SUPERIOR FRESH

**VIDEO WORKSHEET**

Follow along with this video as we learn about Superior Fresh and aquaponics.

1. What type of fish does Superior Fresh grow?

**Atlantic Salmon**

1. Besides fish, what else do they grow?

**Leafy greens and herbs**

1. True or false. Superior Fresh is a family business.

**True**

1. How many acres is the native restoration project that Superior Fresh is housed on?

**800**

1. How often does Superior Fresh get eggs which they then hatch on site?

**Every two months**

1. What country does the fish feed come from?

**Canada**

1. Draw a lettuce plant growing in the aquaponics container. Include all the parts.

**Students drawings should include the roots, the growing media and the green**

1. How long does it take for the greens to get to your local store?

**As quickly as just over a day.**