







# CROP SHEETS



Inclusive Hydroponic Crops



# LETTUCE

	<b>Seed:</b>	Your own or from a nursery. You can also replant the base of a lettuce.
	<b>Container:</b>	1.5L or 2L bottle (can be used as a 5L bottle for higher production).
	<b>How to plant it:</b>	Cut the bottle, fill it with nutrient solution and place the seedling with its roots in contact with the water.
	<b>Light:</b>	Plenty of sunlight (minimum 5-6 hours daily).
	<b>Growth time:</b>	30-45 days.
	<b>Best time to plant it:</b>	All year round, preferably in spring and autumn.









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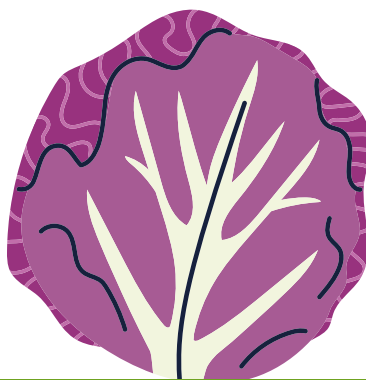


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# CABBAGE

	<b>Seed:</b>	Your own or from a nursery. You can also replant the base of the cabbage.
	<b>Container:</b>	5L bottle (needs more space for its roots).
	<b>How to plant it:</b>	Same as lettuce, but ensuring good support for stem growth.
	<b>Light:</b>	Plenty of sunlight (minimum 6 hours daily).
	<b>Growth time:</b>	80-120 days.
	<b>Best time to plant it:</b>	Late summer or autumn.









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# CARROT

	<b>Seed:</b>	Own or from a nursery. You can replant the tops of the carrots.
	<b>Container:</b>	2L or 5L bottle (needs depth to grow).
	<b>How to plant it:</b>	Cut the bottle vertically to allow root growth.
	<b>Light:</b>	Plenty of sunlight (minimum 6 hours daily).
	<b>Growth time:</b>	60-80 days.
	<b>Best time to plant it:</b>	Spring and autumn.









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# STRAWBERRIES

	<b>Seed:</b>	From nursery or strawberry plant cuttings.
	<b>Container:</b>	1.5L or 2L bottle (better if it is hanging for greater aeration).
	<b>How to plant it:</b>	Cut the bottle, fill it with nutrient solution and place the seedling with its roots in contact with the water.
	<b>Light:</b>	Plenty of sunlight (minimum 6-8 hours daily).
	<b>Growth time:</b>	90-120 days (can bear fruit several times a year).
	<b>Best time to plant it:</b>	Spring and summer.









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# AROMATIC PLANTS

	<b>Seed:</b>	From nursery or cuttings of plants.
	<b>Container:</b>	1.5L or 2L bottle.
	<b>How to plant it:</b>	Cut the bottle, place the plant with roots in contact with the water.
	<b>Light:</b>	Moderate to high light (4-6 hours daily, depending on the plant).
	<b>Growth time:</b>	30-60 days.
	<b>Best time to plant it:</b>	All year round (protected from the intense cold).









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# ONIONS

	<b>Seed:</b>	You can replant the bulb of an already used onion.
	<b>Container:</b>	2L/5L bottle (need more space).
	<b>How to plant it:</b>	Germinate the sprout in a moist substrate and then transfer to the hydroponic system.
	<b>Light:</b>	Plenty of sunlight (minimum 6 hours daily).
	<b>Growth time:</b>	90-100 days.
	<b>Best time to plant it:</b>	Autumn and winter.









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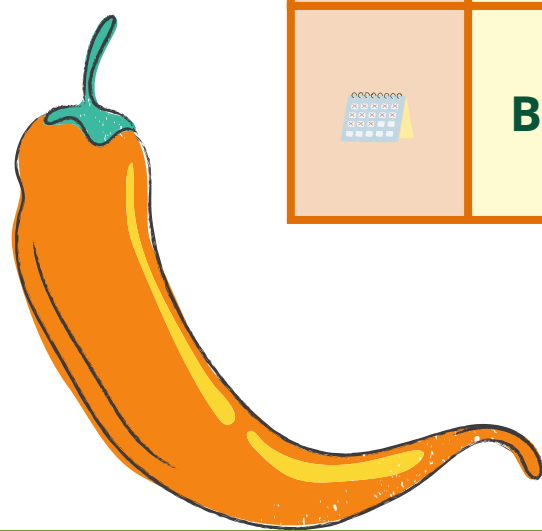


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# PEPPERS

	<b>Seed:</b>	Own or from a nursery.
	<b>Container:</b>	5L bottle (needs more space for roots).
	<b>How to plant it:</b>	Germinate the sprout in moist substrate and then transfer it to the hydroponic system. It is recommended to use a support system for the container.
	<b>Light:</b>	Plenty of sunlight (minimum 6 hours daily).
	<b>Growth time:</b>	70-100 days.
	<b>Best time to plant it:</b>	Spring and summer.









