

The Bedroom Gardener's Bible - 2019.

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Disclaimer:

"I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me." Hunter S. Thompson

Since 2009 growing Cannabis in the UK has been re-graded to a Class B offence, and producing the plant can cost you up to 14 years in prison.

I am in no way trying to persuade anyone to break the law, no matter how stupid I personally feel it is. I do not grow or condone the growing of anything illegal. All pictures provided are widely available on the internet, and any information herein should not constitute advice or be considered advice to assist in activities that are deemed illegal. This text is for private consumption only, and by reading any further you agree that you know the laws in your country and accept liability of any illegal actions you commit.

For the government information on the reclassification of Cannabis see below:

<u>Offence</u>	<u>Court</u>	<u>Class A</u>		<u>Class B</u>		<u>Class C</u>	
		Prison	Fine	Prison	Fine	Prison	Fine
<u>Possession</u>	Magistrates	6 months	£5000	3 months	£2500	3 months	£500
<u>Possession</u>	Crown	7 years	Unlimited fine	5 years	Unlimited fine	2 years	Unlimited fine
<u>Supply</u>	Magistrates	6 months	£5000	6 months	£5000	3 months	£2000
<u>Supply</u>	Crown	Life	Unlimited fine	14 years	Unlimited fine	14 years	Unlimited fine

Additional Information:

<https://www.release.org.uk/law/cultivation-cannabis>

Versions And Author Contact:

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Why was this written?

I've been a smoker for over twenty five years, and in this time I have seen a steady increase in the cost of cannabis - only matched by its freefall decline in quality.

Even though the UK is now seen as an exporter of Cannabis, I find it difficult to purchase any sort of quality bud. I also find giving away my hard earned cash for virtually nothing leaves a bitter taste, **especially when I can easily do better myself.**

If you are very lucky, and have the right connections, you may be able to get decent produce at a reasonable price. Most people aren't that lucky though, and are then forced to go out and buy £20 bags of wet uncured trimmings, weighing little over a gram when ready to be smoked. This is usually bought from people who you would not normally come into contact with, if you were sufficient elsewhere.

Some of us are not even so lucky to just get poor or under weighed goods, and you may be faced with a version of the infamous 'Grit Weed', or be slipped a Synthetic Cannabinoid instead of a natural one. It's not so much of an issue these days, but not so long ago you could still regularly get stung with 'Soapbar' hash (See next page for details).

Even if you do not put it all down to expense, there's always your safety to think on. You could have a great supplier, but his job puts him in contact with a lot of dodgy people and you're giving him your address or bitcoin details. If you meet up, there are plenty of nuts on the street just waiting to bother or rob you. Or there is possibility of the police picking you up, and it's criminal record time. None of these things appeal. It's a lot of effort and possible bad endings, just for a smoke.

So, I tried a different versions before getting the one right for me. That's is the first thing you will need to decide. What is right for you and your situation?

My first grow was in a PC tower case - very little produced, a lot of effort to grow in that space. Then I tried converted wardrobes - more end product, but smell and build issues. I investigated "stealth kits" and other prefabricated rooms, where your grow space is built into a disguised cabinet, chest of drawers, or even just a sealed blank unit. If you don't have thousands of pounds burning a hole in your pocket, then these are out, and I have found the cheaper versions to normally be of lesser build quality. DIY is an option for some people, but I'm too lazy and unskilled to build something of any acceptable quality. A lot of the time the maintenance will eventually outweigh the reduced starting cost of poor DIY, and you can end up spending more than with a newly manufactured item.

In the end I decided the best option for cost, space and end product was the Grow Tent, and this is where we will be concentrating our efforts.



Grit Weed, Soapbar, and Synthetic:

Grit Weed has become the colloquial name for a general form of contaminated herbal cannabis, usually treated with a variety of unknown sand / grit like substances which appear to have been added to the plant prior to harvest in order to increase the weight of the plant's yield. This was more of an issue a few years ago, but is reportedly still around in one form or another.



Source: <http://www.ukcia.org/activism/soapbar.php>

Soapbar (it's called "soap" because a 250g bar is shaped like a bar of soap) was perhaps the most common type of hash in the UK, and it is often the most polluted. Now, not all soap is bad of course, but some certainly is. At worst there may only be a tiny amount of low grade hash mixed with some very strange stuff: **Beeswax, turpentine, milk powder, ketamine, boot polish, henna, pine resin, aspirin, animal turds, ground coffee, barbiturates, glues and dyes plus carcinogenic solvents such as Toluene and Benzene.**



Source: https://en.wikipedia.org/wiki/Synthetic_cannabinoids

Synthetic cannabinoids are a class of molecules that bind to cannabinoid receptors in the body—the same receptors to which THC and CBD attach—which are cannabinoids in cannabis plants. Synthetic cannabinoids are also often sprayed onto plant matter.

Where Grit Weed and Soapbar are pretty much a thing of the past, Synthetic Cannabinoids are all around us. A lot of the time they are in products with names like Spice or K2, which are packaged and labelled. These are not the issue. If you buy one of these products, then you probably already know what the deal is. The real problems start when they are sprayed on immature crops and then sold as proper bud. Or they have been added to CBD oils, and other extracts to make them stronger.



Synthetic Cannabinoids do have a place, but not to be used in such an uncontrolled and underhanded manner. People can have severe allergic reactions to these chemicals, and there is a constantly increasing increasing number of them, all of which have different strengths and effects.

Sources of information and copyright:

All the information in this document has been downloaded from the internet, found via Google searches or cannabis forums. I have taken the things that were found to work well, and put them together in one place.

These methods have been repeatedly used with good success, and while you shouldn't have any great difficulty, each grow and environment are different so there are no guarantees.

I have tried to print the source of any material, but sometimes I've not noted everything down. I'm not trying to take credit for work anyone else has done. The copyright stays with the original author.

If I've misused any of your work, then please contact me on the addresses in Author Contact and I'm sure we can come to some agreement.

This is far from a definitive guide. Nor am I saying this is the only, or the best way, to grow Cannabis. There are a lot of different ways to grow, each with their own plus and minus points. The intent in this text is to provide a simple, but working solution to produce your first crops. After you've a couple of grows under your belt, and gained some confidence in growing, you can then investigate more advanced growing on your own.

I'll also try to provide a little background information so you know what you're looking at, but this is not another article on the history and culture of Cannabis. There are many books covering those subjects already. Just put a search through Google and take your pick.

Paying for this text?

If you've been asked to purchase this text, then ask for your money back. ***This text is free, and you should never have to pay for it.***

Distribution.

You are free to distribute this text, upload, download, copy or delete it at will.

Will I understand this?

The majority of books I have read only concentrate on people converting whole rooms, or larger spaces for growing. If you're only growing for yourself, chances are you won't need to know how to convert a room. What you probably do need to know, is how to adopt a system that will fit your lifestyle, be unobtrusive, and provide an end product that will make you wish you did this years ago. Hopefully this text will point you in that direction.

