafood Dishes



DILL CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Harvest from leaf

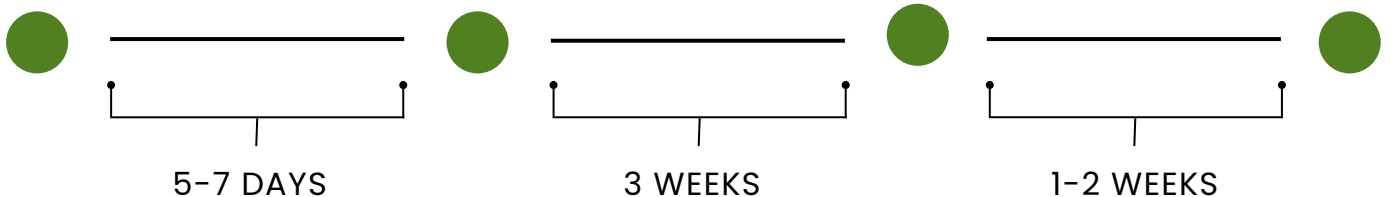
Yield : 300-350 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



RADISH

Radishes, with their crisp texture and peppery flavor, are versatile root vegetables that are used in various culinary traditions around the world. Makes it a great addition to salads, garnish , pickled , in Sandwiches and Wraps , Roasted or Grilled , In Fermented Foods , As Part of a Crudit  Platter .



RADISH CULTIVATION

Planting : Germinate from seed

Temperature : 18 C

Harvesting : Full harvest or from leaf

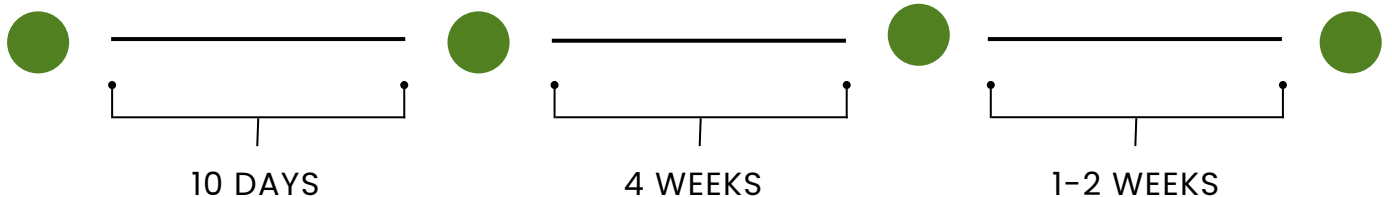
Yield : 30-35 gr / root

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



If harvested from the root, ignore the second harvest.

GREEN ONION

Its slightly Sweet and Slight Peppery , makes it a great addition to salads, garnish ,in Sandwiches and Wraps , cooking,dips and Sauces ,Baked Goods.



GREEN ONION CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Full harvest or from leaf

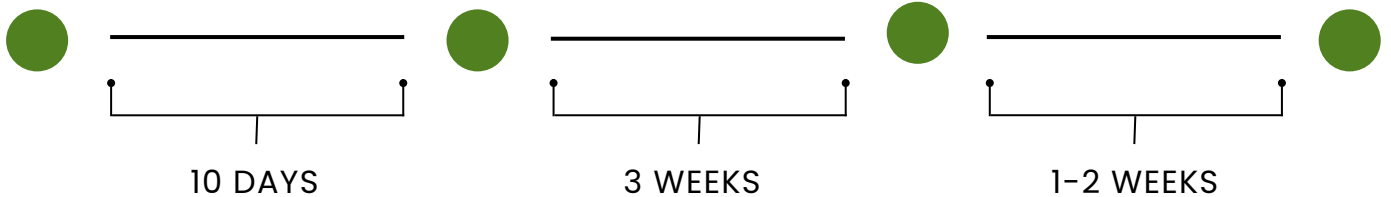
Yield : 30-35 gr / root

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



If harvested from the root, ignore the second harvest.

CELERY

Its mildly bitter and peppery makes it a great addition to salads, soups, Juicing and Smoothies , Snacks, Cocktails , cooking.



