

appealed to me. But, now I've learned that commercial quantities of vegetables can be grown simultaneously. All of the nutrients required by the plants are present in the water used to grow fish intensively.

Aquaculture
By
Johnny Foster
UNC Sea Grant

Plants can be grown without soil. A nutrient-rich water solution and a method of support for the roots of the plants is all that is necessary. A solar greenhouse can extend production and improve efficiency. And what is an excellent source of nutrient-rich water? Aquaculture. I recently received a very interesting newsletter from the Rodale Aquaculture Project describing such work. Using greenhouses for aquaculture has always

Not only are the plants able to utilize the otherwise wasted nutrients, but the fish get their waste filtered out by the plants roots. Doesn't that sound like a marriage made in heaven? I'm sure it's not as simple as it sounds but such an ecological growing system could increase efficiency, reduce costs and convert a nuisance (waste) into a resource.

One system in particular fascinated me. William Head, project director at Anity Foundation in Eugene, Oregon has been

working on greenhouse aquaculture for several years. He uses a Nutrient Film Technique (NFT) hydroponics system in a 350-square-foot solar greenhouse.

Head uses plastic gutter pipe for plant support. The gutters are suspended from the ceiling of the greenhouse and covered with 4 mil black plastic. Vegetable seeds are started in peat pots. After four weeks, the peat pots are transplanted into the gutters through slits cut in the plastic. The young plants then grow into a common root mass and fill the gutters.

A big advantage of this system is that it requires lower nutrient levels for good growth. An aquaculture system has these low nutrient levels. A thin but continuous stream of aquaculture tank water flows along the bottom of the gutters while the upper portion of the root mat in the gutters remains dry. Therefore, the plants do not drown.

The Amity Foundation grew Chinese cabbage, leaf lettuce and spinach throughout the winter. All but the spinach did very well. Furthermore, the major problem of root clogging leading to plant drowning was eliminated.

Another interesting article in Rodale's newsletter Network describes the work of Otis Ferguson, Jr. Mr. Ferguson is a captain in the Air Force, has a master's

degree in computer engineering and lives in the desert of New Mexico. He has integrated commercial production of fish, vegetables and rabbits in a solar greenhouse. The company, Recovery Systems Research, Inc., has developed a recirculating system they call "aqua-ecology."

The 16,000-square-foot greenhouse has eight fish culture tanks, 1,160 yards of hydroponic beds and a worm bed. A 150-breeding-doe rabbitry, which contains 500 rabbits, is also part of the operation.

The green leafy wastes from the vegetables is fed to the young rabbits. The rabbit manure, hair and cellulose fiber is fed to the worms. All of the protein waste products from processing the catfish, rabbits and worms are mixed with high-protein algae to produce a catfish feed. The heat generated by the rabbitry (180,000 BTUs per hour) is also an important component of the system.

Anyone interested in "ecological aquaculture" should become a member of Rodale's Network. They provide workshops, excellent, easy-to-read research papers and the newsletter with an Associate membership which costs \$15 a year. For more information, write: Rodale Aquaculture Project, Emmaus, Pa. 18049.

Firewood should be cut and split in the spring or early summer so that it will have time to dry before being burned next winter. According to the North Carolina Division of Forest Resources, spring-cut wood averages 22 per cent moisture content after six months of seasoning; autumn-cut dries to 21 per cent moisture content after 12 months seasoning.

Over-confidence is the ally of the enemy.

Letter To The Chowan Herald Editor

Dear Sir:

Just a little over a year ago the Rocky Hook Community Center was re-organized, primarily for recreation for community members. Since that time several fund raising projects have been held to finance recreation activities and up-keep of buildings and equipment. Two of the most successful events have been a Halloween Carnival and May Play Day. The most recent event was a community fish fry, the proceeds being designated for building tennis courts.

As Chairman of the community center, I want to express my sincere thanks and appreciation to the Board of Directors, officers, committees, and all other community members for their help and support in making these fund raising events successful by giving of time, energy, and donations.

The Rocky Hook Community Center organization is governed by rules and by-laws which were presented by the Board of Directors to community members and adopted by a majority vote of active members. The facility is available for use to all community members by appointment. As the rules now stand no equipment or furnishings are to be removed from the premises. The community center has recently spend hundreds of dollars for repairs on furnishings. Other articles have been completely lost because they were borrowed and not returned. One of the most difficult duties of the Chairman of an organization is to see that rules and by-laws are followed. Due to some recent misunderstanding, it is apparent many community members are not familiar with the adopted rules and by-laws. I invite all community members to attend the community meetings which are held the first Thursday night of the month.

The Rocky Hook Community Center can be as

asset to all age groups of the community, especially children and youth groups. However, the interest and cooperation of parents and relatives of these children and young people is needed to keep the community center going.

Again, I express my thanks to everyone and pledge my support as Chairman of Rocky Hook Community Center for another year.

Sincerely,
Carlton Nixon

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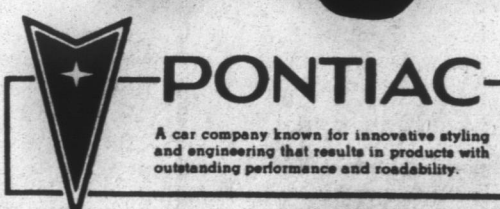
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