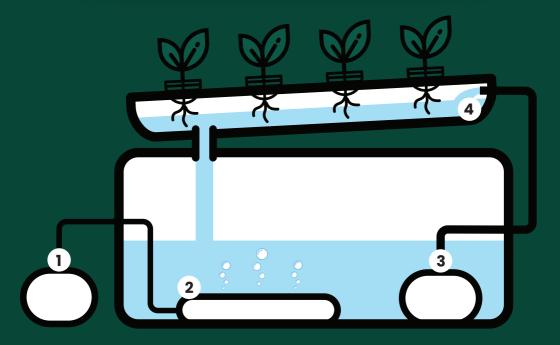
Nutrient Film Technique



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.





Australian Government Department of Industry, Science and Resources



