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Spirulina Farming: A Superfood

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In today's busy life being healthy and intake of healthy food is very essential. We all know *that proteins are an integral part of our life. They act as a building block of our body and if* we are looking for rich protein source at an affordable amount then I think SPIRULINA can be the best option for us.

Spirulina is a type of bacteria called cyanobacteria commonly known as blue-green algae that grow both in fresh as well as salt water. Similar to plants it produces energy from sunlight through the photosynthesis process. Spirulina contains 40 to 80% protein content and its growth rate is very high. For its growth, it requires less water, land and can grow in any climate in tropical regions. For human nutrition, it is cultivated on large scale in clean waters and under controlled conditions while it is also grown in wastewaters and can be used in animal feed.

WHY A SUPERFOOD?

- A tablespoon contains: 4 grams of protein, Vitamin B (Thiamin11 % of RDA), Vitamin B2.
- Spirulina contains many nutrients in high concentrations.
- Contains antioxidant and anti-inflammatory properties.
- It is good for the heart as it can lower LDL and triglyceride levels.
- It has anti-aging properties.
- Effective against anaemia.

REASONS FOR FARMING:

- Spirulina's rapid growth can yield about 20 times greater protein than soybeans.
- Moderate temperature requirement for its growth around 30-35 degrees which can be easily available.
- Requires comparatively less water than other crops, does not require a fertile land to grow and can benefit from saline conditions.

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- Requires simple technology. It can be cultivated in small tanks, ditches. Stirring can be done by wind energy. This can serve well as animal feed.
- In case the cost and availability of inorganic nutrients are very high, organic sources, especially from waste effluents available in rural locations may be used.

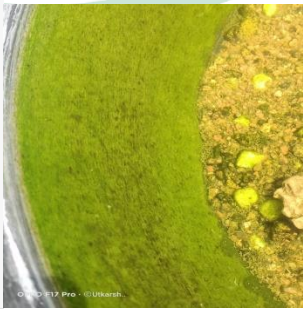
A GREAT FUTURE SCOPE FOR SPIRULINA FARMING:

With little space and less investment, Spirulina farming can have a great future scope. People in rural areas can easily start up their own business through this and earn great profit. Popularly known as "POT CULTIVATION" can be easily done by following easy basic steps:

- Mud pots 2-3 can be buried up to their necks in ground, filled with water and medium.
- Biogas slurry is the cheapest medium that can be used.
- A small amount of Spirulina to be put into the medium followed by stirring 3-4 times a day.
- Pots to be exposed to sunlight for 3-4 days and mature Spirulina can be harvested by simple cloth filtration.
- After washing with clean water it is ready to be used for consumption.

Thus, Spirulina farming can be a great scope for agriculture if done wisely and resources utilized effectively. Nowadays Spirulina is available in markets in form of tablets, powders and future World can see more benefits through this.

SOME PICTURES OF SPIRULINA (source: Amazon.in, Picture clicked at from aquarium)



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