I've used very limited growing terminology, and tried to gear the text towards those who like me have little growing experience. The techniques used would also be beneficial to those growing in confined spaces, or on a budget. If you've understood things this far, then the chances are you'll not struggle with the rest of the text.

The First Rule!

Of all the things that will get a grower caught, the most popular reason is people dropping themselves in it.

Showing your buddy your plants, and he or she tells someone not so nice. Maybe your mate gets busted, and spills everything to the Police to help themselves. Maybe you get drunk and show off your jars of weed, or talk openly about growing in front of people.

It may seem like common sense, but **NEVER** talk about your grow to anyone you don't completely trust, and I mean **NEVER** - it will get you caught guaranteed. I can't stress this enough, which is why it gets a page of its own.



Copper tending her grow.

Planning:

Doing the Math:

When starting out there are two different roads you can take. The first is buy budget in the beginning, save the extra pennies you get from not buying weed, and then buy decent equipment later when you've a couple of grows under your belt. The second is to buy decent from the off, saving yourself money in the long term as you don't need to re-buy equipment as often.

When I started I went for the cheap option, as I had very little start up money. You'll need to make up your own mind on which way to go, but buying cheap will mean more replacements eventually.

For the purposes of this text I have taken the middle road prices. I know for a fact that you can get the same equipment cheaper than quoted here if you shop about. I've been quite generous price wise, for convenience sake and rounding up.

Your initial outlay for equipment, seeds and electricity during your grow is approximately £500. This may seem quite a lot, but when you take into account that an ounce of poor street weed is now between £120 - £200+ and your expected first crop is 4 ounces (all going well), then you should make your entire outlay back within the first 12 weeks (in savings). After the first crop, you will have enough seeds and know how, that each ounce thereafter will only cost you in the region of £20 to produce (per crop). That £20 figure could be reduced further, but we'll talk more about advanced growing later.

Buying Equipment:

The first and most important piece of equipment you need is somewhere you grow. I recommend that you get permission from anyone else in the house before you start off, as eventually they will find out – they don't call it Skunk for nothing (I use Skunk here as a generic street name, not a specific breed of Cannabis). I also recommend a room that you do not use a lot, like a spare bedroom or utility area. The fan noise is not extremely loud, but it's loud enough when you're in the same room. Personally I couldn't sleep in there, so don't be fooled by adverts for silent fans. You'll have to pay big for real silence.

The area needs to be secure enough so people do not stumble in on your grow. It needs to be dry, flat, have access to electricity and water, and have some airflow (a partially open door or window will do for our small area). It also needs to have a stable temperature (reportedly Cannabis has a best "lights on" growing temperature of around 68 to 78 degrees Fahrenheit).

Buying your equipment is a difficult point when you first set off. Not only is it a lot of money to be spending on a new hobby, but the media bashing Cannabis receives on a daily basis only serves to make people more paranoid when making purchases - and rightly so. When buying I would recommend you go directly to a hydroponics shop, and leave eBay for selling unwanted birthday presents. If you can, use cash and pick the goods up yourself. Also be aware when leaving the shops, as there are reports of undercover Police following people after seeing them buy a lot of equipment. No matter how you purchase, you should always use a different address for delivery than you do for growing.

Planning:

Setup Costs:

Tent £90 (DR60 Secret Jardin 60x60x140cm). After extensive viewing, reviewing, and then starting all over again, I settled on the Secret Jardin DR60. There are a lot of different tents out there, some good, some not so good. The main reasons I chose this over the others was its slightly cheaper than the others but still of good build quality. This model has passive vents, which allows air into the tent. It is slightly larger than the BudBox which is pretty much its closest rival. There is also a cheaper version of the DR range, the DRS or "Street". Personally I didn't rate these, and thought spending the extra few quid worth it. (Update: The new DR60 II is 60x60x160, and still the same price.)

Lights £80 (250w HPS Hobby Kit). For the size growing space we have, the 250w HPS light is the best suited, and the largest recommended for the tent. We will be using this light for the entire grow.

Fan & Extractor £110 (100mm Ruck with Carbon Filter). Any time you read about another house of plants being raided, it's usually because they can be smelt streets away. A fan and filter not only keeps your grow room temperatures down, and provides your plants with new air (by forcing new air in through the passive vents), but will also remove the smell of your plants. Buying a cheap fan and filter will maybe do you for one or two grows before it packs in, maybe. But of all your equipment I think this is the one you need to buy well at the start. For this I recommend the Ruck 100 fan and matching Rhino (previously Phat) Filter. These are usually sold as a complete kit, and can be quite a bit cheaper than buying separately. Again, I cannot stress enough the impact a good carbon filter and fan will bring to your grow. Most types of decent Cannabis will really stink. Even one plant in bloom will be smelt everywhere in your home without decent extraction. As a side note, ensure you buy no bigger than 125mm as this is the largest size of ducting the DR60 can take.

Pots £5 (8lt black standard pots). These can be bought anywhere. Personally I bought a half dozen old flower pots from the local supermarket at a £1.

Soil £10 (John Innes No2). You can get 3 x 20lt bags of this from your local garden centre for £10. Get all no2 soil, not 1 or 3. Don't skimp on the soil either, no Tesco dirt or B&Q dry fibre. Having a decent soil will really pay you back in the long run.

Seeds £30 (Automatic White Russian / AK47). Most people who have more than a passing interest in Cannabis have heard of the Indica and Sativa types. Over the last ten or so years a third genus in the Cannabis family has been brought into play - the Ruderalis. This strain has been ignored till late, due to potency issues, but it has the trait of flowering automatically and not being dependent on light cycles for flowering (regular Cannabis needs a 12/12 light cycle to flower). Now this breed has been crossed with stronger regular strains such as the AK47 or New York Diesel, it has become a real option for the small grower. See Page 12 for further details.

Nutrients £20 (Ionics Grow / Bloom, Rhizotonic, Cannazym, Final Phase). These can be bought from pretty much any hydro shop as they are the bog standard nutrient. With the Ionics ensure you buy the correct water type for your area. The person in the shop will most likely know.

Fan £5 (6" Clip Fan). B&Q, camping and caravanning shops, Amazon. Loads of places sell these.

= £350 (Setup Cost).

Planning:

Running Costs:

Taking the average unit price at 20pence.

Lights (12weeks x 7 days = (84 Days) @ 20hrs/day) = 1680 Hours

1680 x 5pence p/h = **£84.00 (Per grow).**

Fan & Extractor (12weeks x 7 days = (84 Days) @ 24hrs/day) = 2016 Hours

2016 x 1pence p/h = **£20.16 (Per grow).**

Fan (12weeks x 7 days = (84 Days) @ 24hrs/day) = 2016 Hours

2016 x 0.5pence p/h = **£10.08 (Per grow).**

= £114.24 (£120) (Running Cost).

