

Stay Healthy with Vegetables Grown on Mini Floating Islands

Let's set up mini floating islands on a lake and grow vegetables. It is easy to set up mini floating islands. Eating fresh vegetables makes you healthy. Furthermore, we can gain an income if we grow vegetables or tea and sell them.

The nutritional benefits of "Kushinsai" (A kind of leafy vegetable)

Rich in calcium, potassium, iron, and vitamin C.

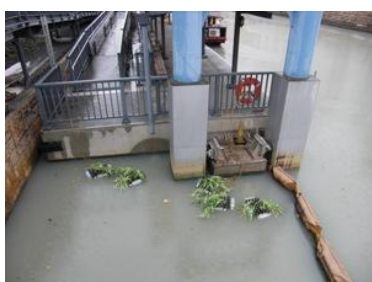
Fresh vegetables are good for your health; especially for the skin. Besides, you can live long by eating them.

Effects of calcium: if deficient, the bones will weaken.

Effects of potassium: if deficient, the body will age more rapidly.

Set up Kushinsai seedlings on mini floating islands and grow them on the water

- Making the seedlings
Put the seeds in a container and make the seedlings. They grow 25 or 30 cm tall in 30 days.
- Making mini floating islands
Make mini islands with plastic trays and plastic bottles.
Materials: Four plastic bottles, pot trays (a container to put the seedlings in), wire
- Put the seedlings in cases and, with ropes, float them on the water.



--- after 90 days --->



[Set up vegetables on a river]

[Full-grown Kushinsai (06/10/2010)]

Harvesting

Cut off the top (about 30 cm).



[Vegetables harvested]

Cooking

Stir-fries, soup, and salad.

Kushinsai tea (we use thick canes, which we don't use for eating.)

※ After open air drying, fry it.



[Stir-fried Kushinsai]



[Kushinsai soup]



[Making Kushinsai tea]



[Kushinsai tea]