CELERY CULTIVATION

Planting : Germinate from seed

Harvesting : Full harvest

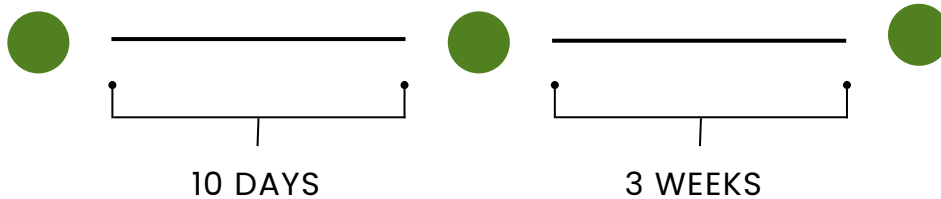
Temperature : 18°C

Yield : 150-200 gr / plant

GERMINATION

SEEDLING

HARVEST



BEEET

Its slightly Sweet and nuanced flavor , makes it a great addition to salads, cooked, Juiced , leaves , Pickled .



BEEET CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Full harvest or from leaf

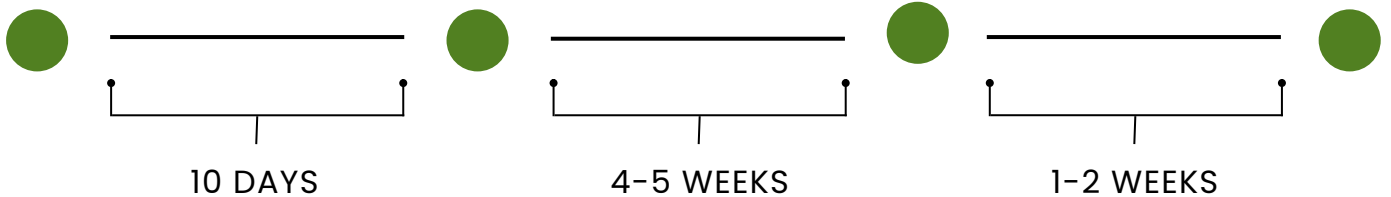
Yield : 37-40 gr / plant

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



If harvested from the root, ignore the second harvest.

CORIANDER

Coriander has a fresh, citrusy, and slightly peppery taste, makes it a great addition to salads, cooked, Marinades and Dressings.



CORIANDER CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Harvest completely cutting at the base of the plant and on the face of the tower

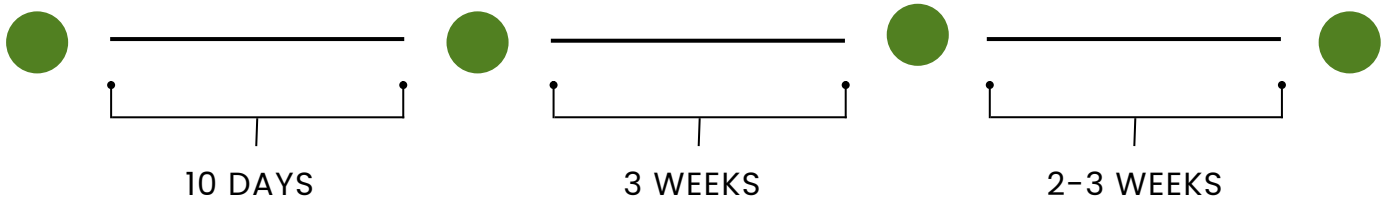
Yield : 260-270 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



LEEK

Known for their mild, onion-like flavor and makes it a great addition to soup , Sautéed or Braised , Grilled or Roasted , Baked Dishes



LEEK CULTIVATION

Planting : Germinate from seed

Harvesting : Full harvest

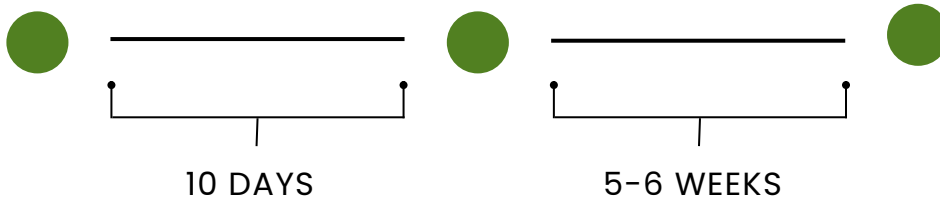
Temperature : 18°C

Yield : 120-140 gr / plant

GERMINATION

SEEDLING

HARVEST



CHIVES

Chives are a delicate herb known for their mild onion flavor makes it a great addition to salads, cooked , soups , Butters and Cream Cheeses , sauces , Potato Dishes , eggs.