General Items:

Scope £5, Syringes £5, Cooker hood filter £9, Duct tape £2, Cord £2, Root riots £4, Perlite £3 = £30.

= £350 + £120 + £30 = £500 (Total Cost 1st Crop)

= Dealer Free in 12 weeks.

Planning:

General price guide (Running Costs):

This guide takes the price per unit at 10pence. For the purposes of this text we have taken the unit price at 20pence. Your unit price may be higher, dependant on where you are in the country.

My best advice is to try and do most of your growing at night when electricity usually cheaper, or you may have an off-peak time.

	Cost for 1 hour use	Cost for 12 hour use	Cost for 18 hour use	Cost for 1 week on 12 hour cycle (flowering)	Cost for 1 week on 18 hour cycle (vegetative)
1000 Watt Light Unit	10 Pence	120 Pence (£1.20)	180 Pence (£1.80)	840 Pence (£8.40)	1260 Pence (£12.60)
600 Watt Light Unit	6 Pence	72 Pence	108 Pence (£1.08)	504 Pence (£5.04)	756 Pence (£7.56)
400 Watt Light Unit	4 Pence	48 Pence	72 Pence	336 Pence (£3.36)	504 Pence (£5.04)
250 Watt Light Unit	2.5 Pence	30 Pence	45 Pence	210 Pence (£2.10)	314 Pence (£3.14)
110 Watt High Output fluorescent unit	1.1 Pence	13.2 Pence	19.8 Pence	92.4 Pence	138.6 Pence
200 Watt RVK 315 Fan	2 Pence	24 Pence	36 Pence	168 Pence (£1.68)	252 Pence (£2.52)
35 Watt RVK 100 Fan	0.35 Pence	4.2 Pence	6.3 Pence	29.4 Pence	44.1 Pence
3 Watt Rena 100 Pump	0.03 Pence	0.36 Pence	0.54 Pence	2.52 Pence	3.78 Pence
8 Watt Rena 400 Pump	0.08 Pence	0.96 Pence	1.44 Pence	6.72 Pence	10.08 Pence
6 Watt MC320 Pump	0.06 Pence	0.72 Pence	1.08 Pence	5.04 Pence	7.56 Pence
125 Watt Envirolite	1.25 Pence	15 Pence	22.5 Pence	105 Pence (£1.05)	158 Pence (£1.58)

The Grow:

If you've followed this so far, then I'm going to assume that you can follow the instructions with the equipment and get it safely working. By this stage you'll probably be dying to get started, so we will.

The next part of the text is split into 12 growing weeks. There is also a pre-growing week we will call 0 for continuity, and then a 2 week crop drying period called 13 and 14. I've also added a little detail about the types of plants you will be growing (and may grow in the future), at the beginning of the section.

Light distance chart:

For the purposes of this text we will only be concerned with the 250w light. As you can see the optimal distance between the plant tops and the bulb is 5-16 inches. I usually keep mine between 8 and 12 inches, apart from when the plants are seedlings when I keep them at approximately 20 inches.

High Pressure Sodium						
Foot-Candles Received from varying distances.						
This chart is in reference to the amount of light, not heat.						
Lumen Output Of Bulb.						
Wattage Of Bulb.						
Inches From Bulb.						
	16,000	27,500	50,000	53,000	92,000	140,000
	150	250	400	430	600	1,000
4	45,837	78,782	143,239	151,834	263,561	401,070
5	29,335	50,420	91,673	97,174	168,679	256,685
6	20,372	35,014	63,662	67,482	117,138	178,254
7	14,967	25,725	46,772	49,578	86,061	130,962
8	11,459	19,695	35,810	37,958	65,890	100,268
9	9,054	15,562	28,294	29,992	52,061	79,224
10	7,334	12,605	22,918	24,293	42,170	64,171
11	6,061	10,417	18,941	20,077	34,851	53,034
12	5,093	8,754	15,915	16,870	29,285	44,563
13	4,340	7,459	13,561	14,375	24,952	37,971
14	3,742	6,431	11,693	12,395	21,515	32,740
15	3,259	5,602	10,186	10,797	18,742	28,521
16	2,865	4,924	8,952	9,490	16,473	25,067
17	2,538	4,362	7,930	8,406	14,592	22,205
18	2,264	3,890	7,074	7,498	13,015	19,806
19	2,032	3,492	6,349	6,729	11,681	17,776
20	1,833	3,151	5,730	6,073	10,542	16,043
21	1,663	2,858	5,197	5,509	9,562	14,551
22	1,515	2,604	4,735	5,019	8,713	13,259
23	1,386	2,383	4,332	4,592	7,972	12,131
24	1,273	2,188	3,979	4,218	7,321	11,141
25	1,173	2,017	3,667	3,887	6,747	10,267
26	1,085	1,865	3,390	3,594	6,238	9,493
27	1,006	1,729	3,144	3,332	5,785	8,803
28	935	1,608	2,923	3,099	5,379	8,185
29	872	1,499	2,725	2,889	5,014	7,630
30	815	1,401	2,546	2,699	4,686	7,130
31	763	1,312	2,385	2,528	4,388	6,678
32	716	1,231	2,238	2,372	4,118	6,267
33	673	1,157	2,105	2,231	3,872	5,893
34	634	1,090	1,983	2,102	3,648	5,551
35	599	1,029	1,871	1,983	3,442	5,238
36	566	973	1,768	1,874	3,254	4,951

Too Close To Bulb.

Optimal Distance Range.

Too Far From Bulb.

The Grow:

A little bit about your plants:

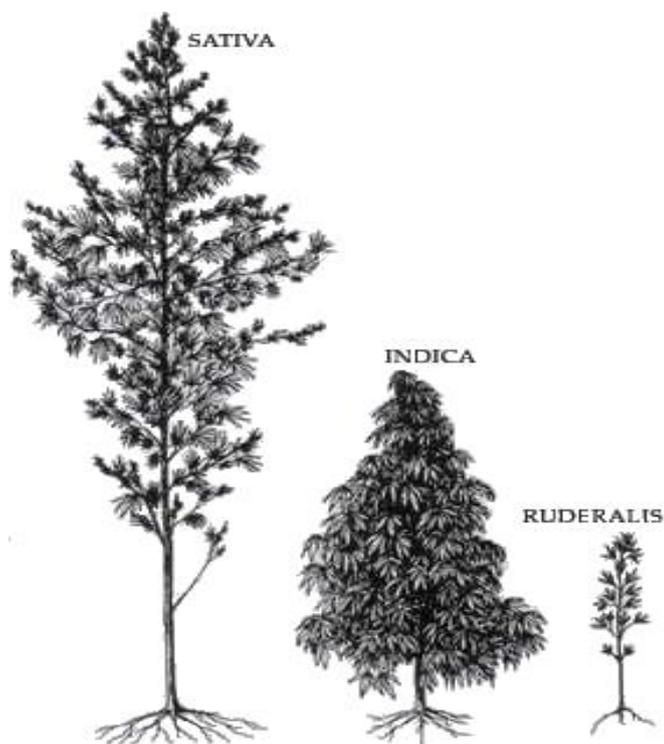
Source: Wikipedia.

