Vegetable	Type of system	Light requirement	Type of light	Temperature requirement	Nutrients	pH condition	Time to Germinate	Time to Mature	Container	Useful Links	Tips and tricks	
Microgreens (Kale, Spinach, etc.)	Fogponic NFT	not picky, though full spectrum lights promote fruiting as opposed to early growth	LED bulbs are fine - important to note that lights that emit a lot of heat are non-ideal	Best range: 15° - 27°C		pH: 6.0-6.5	Soak seeds overnight to speed germination	2 - 4 weeks	Shallow tray	https://wellnessmama.com/36688/how-to-grow-microgreens/	Soak seeds in water overnight to speed germination Succession planting - mature all at once	
Radishes	Fogponic NFT						4 - 12 days	14 - 20 days	20 - 30 cm deep		The leaves of radishes are a delicious, spicy complement. Similar to watercress/rocket. Succession planting - mature all at once	
Carrots				around 16° C		pH: 6.0 - 6.8	14 - 20 days	70 - 80 days - when based of stalks are thick	20 - 30 cm deep	https://www.gardeningknowhow.com/edible/vegetables/carrot/indoor-carrot-growing.htm		
Broccoli		16 hrs of light 8 hrs of dark		Best range: 15° - 20°C germinates around 20°, can survive freezing temperatures	a lot of nutrients - boron and magnesium	pH: 6.0 - 7.0	Transplant seedlings to large pots after 3 - 4 weeks	50 - 65 days	3 gallons per plant	https://dengarden.com/gardening/Container-Gardening-Broccoli	to harvest, use a knife and cut 5-6 inches below the main head continual fertalization will create "side-heads" which can be harvested and eaten as well	
Strawberries												
Onions	Fogponic NFT	LIGHT: Depends on variety, long grow: 16 hrs light		Best range: 13° - 17°C germinates around 20°, can survive freezing temperatures	2x as much fertilizer as other plants	pH: 6.0-6.5	7 days	4 months - when stalks turn yellow and/or start to droop		https://www.rhs.org.uk/advice/grow-your-own/vegetables/onions https://garden.org/learn/articles/view/494/	Water with chamomile tea to prevent fungal colonies developing	
Sweet Potatoes	Fogponic NFT	Sunny		Best range: 15° - 27°C	Extra Vitamin B is good		see link	100 - 140 days		https://www.thespruce.com/growing-sweet-potato-plants-in-pots-847888	cure potatoes and onions in a dry place for 10 - 14 days - this enables them to keep for extended periods of time	
Potatoes		Sunny 120W for all the growing steps Minimum: 18hours		Best range: 15° - 27°C	"minimally rich"	pH: 5.2 - 6.0	see link	when flowers bloom on stalks - depends on varietal	30 cm deep	http://plantozoid.com/how-to-grow-potatoes-indoors/ http://ledlightsnation.com/beginners-guide-to-growing-potatoes-indoors/	When purple flowers bloom, potatoes are ready	
Tomatoes	Fogponic NFT	LED LIGHT: Minimum: 6 hours Ripen: 8 - 12 hours FLUORESCENT: 18-24 hours 90 Watts	https://www.ebay.co.uk/p/TaoTronics-Tt-gl05-UFO-LED-Grow-Light-90w-Plant-Growing-Germinating/1018717159	Best range: 20° - 26°C More than 30°C, tomatoes	ECs: 1.0 - 2.2	pH: 6.0 - 6.8	5 - 10 days	A couple of months to first fruit - continuous production once mature		http://www.tomatogrowing.co.uk/led-grow-lights		
Cherry tomatoes	Fogponic NFT	18hours of light 6hours of dark 90 Watts	https://www.ebay.co.uk/p/TaoTronics-Tt-gl05-UFO-LED-Grow-Light-90w-Plant-Growing-Germinating/1018717159	Best temp: 18°C	ECs: 1.0 - 2.2	pH: 6.0 - 6.8	5 - 10 days	A couple of months to first fruit - continuous production once mature		http://www.tomatogrowing.co.uk/led-grow-lights		
Beans		120 Watts h24 light										