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# ZUCCHINI

	<b>Seed:</b>	Own or from a nursery.
	<b>Container:</b>	2L/5L bottle (needs more space for roots).
	<b>How to plant it:</b>	Germinate the sprout in moist substrate and then transfer it to the hydroponic system when it has at least 2 true leaves.
	<b>Light:</b>	Plenty of sunlight (minimum 6-8 hours daily).
	<b>Growth time:</b>	50-70 days.
	<b>Best time to plant it:</b>	Spring and summer.









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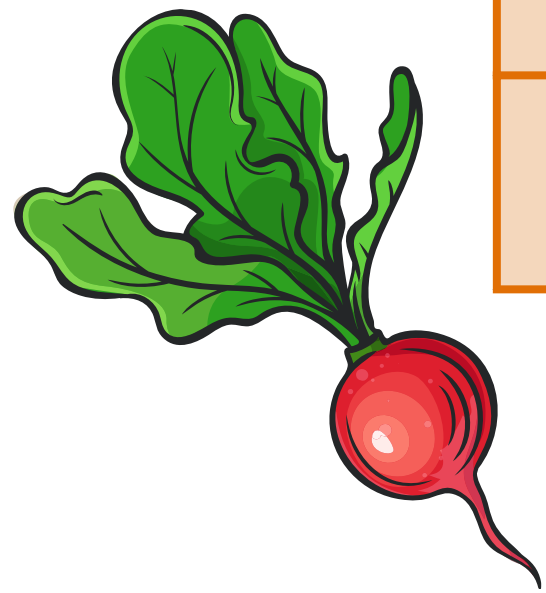


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# RADISH

	<b>Seed:</b>	Own or from a nursery.
	<b>Container:</b>	2L bottle.
	<b>How to plant it:</b>	Cut the bottle vertically, fill it with inert substrate (such as perlite or coconut fiber) and nutrient solution. Sow the seed directly into the substrate.
	<b>Light:</b>	Plenty of sunlight (minimum 5-6 hours daily).
	<b>Growth time:</b>	25-40 days.
	<b>Best time to plant it:</b>	Spring and autumn.









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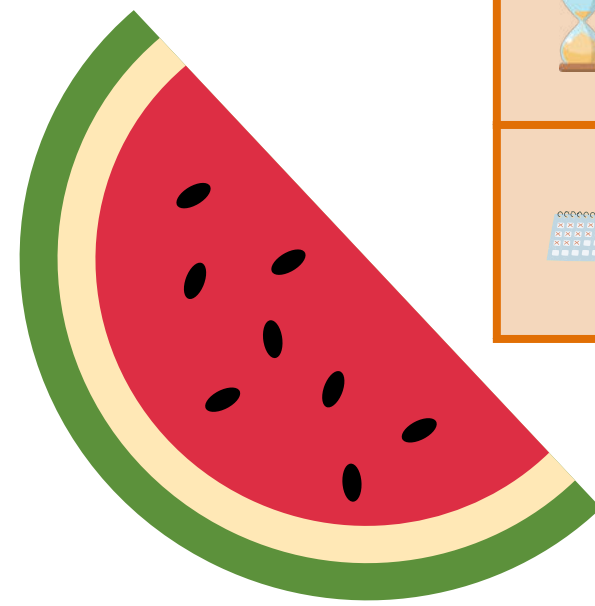


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# WATERMELON

	<b>Seed:</b>	The seeds must be germinated beforehand.
	<b>Container:</b>	5L/8L bottle (needs more space, preferably the larger the bottle capacity, the better)
	<b>How to plant it:</b>	Use a substrate such as coconut fiber or perlite. Support systems are recommended to maintain growth.
	<b>Light:</b>	Plenty of sunlight (minimum 8 hours daily)
	<b>Growth time:</b>	80 days.
	<b>Best time to plant it:</b>	Spring and summer



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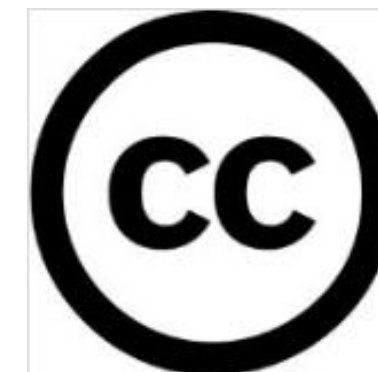
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