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# Top Ten Cannabis Grow Tips

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# Information Sheet:

## Top Ten Cannabis Grow Tips

These tips from professional master growers will help you bring your cannabis garden to the next level!

### 1. Don't Overwater Your Plants

The two most common mistakes made by new cannabis growers are overwatering and improper drainage.

For best results, water your plants right after the lights come on. Water new seedlings every three to five days. Bigger pots hold water longer than smaller ones, so you can water your plants less often after you move them to bigger containers.



To decide whether to water mature plants, check the soil to see if it looks dry. If it does, estimate the weight of the container. Water weighs eight pounds per gallon. If the container is heavy, it still has a lot of water in it. You will develop a feel for this as you gain experience.

Cannabis plants absorb oxygen through their roots. Proper drainage is essential for cannabis plants that are grown in pots. If the water doesn't drain properly, the roots sit in stagnant, stale water that no longer has any oxygen content. When deprived of oxygen, the plant's leaves droop, curl down, and become yellow and brittle. If you notice these signs, water your plants less often. If you think you may have over-watered your plants, poke holes in the soil with a pencil to get more oxygen to the roots.

Water the plants until you see water coming out the holes at the bottom of the container. Many growers add water until they see around 20% of the added water coming out the bottom of the container. Keep the containers on top of a tray so the runoff doesn't drain all over the floor. If your plants take a long time to drain, you may not have enough holes in the pots. Some growers add perlite to their soil to allow water to drain through it more easily.



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## 2. Give Your Plants Enough Space

Cannabis roots grow very quickly. If they outgrow their container and aren't repotted into a larger one, their roots become matted or tangled, which halts growth. This is known as "root-bound."

To avoid this, transplant your plants into larger containers as soon as you notice accelerated growth in your seedlings. Three- to five-gallon pots give the plants enough space but are not too large for most indoor grow rooms.

We recommend Smart Pots for new growers. Smart Pots are made of a porous fabric that allows water to flow freely through them. Smart Pots provide great aeration, which enhances root growth.



## 3. Maintain Proper Humidity Levels

The relative humidity (RH) in your grow room should be between 45 and 50%. Too much moisture can reduce air flow, leading to mold and mildew. If the RH is too low, your plants can dry out.

Seedlings can handle a RH as high as 80%. With a high humidity, the seedlings can absorb water through their leaves. This is usually accomplished using tray covers.

To keep your RH within proper levels, place one or more hygrometers/thermometers in different areas of the room to account for RH variations. Use a

humidifier and dehumidifier to keep your average RH between 45 and 50%.





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## 4. Maintain Proper pH Levels

The pH of the grow medium, nutrients, and water is very important to the success of your cannabis garden. It determines the quality of the bacterial life in the grow medium and the metabolic rate of the plant. Cannabis plants need bacteria in order to absorb nutrients. Bacteria thrive in a neutral environment (7 pH). If pH levels get too high or too low, the plants have trouble accessing the nutrients.

The optimal pH for cannabis plants grown in dirt is 6.2 +/- 0.2. The optimal level for hydroponic grow media is 5.5 to 5.8, although a pH of 5.5 to 6.5 is acceptable.

Always check your solution's pH before using it to water your plants. This is especially true if you're using tap water, where the pH can range from 6.0 to 8.5. To make sure your water has an optimal pH, first fill a container with water and mix in the nutrients according to the manufacturer's directions. After mixing, use a pH meter to test the pH of the solution. Several pH meters are available online for under \$30.



## 5. Use at Least 40 Watts Per Square Foot

The more light your cannabis plants receive, the bigger they can grow. Cannabis plants grow best when the room has at least 40 watts of light per square foot of floor space. At this light level, you can usually produce three pounds of flower per kilowatt (kW) of light. A single 400W light is sufficient for a 3' x 3' room. A single 1000W light is sufficient for a 5' x 5' room.





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## 6. Keep It Clean

Maintain a clean grow room to avoid infestation. If you track in mud and dirt, leave trash lying around, and allow multiple people and animals into the room, you're much more likely to have a pest infestation.

To keep your grow room clean, keep a fresh pair of pants and a lab coat near the door of your grow room. Change into fresh clothes before entering.

Use cleaners to keep your tools and equipment free of contaminants and rust. Before using your tools, soak them in bleach and rinse thoroughly. During use, clean your tools and equipment with 91% isopropyl alcohol.



Vacuum your grow room regularly. Remember that the more you clean your room, the less likely you are to find pests and molds on your plants.

## 7. Stick to One Brand of Nutrients

Mixing your own nutrients can be very complicated. It's easy to create a mixture that deprives your plants of one or more necessary nutrients.