CHIVES CULTIVATION

Planting : Germinate from seed or from root by breaking apart mature plants and replanting

Temperature : 18°C - 20°C

Harvesting : Harvest every 2-3 weeks by cutting the plant to 1-2 inches from the crown

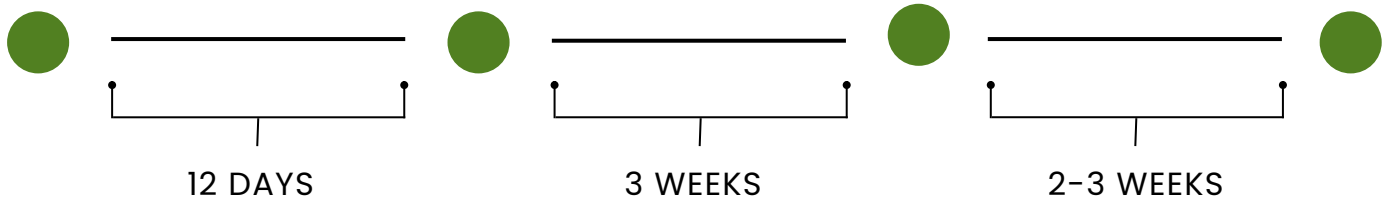
Yield : 200 -230 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



OREGANO

Oregano has a strong, zesty flavor, with notes of mint and hay and a slightly bitter taste, makes it a great addition sauces, Meats and Poultry , cooked , Cheese Dishes, soups , also use as medicinal and herbal tea.



OREGANO CULTIVATION

Planting : Germinating from seed works, propagation by cutting is best

Temperature : 18°C - 20°C

Harvesting : Multiple harvests through pruning, the last of which the entire crop is harvested completely.

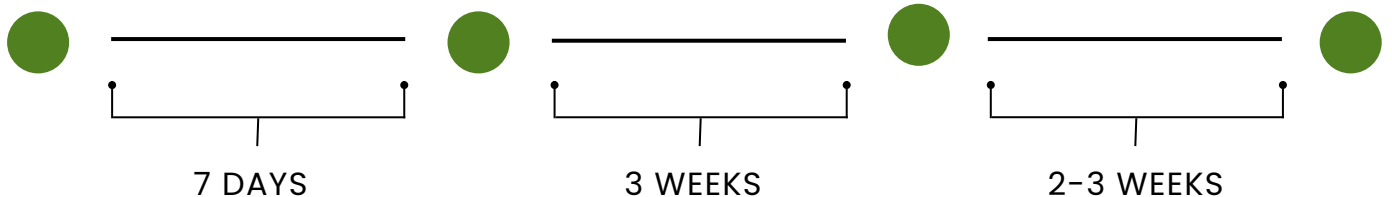
Yield : 260-300 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



ROSEMARRY

Rosemary has a distinctive taste that is often described as pungent, slightly bitter, and aromatic, makes it a great addition to sauces, Meats and Poultry, cooked, Cheese Dishes, soups, also use as medicinal and herbal tea.



ROSEMARRY CULTIVATION

Planting : Germinating from seed is very difficult, propagation from clone is fastest and easiest

Temperature : 18°C

Harvesting : Multiple harvests are common through pruning.

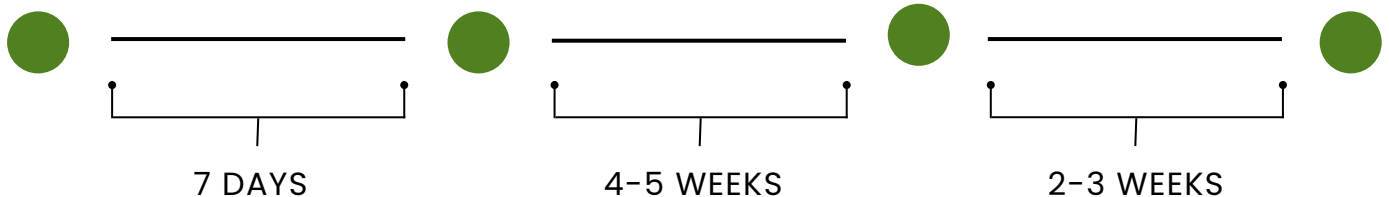
Yield : 80-100 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



SAGE

Sage has a distinctive taste that is often described as pungent, slightly bitter, and aromatic, makes it a great addition to sauces, Meats and Poultry, cooked, Cheese Dishes, soups, also use as medicinal and herbal tea.



