



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

GROWING GOODNESS

Sustainable, healthy and kind
to the environment

Urban Aquaponics, a proud member of the Aquaponics Association of South Africa, is the first aquaponics and leafy greens grower to be endorsed by the Heart and Stroke Foundation South Africa's Heart Mark endorsement programme and the CANSA Smart Choice Seal of Recognition.

Aquaponics is a system that combines aquaculture (raising aquatic animals such as fish and snails) with hydroponics (cultivating plants in water) in a symbiotic environment. This means that the aquatic animals release nutrients that are used by the plants to grow.

This modern agricultural practice is an intrinsically natural and healthy method of producing crops. Farmers have the opportunity to utilise soft and environmentally appropriate treatment methods to address issues that affect crops, so no fertilisers or insecticides are used. This ensures that crops are wholesome and healthy, and aquaponically grown crops have more distinctly intense aromas, which make them more flavourful.

Growing scientifically proven healthy produce is what we do, and as consumer demand grows we continue to improve and diversify our offering. There are no added costs when compared with similar produce, and all our products proudly carry the Heart and Stroke Foundation South Africa Heart Mark and the CANSA Smart Choice Seal of Recognition. Our products are the healthier choice.

For more information, email
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