New growers can simplify the nutrient process by using only one brand and mixing it according to the label, throughout the life cycle of the plants. This keeps things simple and makes troubleshooting easier. Popular brands of nutrients for cannabis include General Hydroponics, Canna, Fox Farm, Advanced Nutrients, and Botanicare.





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## 8. Keep the Room Temperature at Optimum

When your grow lights are turned on, the optimal temperature for your grow room is around 75°F (23.9°C), plus or minus 2°. Keep the temperature of the roots closer to 60°F (15.6°C) and the temperature of the shoots closer to 80°F (26.7°C).

When the lights are off, the temperature should always be lower than when the lights are on. Never let it get below 68°F (20°C). This will slow plant growth. If you are adding CO<sub>2</sub> to your grow room (1,200 to 1,500 ppm), you can increase the temperature to 80° to 90°F (26.6° to 32.2°C).

It's helpful to use multiple thermometers in multiple locations to capture any changes beyond 2°F. It also helps to use horizontal air flow (HAF) to circulate the entire air mass in your grow room. This helps keep the temperature consistent throughout the room.

Near the end of the flowering stage, some growers lower the temperature to between 50°F (10°C) and 60°F (15.6°C) to mimic outdoor conditions at the end of the grow cycle.



## 9. Start with Great Genetics

To grow high-quality cannabis, start with high-quality seeds or clones. Spending extra money on quality seeds or clones will pay off at harvest! Buy your clones and seeds from sellers that can provide third-party verification of testing. Look for strains that have large yields. If you choose a strain with low-yielding tendencies, your plants will not produce a large number of buds.

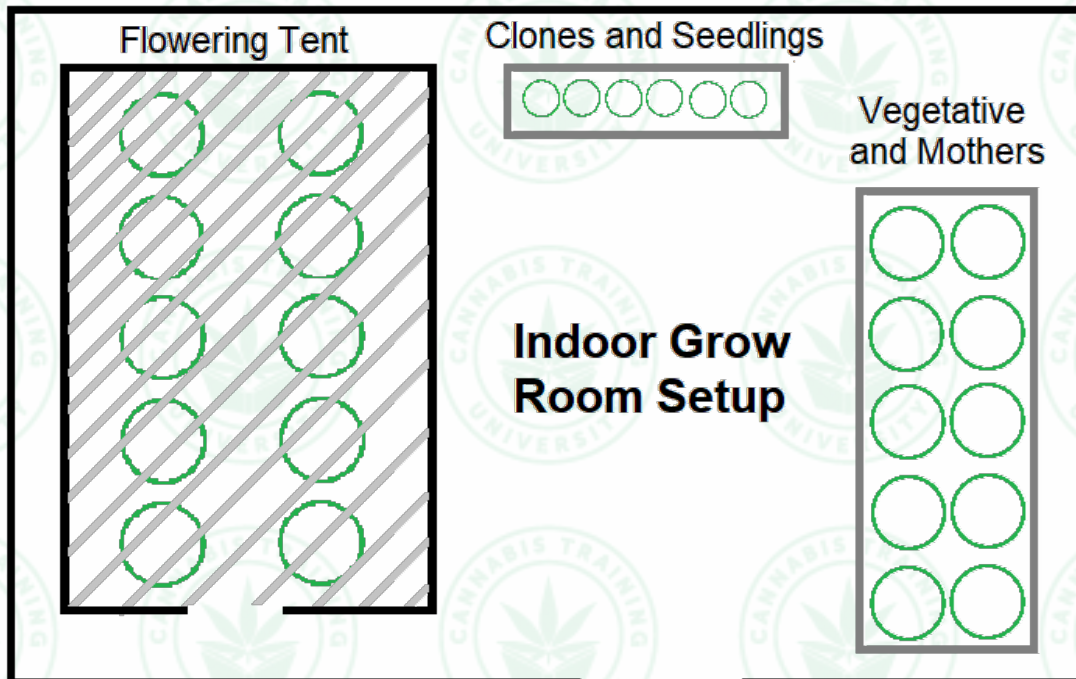




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## 10. Separate Vegetative and Flowering Plants

If you have enough space, use two grow rooms: one for vegetative plants and another for flowering plants. If not, keep your flowering plants in a grow tent, completely separate from the vegetative plants. This allows you to keep a mother plant in the vegetative stage indefinitely. With a mother plant handy, you will always have a source of readily available clones.



You can keep the lights on in the vegetative room for up to 24 hours per day. As long as you keep the lights on for more than 12 hours per day, your plants will not flower. To induce flowering, turn the flowering room lights on for 12 hours per day and off for 12 hours per day.