Cannabis sativa is an annual herbaceous plant in the Cannabaceae family. Humans have cultivated this herb throughout recorded history as a source of industrial fibre, seed oil, food, recreation, spiritual enlightenment and medicine. Each part of the plant is harvested differently, depending on the purpose of its use.

Cannabis indica is an annual plant in the Cannabaceae family. A putative species of the genus *Cannabis*, it is typically distinguished from *Cannabis sativa*. Schultes described *C. indica* as relatively short, conical, and densely branched, whereas *C. sativa* was described as tall and laxly branched. Anderson described *indica* plants as having short, broad leaflets whereas those of the *sativa* species were characterized as relatively long and narrow. *Cannabis indica* plants conforming to Schultes's and Anderson's descriptions may have originated from the Hindu Kush mountain range. Because of the often harsh and variable (extremely cold winters, and warm summers) climate of those parts, *C. indica* is well-suited for cultivation in temperate climates.

Cannabis ruderalis is a putative species of *Cannabis* originating in central Asia. It flowers earlier than *C. indica* or *C. sativa*, does not grow as tall, and can withstand much harsher climates than either of them. *Cannabis ruderalis* is purported to go into budding based strictly on age, and not on changes in length of daylight. This kind of flowering is also known as auto-flowering.

Due to the size and quick budding characteristics, we'll be using Ruderalis for this grow.



The Grow:

Week 0.

Splitting the seeds. By far the easiest method I have found to start your seeds, is the "paper towel method".

Take a lunch box or plastic container, and place some tissues at the bottom. Wet the tissues so they are moist, but not soaking. For this grow we will be using all 10 seeds that came in the pack.

NOTE: Please use plain paper towels, and not toilet roll. A lot of toilet rolls are treated, or have additives, and can hamper the process.



Using your tweezers carefully place the seeds in the container, leaving space between each.



Week 0.

Place another layer or two of tissue over the top of the seeds, and again moisten. Make sure the towels are not soaking. If they are then carefully drain off the excess water. Too much water could rot your seeds before they sprout.



Place the top back on, and then wrap in a kitchen towel or something similar. Then place in a cool, dark place. The quicker you wish the seeds to sprout, the warmer the place you should put them (airing cupboard etc).



Week 0.

After a couple of days carefully pull back the towel and see if the seeds have broken through. If so, then get a root riot cube and using your tweezers carefully place it in with the tap root downward. Don't worry if you have to break the cube open slightly to get the seed in without damaging it. Once you have placed it back in the plastic cover for it, it will hold together.

If you have a propagator, then place them in that. Otherwise I use a clear lunchbox and cover the top with cling film. Ensure the cubes are kept moist, but not soaking.



Once you see some life coming up through the cubes, then turn the lights on, your extraction, and other fan. If you have a seedling light, then use it now, otherwise we'll keep with our 250w HPS. Your lights should be set to come on for 20 hours, and then off for 4 hours. You will use this cycle throughout your grow. Non-Autoflowering Cannabis uses different cycles, but this seems to be the best for our needs.



At the moment your seedlings need only a little light. As we're using the 250w HPS light, we can keep it at a distance further than it would normally be. At this stage I would keep it around 2 feet.

After a couple of days your seedling should have developed a set of leaves (as above), and if you take the cube out of its plastic you may see the tap (starting) root peeking out from the bottom. If this is the case, then it is time to put your plants in their first pots. Sometimes you may need to help the casing off the seedling. Normally it will come off by itself, but if not you need to be very careful as not to damage the cotyledon (seed) leaves.

Week 0.

In the first few weeks for vegetative growth Cannabis puts a lot of its energy into its root system. With Autoflowering Cannabis there is usually a vegetative state of 3 weeks, no matter what lighting regime you use (normal cannabis requires a 12/12 lighting system to change from vegetative to flowering state) you need a larger starting pot than normal, and the deeper the better.

I have found that a 2.5lt or greater plastic bottle of drink is a good size for an Autoflower pot. Cut the top off, and put a few holes in the bottom for drainage.



To make things easier for us in week 3, when we will need to re-pot the plants for the final time, I cut the bottom off the pot and then tape it back together. I also cut down the side of the bottle until it meets the re-stuck bottom section. As I'm sticking the side down, I put a length of cord the whole way up from top to bottom, and leave a tail hanging out at the bottom (as below).



Then wrap a cut up black plastic bin bag or the like around the bottle so no light gets to the roots, and fill with John Innes 2 and Perlite (3/1 ratio). A pot like this can do your plant for up to 3 weeks without any additional nutrients.



Week 1.

Once your plants have some roots coming out the bottom of the Root Riot cube, then transfer them to the pop bottles. Ensure when you fill the bottles with soil that you have mixed a little Perlite in. This greatly aids drainage, and can prevent root problems. There's also nothing more boring than waiting 10 – 15 minutes for water to slowly filter through compacted soil. If you don't use Perlite then be prepared for a lot of waiting, possible rot and other issues.

Your plants still only need a little light at this point, so keep it around 1.5 feet. No nutrient feeding required as there is more than enough already in the soil, but you can use a light solution of Rhizotonic at 4ml/litre with every other watering to help the root system.



A little on watering Cannabis.

Use a good quality soil mix that is light and provides good air retention. Pack the soil firmly and water immediately. Leave soil a few inches below the top of the container to hold water while it soaks in during watering. Do not water too often. It's good to let the media dry out a little and then water completely.

Feel the weight of the pot – it's a great indicator of how much water is in the soil. Water lightly once to wet the substrate and break the soil tension, then come back after a minute and saturate. Let some water run out the bottom to leach out old contaminants. If you use trays under your pots do not leave standing water.

Too frequent watering and over fertilizing is one of the most common mistakes new growers make. An old saying for soil growing is "fertilize weakly weekly" and there is a lot of truth in that.

Week 2.

Your plants should now have a few leaf sets, and growing quite quickly. I would leave the light height at the same position, and let the plants grow into it till about 1 foot.

No nutrient feeding still. Alternate Rhizotonic feeds with the water at 4ml/lit.

From the end of Week 2, beginning of Week 3, you need to keep an eye for the sex of your plants.

All your plants should show sex between 14 and 21 days.