SAGE CULTIVATION

Planting : Germinating from seed is very difficult, propagation from clone is fastest and easiest

Temperature : 18°C

Harvesting : Multiple harvests are common through pruning.

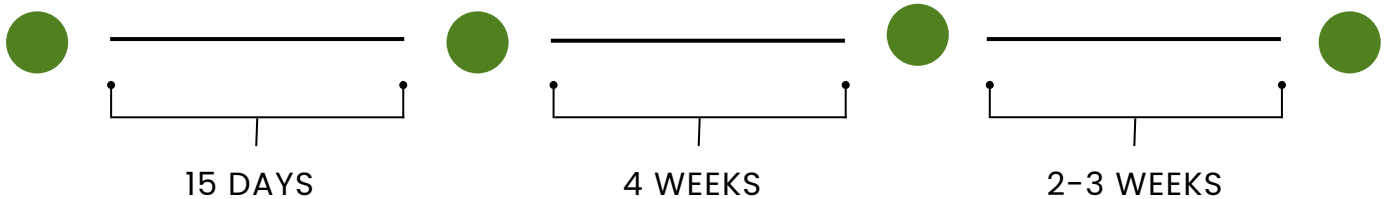
Yield : 100-130 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



MINT

Mint has a distinctive, refreshing taste that can be described as cool and slightly sweet with a sharp, peppery finish, makes it a great addition sauces, Meats and Poultry , cooked , Cheese Dishes, soups , drinks , also use as medicinal and herbal tea.



MINT CULTIVATION

Planting : Germinate from seed, or start from cutting, or rootstock

Temperature : 18°C

Harvesting : Multiple harvests through pruning, the last of which the entire crop is harvested completely

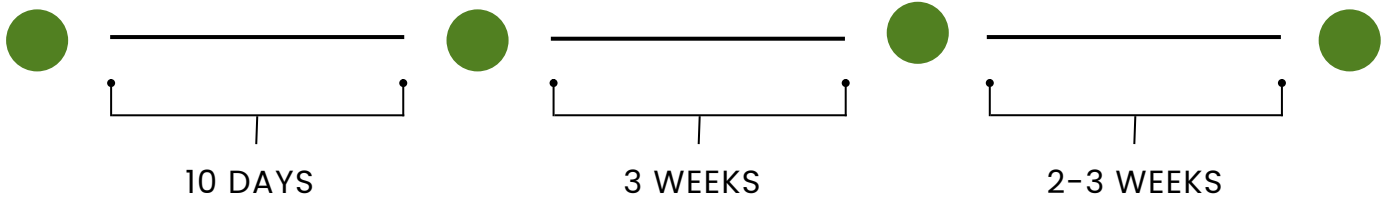
Yield : 368-450 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



FENNEL

Fennel is a highly aromatic and flavorful herb, makes it a great addition to meats and fish meals, salads, sauces, also use as medicinal and herbal tea.



FENNEL CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : At first harvest, only take 30% of the greens, take the full plant on the second harvest.

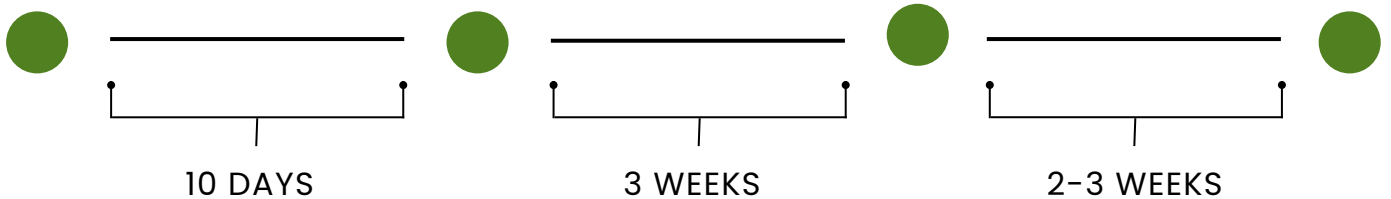
Yield : 368-450 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

BULB HARVEST



LEMON GRASS

Lemon grass, is a tropical plant known for its strong citrus flavor and aroma makes it a great addition Teas and Beverages , Cooking , Marinades and Sauces , also use as medical .



