

Growers Guide Sheet

Light/Sun – Whether you're using sunlight or grow lights, you must understand the light needs of a cannabis plant to get the best bud quality & yields. When you're growing with the sun, you need to make sure that your plants are getting at least 8+ hour of direct sunlight each day for the best results. It's best that your plants get direct sunlight at least from 10am-4pm, and more light is better. Vegetation stage 18 Hrs no light, 6Hrs of darkness. Flowering Stage 12Hrs light, 12Hrs darkness.

Soil– Grow in organic composted super soil for the easiest growing experience, or start with the popular Fox Farms Ocean Forest soil mix (FFOF already contains enough nutrients to last the first month of your young plant's life)

Air – a well-ventilated space with good air exchange and a slight breeze is best

Temperature – Of course it's not always possible to control the temps perfectly. A good rule of thumb for cannabis plants is if it feels way too hot for you, it's probably too hot for your plants. And just like humans, cannabis plants can die if exposed to freezing temps.

Nutrients – you can buy pre-formulated nutrients that you just add to your water, or you can compost your own super soil so that it already includes all the nutrients you need

Water – like all plants, cannabis needs water to survive.

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