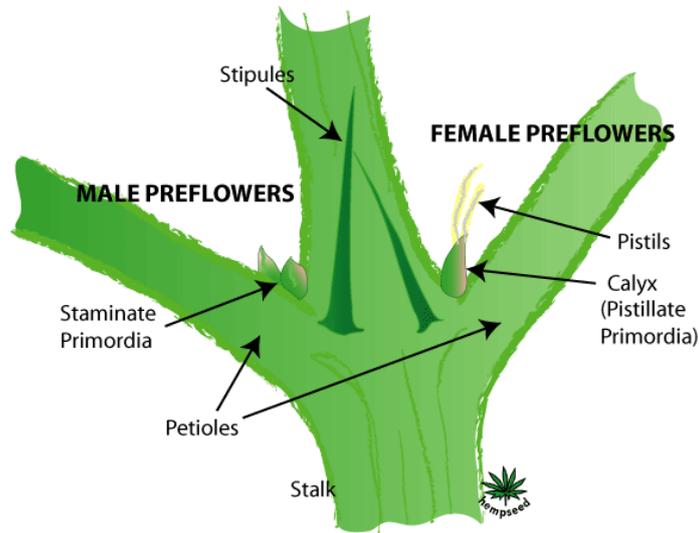
Male plants will usually show first, but not always the case.



Week 3.

This is a busy week as you will need to ensure your plants are sexed, and re-pot them in their final containers. I have added some images below to show you what to look for when sexing your plants.

(Image courtesy of www.gardenscure.com)



(Image courtesy of Weed Farmer.com)



Week 3.

With any luck you will have a number of females to choose from. Out of your 10 plants you will need to choose 4 females, and 1 male. Although you cannot predict the male to female ratio, this 4 and 1 should easily be achievable from 10 seeds.

Your plants will have filled out nicely in their bottles, but now you need to transplant the 4 best females. You can now unwrap the black plastic from the bottles, and take the tape off the bottom. **Be careful not to rip any roots.**



Place the plant in its new container, and fill with soil. Do not pat the soil down at the moment. Slowly pull up the string & it will put the tape off with it. The remains of the bottle will then open. Work the bottle out slowly out, leaving the newly planted undamaged auto. You can then fill the rest of the pot out.



Week 3.

Your 4 newly re-potted plants will fit nicely into the DR60. If you wish you can keep your selected male in the pop bottle for a week or so in one of the corners. After that you'll need a window or somewhere outside to keep it.

As you have potted up there will be enough nutrients in the soil for feeding, but to help with stretch you can occasionally feed a low strength grow nutrients until around Day 28, and Rhizotonic feeds at 4ml/lit – both of these on alternate watering.

Light height should always now be between 8" - 12" from the top of the plants until you chop.



Week 4.

You will notice a sharp increase in growth this week, and your female plants will develop more pistils.

Your male should also be growing its own flowers. It is time to remove the male from the tent and put it outside or on a window in a different room.

The female plants should still not need any further nutrients at the moment, although you can feed an alternate watering of Cannazym at 1ml/lit strength.

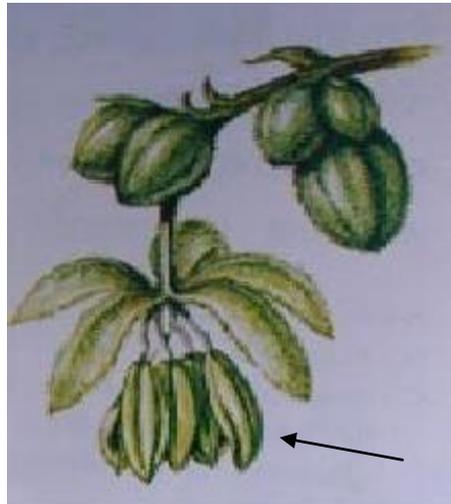


The male will require a little feeding of bloom nutrients as it is in its original soil. Feed half strength on alternate feedings.



Week 5.

It is now time to start collecting the pollen from the male plant. Some of the flowers should have started to open. Instead of using the whole plant, you can cut off a section and place this in a fresh glass of water in an area where it will get some Sun. This way you can have a few goes at collection if something goes wrong.



Place some white paper under the cut plant to catch any falling pollen. It will show up as yellow against the white background.

Replace the water in the cup every few days, and the cut should be ok for around a week.



Week 5.

As more flowers open, the pollen will fall onto the white paper. You can tap the plant gently, and if any flowers are ready to burst then the pollen will drop down. It is best to do this in a room with no breeze as the pollen is airborne. This pollen collection can also be an issue for people with allergies.



Once you have collected enough pollen (and a little goes a very long way) scrape it up, take out any foreign objects like spent flowers. If you're not going to use it within a few days, you will need to store it.

Moisture is the enemy of pollen, and it will kill it straight away. To dry your pollen for storage, just keep it on the sheet for a couple of days in a cool, dry, dark place. Then make an envelope out of paper, and place in a few grains of uncooked basmati rice (which will act as a desiccant and keep the pollen dry). Then place this envelope in a small sealed container and put it in the back of the fridge. The pollen should then keep for a few weeks or more.



Week 5.

At present I would be feeding $\frac{3}{4}$ strength bloom nutrients only on alternate feedings. The plants may also benefit from a “pure water flush” every couple of weeks from this point, though it is not strictly necessary. This involves watering the plant slowly until about half the water has bled out the bottom again. The flush can release locked nutrients which will slow the plant growth and development. It is advised to only do this somewhere where the excess water can drain away easily.



A little on Plant Deficiencies.

During one point or another in your grow you will be faced with a nutrient deficiency, over or under watering, heat damage, or a number of other issues that will all show themselves in the state of your plant.

I could spend chapter after chapter trying to explain different resolutions to you, but these have been covered in detail on many websites.

I do provide a “Plant Deficiencies Chart” at the end of this text, but for the most part you would be best joining an online forum and going to their “Hospital” pages. Other growers will have had the same issues previously, or will have seen the condition and be able to direct you. To give you a visual starting reference the “Green mans page” is an excellent resource that has been copied onto many other sites.

www.greenmanspage.com

Week 6.

It is now time to pollinate your female plant. Normally I would choose one of the two front plants to pollinate, just for the sake of convenience. We pollinate in Week 6 as it can take between 4 to 6 weeks for the seeds to mature. As this plant has a 12 week life, this gives us just enough time for everything to be complete before chop down day.



Choose a bud to pollinate. Normally it would be a few of the side buds, and leave the main one alone, but it's really up to you.

A little pollen goes a really really long way, so a few side buds should get you enough seeds for the next few grows. After that time you'll probably want to switch it up anyway, and go for a different strain. There are a lot of good ones out there, so it's a pity not to try some.

Seeds will keep for a few years in the right conditions (dark, dry, air tight, steady climate), but they do have a shelf life. Personally I find anything over four years to be a bit unstable. That's not to say seeds do not survive for much longer, but more that the mortality rate is a lot higher.



Week 6.