LEMON GRASS CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : At first harvest, only take 30% of the greens, take the full plant on the second harvest.

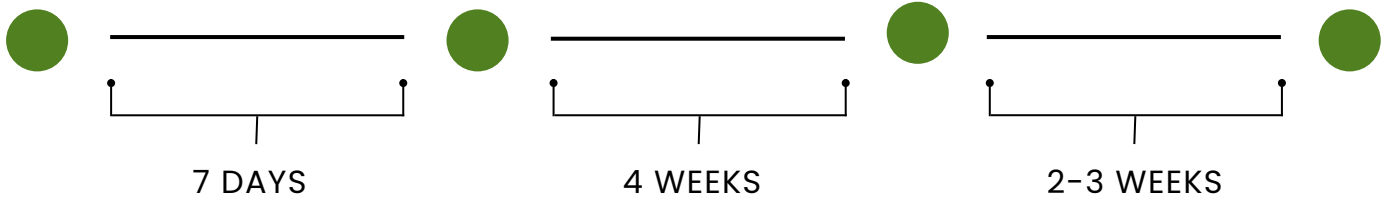
Yield : 780 - 820 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

BULB HARVEST



ENDIVE

its crisp texture and a mildly bitter flavor, makes it a great addition salads , Cooking , drinks , herbal tea .



ENDIVE CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

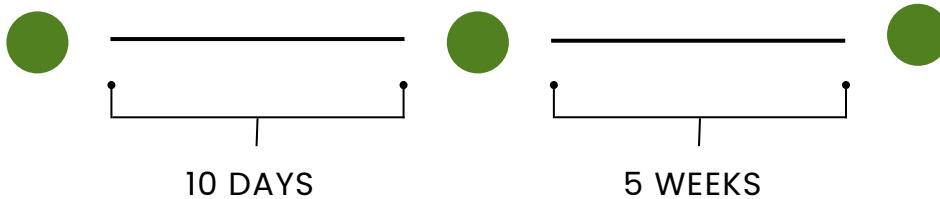
Harvesting : Full harvest

Yield : 300-350 gr / plant

GERMINATION

SEEDLING

HARVEST



ANISE

Mint has sweet, licorice-like flavor, makes it a great addition sauces, drinks , also use as medicinal and herbal tea.



ANISE CULTIVATION

Planting : Germinate from seed

Temperature : 18°C

Harvesting : Cut back and harvest the flavorful leaves

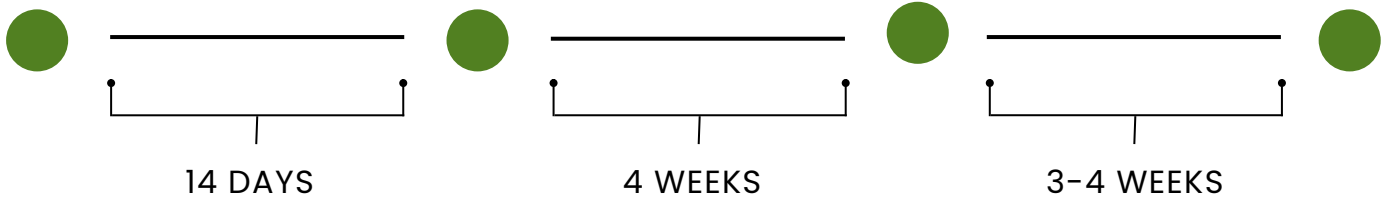
Yield : 300-330 gr / zip tower

GERMINATION

SEEDLING

1ST HARVEST

2ND HARVEST



STRAWBERRY

Strawberries are a beloved fruit known for their bright red color, juicy texture, and sweet, slightly tart flavor, makes it a great addition , drinks , jams , ice cream , desserts , fruit salads , yogurts , Sauces .



