

## Growing Salad Greens Under Lights



We all understand the **health benefits of fresh greens** . If you don't have the luxury of sunny windows then growing under low power lighting is a **very convenient & cost effective alternative**. The light you require for your office table or kitchen bench top can be shared with your lunch as it grows in front of you, a rewarding experience for child & adult alike.

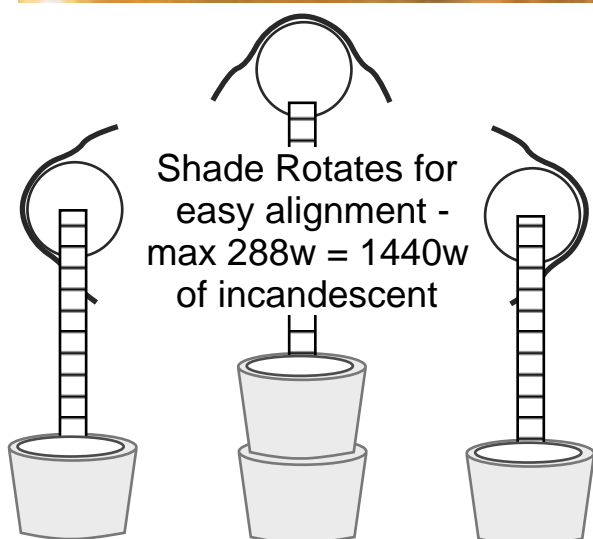
These lighting systems are designed to be economical(15/28W globes use approx 0.16/0.3 cents/hr of electricity), & give the urban dweller the ability to grow all their own salad greens. To do this with minimum power consumption we have concentrated our designs on plants with short growing cycles(1 to 5wks) we call them **vertical sprouts** eg Snow pea, Field pea, Sunflower, Cress, Mustard & **keeping the plants growth tips as close to the source of light as possible**. This is not hydroponics, as the young plants are being grown in a natural medium, with an organic fertilizer ie seaweed extract, which is harvested from storm cast kelp washed up on the shores of Tasmania, so you are getting a rich vitamin & mineral supplement, in a capsule of living energy.

**There are basically 2 types to choose from.**

**Single Lamp-** the top set of pictures show examples of lamps that can be easily adjusted in height in relation to the growing plant, this is done by moving the lamp up & down the Stainless-steel pole as the plant grows, one adjustment required for a leafy sprout such as a Snow pea(top left, white lamp) & Sunflower(top right, black lamp). No adjustment required for the shorter plants eg Cress.

**Double Lamp-** the 2nd option is where two lamps are bridged by a highly reflective, lite weight shade, giving room for 3 pots to grow, using slightly higher powered globes which require no adjustment. This comes in two varieties, firstly a single unit made up of 2 desk lamps, & secondly a Stainless-steel stand with two levels, with different heights, giving a top level for early growth & a lower level for taller growth.

**Larger Plants-** growing plants to a flowering or fruit stage eg tomatoes, may require more light & adjustable height. With our double lamp solution we supply a 100mm plastic container that allows for easy lifting of the light source, you can increase the wattage from 2x28w to 2x48w globes, you can also add multiple light sources giving the plants an even spread of light sources, ie for both top & side foliage.



## Growing Salad Greens Under Lights



In the picture you can see [Rocket lettuce growing under our two lighting systems](#), as you can see to grow an individual salad plant like rocket coriander and other small salad greens like lettuce, you [only need a small pot](#), but the downside of using a small self watering pot is that the water reservoir is also small so you are continually filling it up with the possibility of overflow and/or forgetting, that is why we supply the [tray for the three pot solution](#), which makes it very easy to keep an eye on the water level and also very easy to add the water when required. With the single pot we suggest you also purchase a larger pot of the same colour so you can use the larger reservoir or just use a container that you already have at home.

As to which of the lighting solutions you use, it basically depends on the number of plants that you wish to grow and your available space, they all work just as well as each other, for the 2 lamp solution the total width required can be set for growing two pots with out the rectangular tray (670mm) or three pots with the rectangular tray (770mm), depending on the width of your bookshelf or table, if the plant is going to grow higher, then we suggest using the two containers we supply that will raise the lights by about hundred millimetres or just use a couple of books or blocks of wood, but when growing under low-power lights it's important to keep the light as close as possible to the growing tips, or you can exchange the globes and put in 48 W globes instead of the 28 W globes, [as you can see the systems are very flexible giving you many options](#).

In the picture the plants have been grown in the loose coconut fibre using a combination of liquid seaweed and PowerFeed organic-based liquid fertiliser.