To pollinate the bud first of all you will need to turn off all the fans (owing to smell and heat build-up you may have to keep your extraction on). Take the chosen female out of the tent, and then with a cotton-bud scoop a little of the pollen up and flick it over the buds (much like you would flick a cigarette ash). Do this a couple of centimetres above the bud and let the pollen float down to land on the pistils.

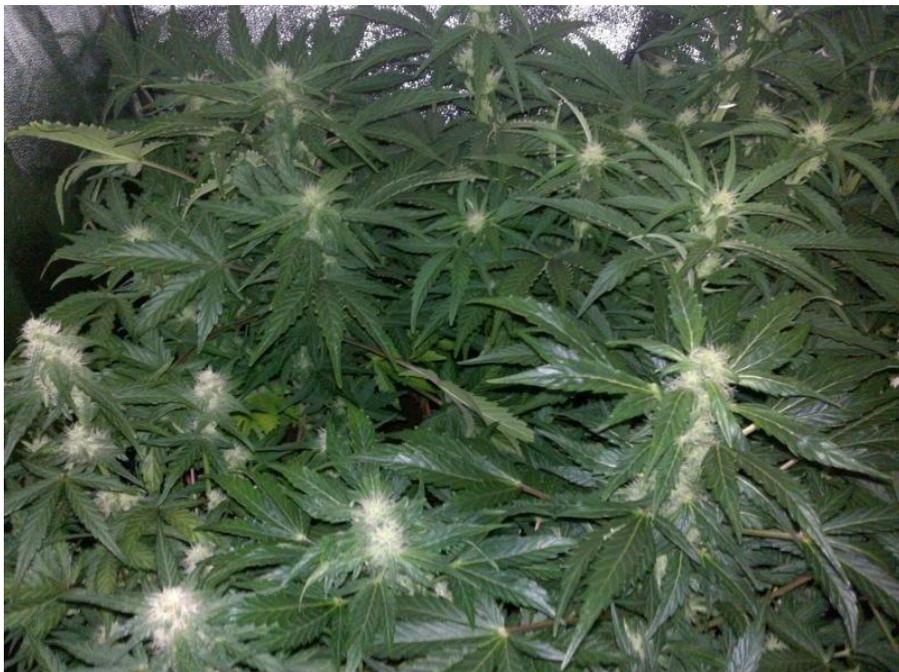
Keep the fans off for the next 12 hours. You will need to time it so the fans can be turned on again half an hour after the lights go out.

As soon as the lights go out you need to mist all the plants lightly with water. This will kill off any stray pollen.

Do not mist the plants when the lights are on, as they could burn under the strong HPS light.

There will be some cross pollination to the other plants in the tent using this method, but done carefully it will only be a few stray seeds and will have little effect on your main crop. Seeded bud is just as strong as those without, it is just more hassle.

Nutrient wise I would still keep to $\frac{3}{4}$ bloom only as most Auto-flowers like to keep lighter feeding, but each plant is different so you will again need to use the forums hospitals and the green mans page if there are any problems.

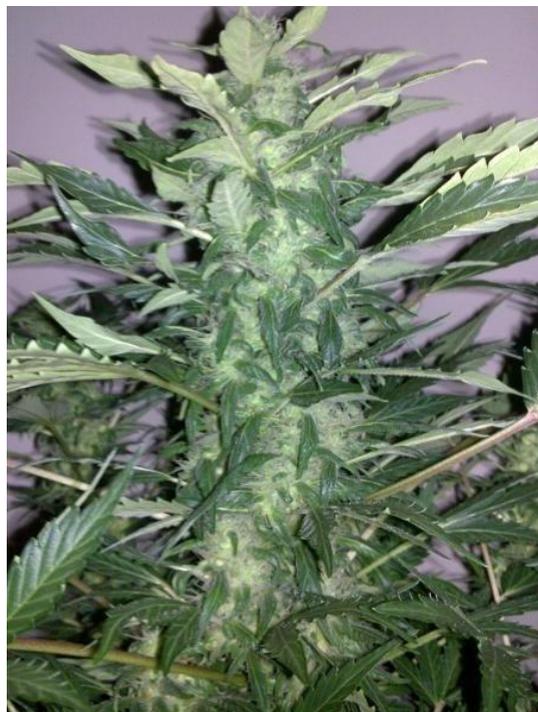
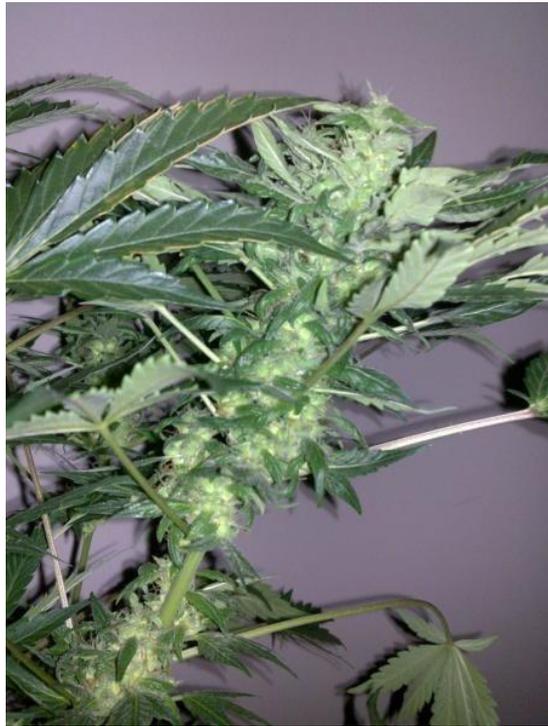


Week 7.

Now we're settling in for the waiting period. Even though it is only a week after pollination, you can still see the changes in the buds. Keep to the same levels of nutrient feeding, and watch for the starting signs of any deficiencies.

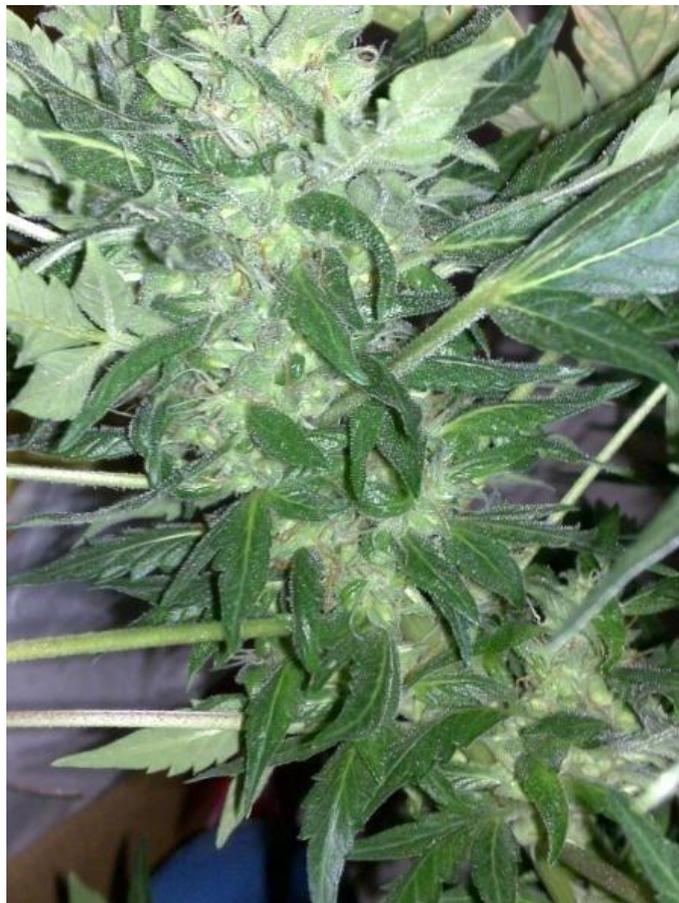


Week 7.