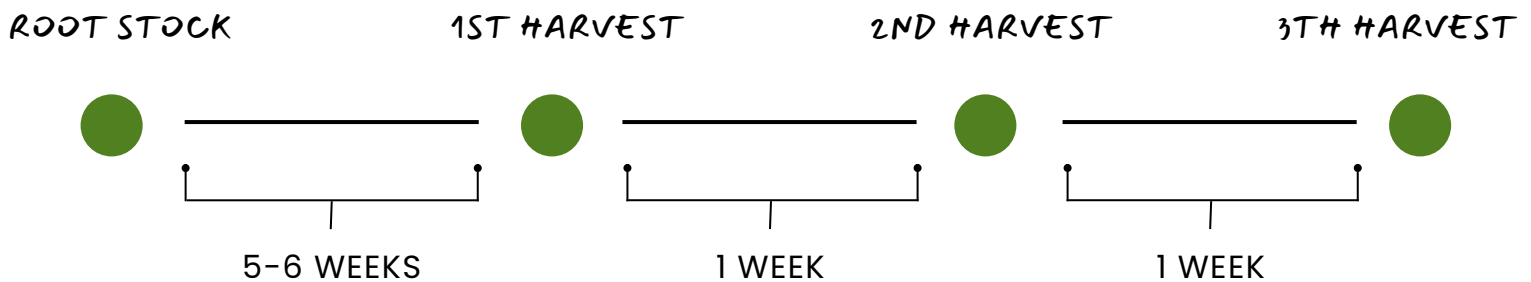
STRAWBERRY CULTIVATION

Planting : Propagation from clone is fastest and easiest

Temperature : 21°C

Harvesting : Harvest from fruit

Yield : 1500-2000 gr / tower



PEPPER

For their pungent or spicy flavors , makes it a great addition , cooking , pickled , Sauces and Pastes , salads , sanwiches or eat as fresh.



PEPPER CULTIVATION

Planting : Germinate from seed

Temperature : 18-21°C

Harvesting : Harvest from fruit

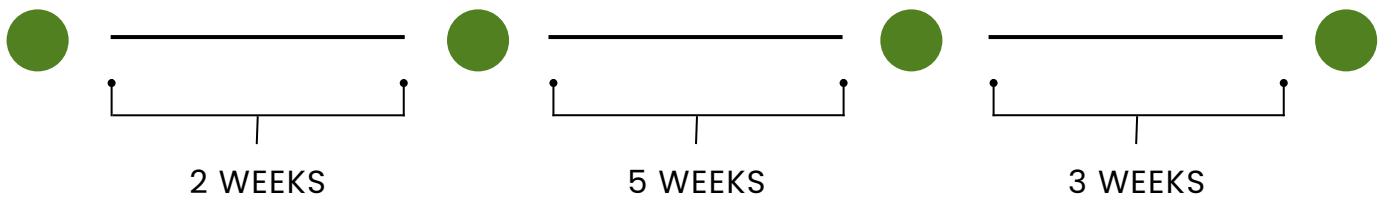
Yield : 10-15 kg / plant

GERMINATION

SEEDLING

1TH HARVEST

2ND HARVEST



CHERRY TOMATO

Tomatoes have a balance of sweetness, acidity, and savory flavors, makes it a great addition , cooking , pickled , Sauces and Pastes , salads , sanwiches or eat as fresh.



TOMATO CULTIVATION

Planting : Germinate from seed

Temperature : 20-22 °C

Harvesting : Harvest from fruit

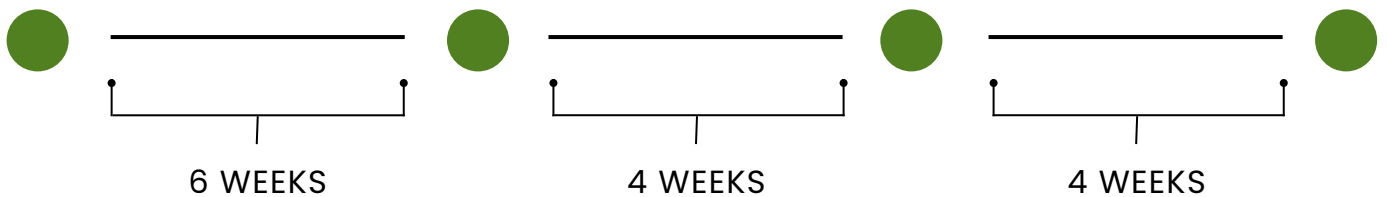
Yield : 5-10 kg / plant

GERMINATION

SEEDLING

1TH HARVEST

2ND HARVEST



CUCUMBER

Cucumber have a balance of sweetness, acidity, makes it a great addition yogurt, pickled, salads, sandwiches or eat as fresh.



