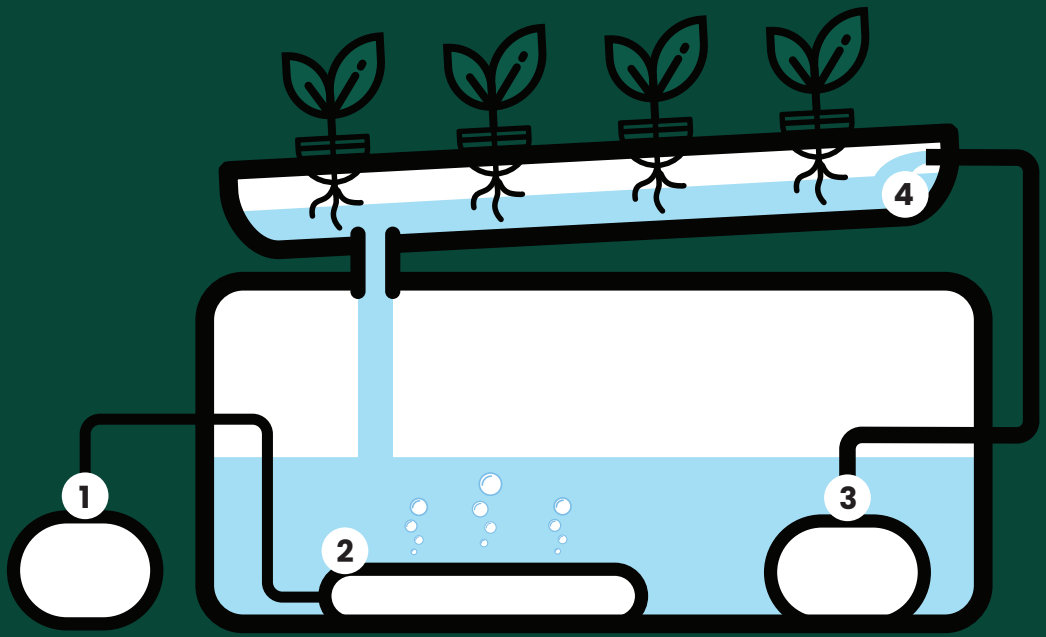


Nutrient Film Technique



- 1 Air Pump
- 2 Air Stone
- 3 Water Pump
- 4 Water Tray

The Nutrient Film Technique (NFT) is a recirculating system where plants grow in a shallow gully of water containing nutrients. It is a simple and effective way to grow small and fast growing plants such as lettuce and strawberries.