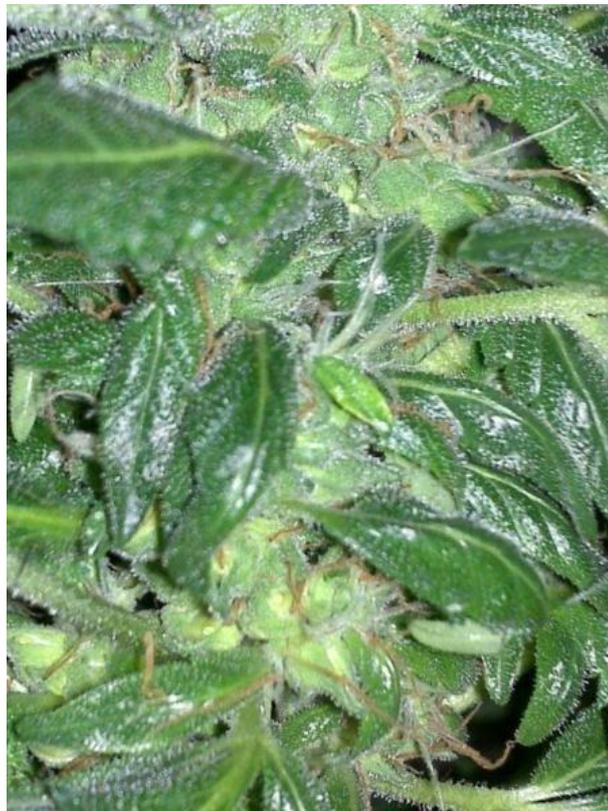


Week 8.

Week 2 after pollination, and the seeds should be developing quite rapidly now. Some of the pistils on the plant should have turned to an orange colour.

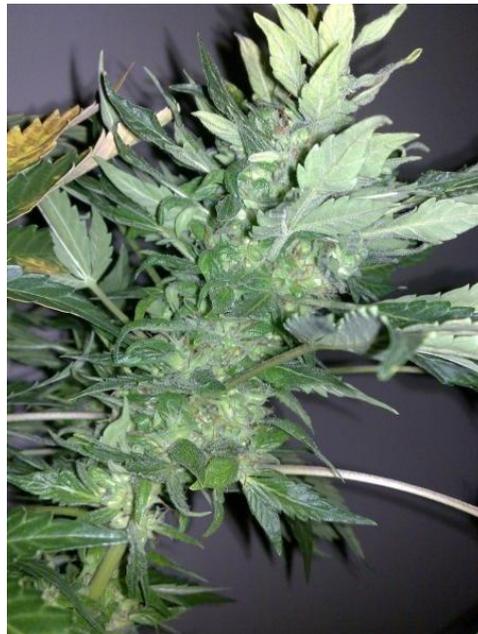


Week 8.



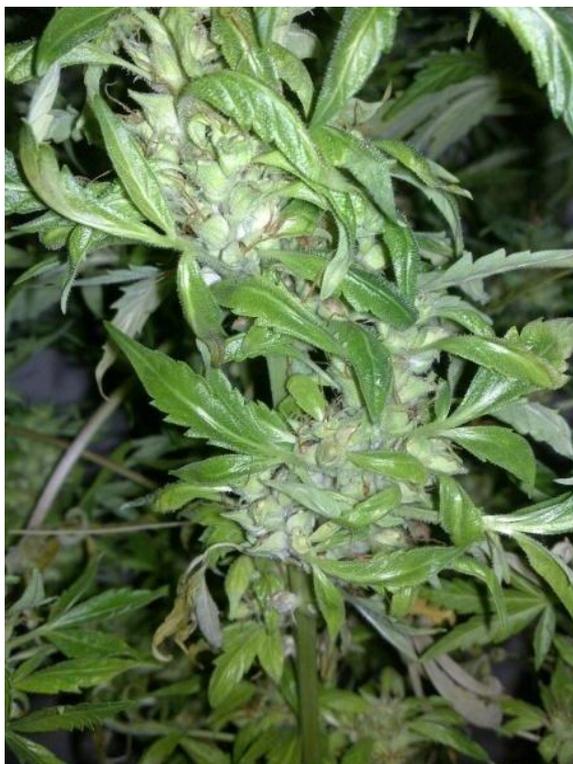
Week 9.

Things should really be moving quickly now. Some of the pods on the plant should be starting to open, and the seeds should be visible. The seeds may be starting to change colour as well. As your seeds mature they will change from green to brown in colour. As the seeds do not all finish at the same time, you will get seeds of differing maturity.



Week 10.

We're in the home straight now. Your seeds should be quite mature and clearly visible. You may notice the plant's water uptake decreasing. Some of the lower leaves will be starting to brown and die off as the nutrients are used up.

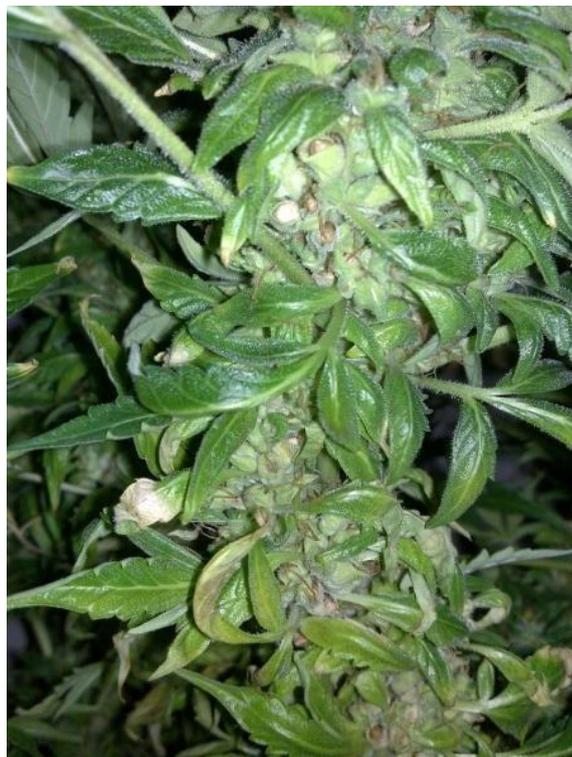


Week 10.

