

Cassava Farm

The cassava plant or yucca root is native to South and Central America and is used as food in tropical countries. Farmers on the plains of Guanacaste grow it in their fields and pockets of land throughout the Costa Rican countryside. Cassava is a common crop in Costa Rica because it can be grown on a small-scale and still produce high yields. Cassava is a long-term crop that takes six months to two years to develop, depending on the plant, but is also a fairly low maintenance crop.

Cassava used to be grown as an alternative to rice, potato, and corn. However, cassava cannot be eaten raw because it contains toxins such as cyanide. The leaves and roots need to be boiled to release these toxins, and then it can be consumed. Cassava is not traded internationally because tubers deteriorate quickly.

Tilapia Farm

Tilapia is a common menu item in most restaurants in Costa Rica. Tilapia is a mild-tasting freshwater fish, with firm, white flesh. Tilapia farming is a common enterprise in Costa Rican backyards. Tilapia farming doesn't require a lot of resources. To raise tilapia, you need clean water, oxygen, food, light, and room for the fish to grow. Since we eat tilapia, whatever is in their water will eventually wind up being eaten. Therefore, the water used to raise tilapia should be clean enough to drink it yourself.

Tilapia need food to grow. Many farmers grow water plants because Tilapia eat algae and aquatic plants. Contrary to popular belief, these fish do not eat feces. They are omnivores. The tooth and jaw structure of the fish is designed to graze.

Tilapia farming is done in still water ponds, so the surface tension must be broken to have a sufficient supply of oxygen. This process is known as surface aeration. Several methods of surface aeration include using waterfalls or fountains, aggressive bubbling, or paddle wheel aerators.

Tilapia need light, because without light, they won't move or eat. The best light comes directly from the sun. However, using daylight balanced fluorescent bulbs can be used if there is not enough sunlight.

Finally, the fish need room to swim. Tilapia can live in crowded conditions better than most fish, however crowding quickly depletes their oxygen supply. Overcrowding can also cause stress that leads to lower immune systems and fatal diseases.