



*Nutrient
Dense*

*Fresh
Organics*



Sister Miriam with
hubbard seedlings



Corporate Commitment

We, the Benedictine Sisters of Florida, commit ourselves and our resources to respond with the compassion of Christ to the physical, spiritual, social and emotional hungers of the people of God.



**To Volunteer or Schedule
a Tour by Appointment:
(352) 588-7177
Sister Miriam Cosgrove,
Co-ordinator**

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Benedictine Sisters of Florida

Holy Name Monastery
Founded 1889

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Since
2014

*Concerned about the
food you and your
family are
consuming as well as
the cost?*

*We provide a best
practices program
solution for
individuals,
organizations and
missionaries.*



Touching Lives through Prayer and Service

What is Aquaponics?

Aquaponics is the integration of animal, e.g. fish and plant culture in an aquatic media whereby fish waste changes in a clarifying and nitrification process to become natural nutrition for plants.

Water transports these organic nutrients recirculating from fish rearing tanks to plant grow beds, thereby reducing up to 95% the water quantity needed for crop production.

Tilapia,

Fish Tank,

Grow Beds



Training Classes

Phil teaching class at Holy Name and students below enjoying his humor.



We offer a 5-Day Seminar taught by aquaponics expert, Phil Reasons and guest instructors.

Course manual,
Certificate of Participation and
meals/lodging are included.
\$900 Per Person

Trainings held at Holy Name Monastery
For more information and to register
for the next course:

Call: (813) 600-9297 or

Email: aquasol.org

Qualifying scholarships available

What is Hydroponics?

Plants mature in coir bags (pictured at right) comprised of coconut fiber and peat moss. Automated watering lets plants thrive receiving exact requirements of water, food, oxygen, light and much TLC from the caregiver.



Real vibrations fill our greenhouse. One mingles with volunteers, friends and other workers in this sustainable farm, a real plus of God's goodness. It

is a ministry to fully embrace and apply for the benefit of all.



"Anyone with any interest in aquaponics should be learning with Aquasol."

- Jen Wride,
Haiti

Michael Cangemi
with squash
from the garden!

