

# Volcano Veggies



**Region** Bend, OR

**Farmer Since** 2013

**Methods** USDA Certified Organic, uses an aquaponic system

**Products** Lettuce, basil, kale

**Jimmy & Shannon** (541) 728-3355

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[www.volcanoveggies.com](http://www.volcanoveggies.com)

## About Volcano Veggies

Jimmy and Shannon Sbarra fell in love with farming via aquaponics while living in Hawaii. When they moved back to Shannon's hometown of Bend, they decided to build a commercial scale indoor aquaponics system in the Makers District. The system is full circle, their greens grow at the top while the Tilapia swim in the tank at the bottom. The water from the tank is brought up and circulated through the plants, which take up the nutrients and clean the water for the fish. This couple is working hard to show that organic indoor farming can be economically and environmentally sustainable.

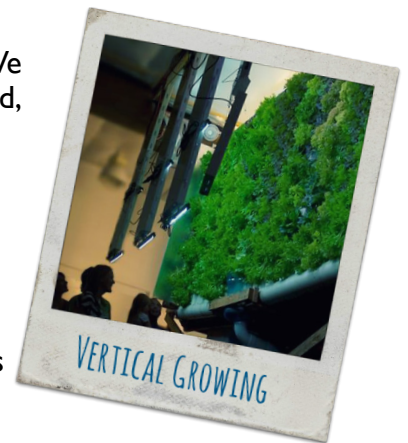
*"Good food is the foundation of a healthy community."*

### What drives you?

"Our big reason for doing what we're doing is because we want people to eat more veggies. We grow them to taste good because if they're good, you'll eat it. We have a buy fresh guarantee, if it goes bad before you eat it we'll replace it!"

### What makes you proud?

"We're providing products for a healthy community. Shannon has a long history of caring for the environment and aquaponics uses 99% less water than traditional agriculture."



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