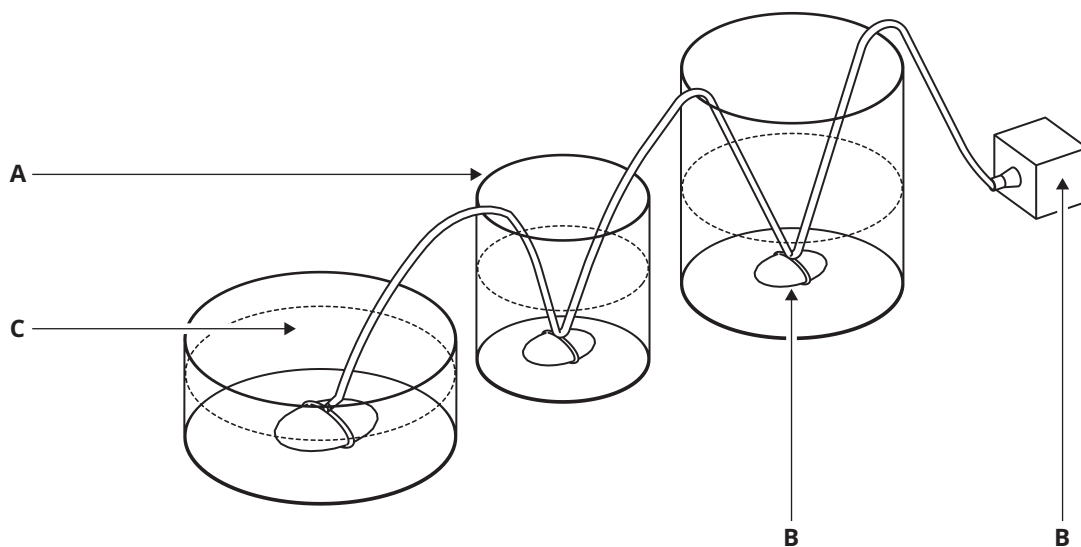


SPIRULINA FARM

- ▶ Spirulina is an alga and super food extremely rich in nutrients. It is composed in over 60% of proteins and, additionally, of B-group vitamins, calcium, potassium and iron. Spirulina feeds on carbon dioxide, so its growth purifies the air. It has one more advantage, which is probably most important: it is very simple to grow.



▶ NECESSARY MATERIALS:

- A. A glass cultivation container**
 - ▶ 3 glass containers, such as CYLINDER vases
- B. An aerating system**
 - ▶ a small air pump
 - ▶ a stone and a natural string
 - ▶ a plastic string, 5 mm
- C. Spirulina**
 - ▶ live spirulina culture - available in our Home of Tomorrow
 - ▶ fertiliser, ask for it in the Home of Tomorrow. You will get a small amount, just enough to start your own farm. At the end of the instruction, we describe how to do it by yourself
 - ▶ a measuring jug, e.g. VARDAGEN, scales with accuracy of 0.01 g and a wooden spoon

- ▶ **STEP 1** Wash all the containers thoroughly. They must be free of any elements made of brass or copper, as they are toxic to spirulina. Find a well-lit place on a window sill, preferably by the eastern or western window. Make sure that the sun does not shine on the place all day long.
- ▶ **STEP 2** Pour the culture to the first container. Dissolve a proper amount of loose fertiliser in filtered or boiled and stood water. Mix it very thoroughly and make sure that no lumps are left. Below there is a recipe for homemade fertiliser.
- ▶ **STEP 3** Slowly pour the fertiliser to the spirulina culture. Add no more than 10% of the volume of entire culture every day. So if you start with 250 ml of spirulina, you may add 25 ml of fertiliser every day. If you do not add it too frequently, check the water level in the container. If it evaporates, pour more filtered water.
- ▶ **STEP 4** Spirulina must be stirred daily. You can do it with a wooden spoon or stick. If you prefer an automated system, use an air pump and stones.
- ▶ **STEP 5** On the bottom of each container, put a scalded stone wrapped in natural string with a loop at the top. You will pass the hose connected to the air pump through the loop. It will hold the hose on the bottom of the container. Pierce the hose in several spots near the loop. When you switch on the pump, it will gently aerate and stir the spirulina culture.
- ▶ **STEP 6** After some time, spirulina will become dense and it will be ready to eat. Collect it in the morning, as this is when it is richest in nutrients. Pour the culture gently through a very tightly woven fabric with low water absorbability. Pour the remaining water back to the culture. If you do not aerate your spirulina, "green skin" will form on the surface. Remove it gently with a spoon.
- ▶ **STEP 7** Spirulina can be eaten raw. Fresh spirulina has a gentler taste and it is a bit salty. You can add it to your morning cocktail. Or freeze it and add it to various dishes. You can also dry it in the sun and use the dry powder in cooking. If you have fishes, feed them with spirulina. They will be grateful for such a balanced meal.
- ▶ **STEP 8** The culture should be above 10 pH. Fertiliser for spirulina is available in specialist shops. Nonetheless, it is possible to prepare a mixture on one's own.

▶ **INGREDIENTS OF 1L LIQUID FERTILISER:**

- ▶ Sodium carbonate (soda ash) 5 g/l
- ▶ Sodium chloride, raw 5 g/l
- ▶ Potassium nitrate 2 g/l
- ▶ Sodium bicarbonate 1 g/l
- ▶ Potassium sulphate, crystallised 1 g/l
- ▶ Urea 0.02 g/l
- ▶ Monoammonium phosphate, crystallised 0.1 g/l
- ▶ Magnesium sulphate, crystallised, (7 H₂O) 0.2 g/l
- ▶ Calcium 0.02 g/l
- ▶ Ferrous sulphate 0.005 g/l