CUCUMBER CULTIVATION

Planting : Germinate from seed

Temperature : 20-22 °C

Harvesting : Harvest from fruit

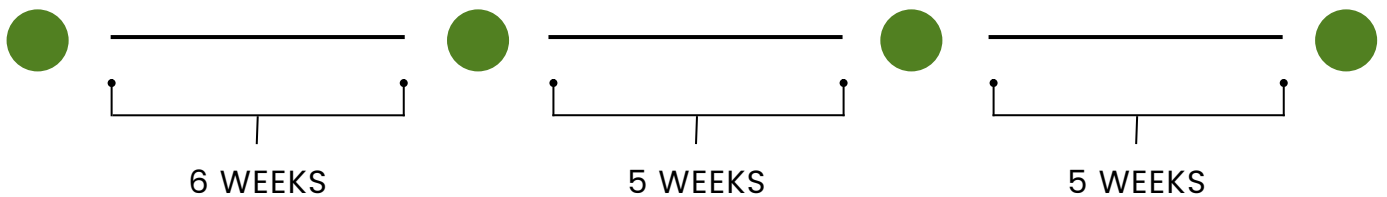
Yield : 10-15 kg / plant

GERMINATION

SEEDLING

1TH HARVEST

2ND HARVEST



EGG PLANT

Eggplant has mildly sweet, slightly bitter taste makes it a great addition sauces, Meats and Poultry , cooked , soups , Grilled or Roasted ,Marinades and Dressings .



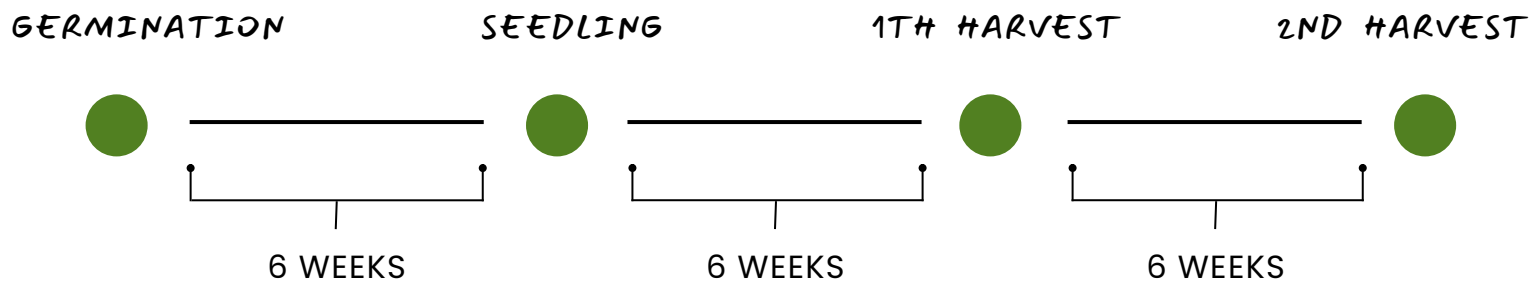
EGGPLANT CULTIVATION

Planting : Germinate from seed

Temperature : 20-22 °C

Harvesting : Harvest from fruit

Yield : 10-15 kg / plant



HEMP

These are wick systems, deep water culture (DWC), nutrient film technique (NFT), ebb and flow, aeroponics, and drip systems. Take a small branch and bend it slightly.

There are types of female hemp (medical hemp) and male hemp (industrial hemp).



HEMP CULTIVATION

Planting : Germinate from seed

Temperature : 15-21 °C

Harvesting : Harvest from buds or stem

Yield : 600-750 gr / plant

GERMINATION

SEEDLING

1TH HARVEST

2ND HARVEST