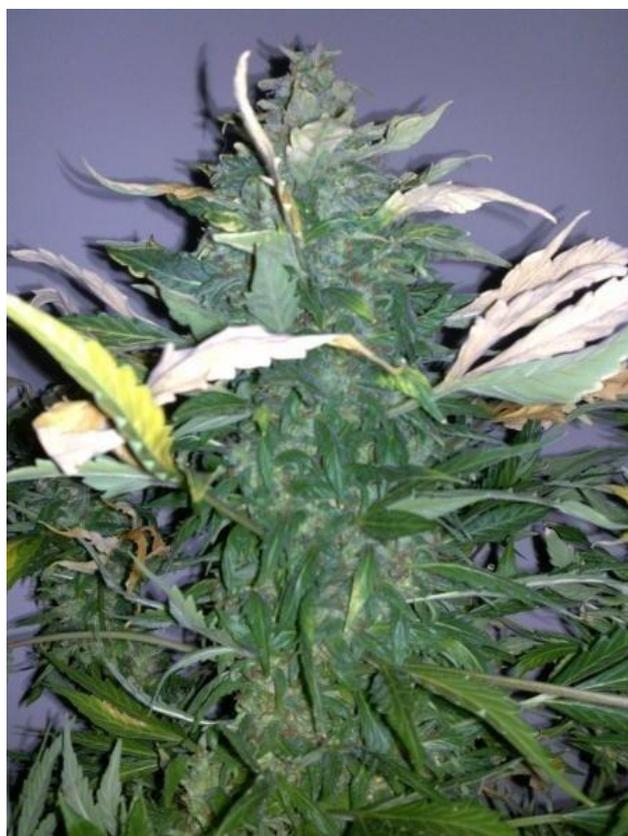
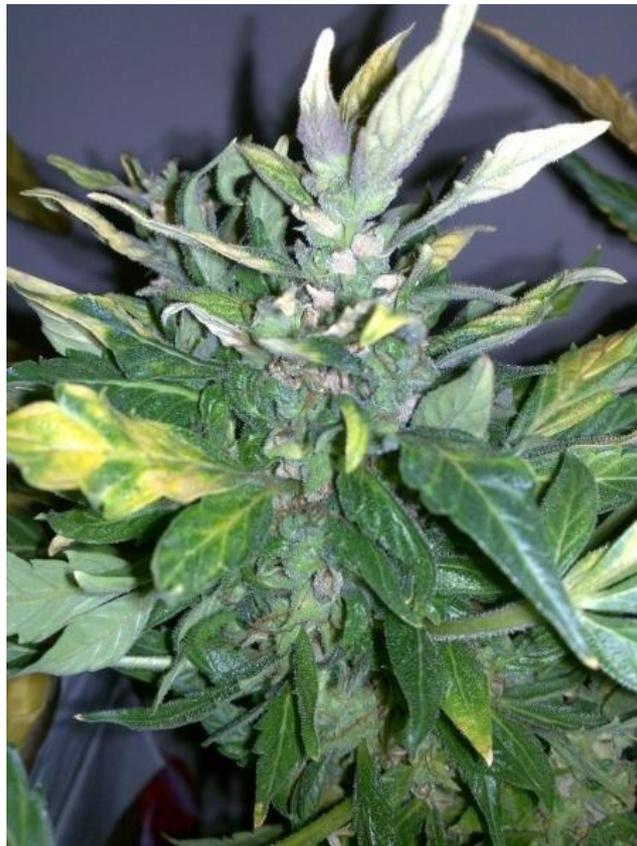


Week 11.

The seeds will all be finished by now. Do not use any more nutrients, and start the plant off on Final Phase every other watering. Over the next couple of weeks the fan leaves will start to die off, and your plant will start to look a bit ill. This is only natural.

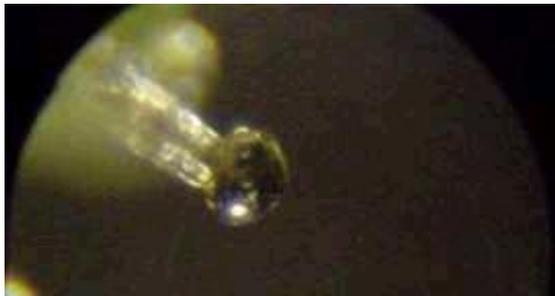


Week 11.



Week 12.

At the end of this week you'll most likely want to chop your plants, but this all depends on the colour of the Trichomes. To see these clearly you'll need to use the scope you bought at the start.



When to Harvest Cannabis

The trichome method / Pics and Article by Mrmaddy

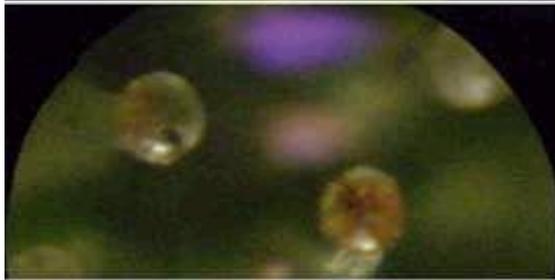
Clear Trichome

Not enough potency yet. Harvesting now will decrease yield.



Cloudy Trichome

Harvesting when "most" trichomes are cloudy or milky will give you a "up/heady/energetic/rushy" high.



Amber Trichome

Harvesting when "most" trichomes are amber will give you a narcotic/couchlock high.



Half Amber / Half Cloudy

Harvesting when you have a 50/50 mix of amber and cloudy trichomes will give you a combination of head and body high.

Week 12.

Stop using the Final Phase for the last couple of waterings before you cut the plants down, use only plain water at the end. I let the plants dry out a little before the chop, and cut at the point where I would be giving it another watering. This helps a little with the drying times.

When trimming off the excess leafs with seeded bud you cannot go as close as you normally would. This is because some of the seeds will be on the outside of the bud, and you do not want to snip any of them. Just trim the main fan leafs, and some of the larger crystal covered leafs.

I'm not going to go into the fine details of drying and curing, you should already have a basic knowledge of what is needed. I find that when drying out your seeded bud by hanging them, it is advisable to keep the buds as close to the ground as possible – without them touching the floor. Also place a newspaper underneath the buds. As the buds dry some seeds will just drop to the ground. If you have a newspaper in position, you can just roll the seeds into the paper crease, and pour them into your seed container.



Week 12.



Week 13 & 14.

7 to 10 days later and your buds should be nicely dried. Again I'm not going to go into the finer points, but you need to ensure your buds are fully dry before jarring them. Nothing will turn your seeds and bud to mush quicker than bud rot. I like to cut the buds into their individual components, about thumb size pieces, and then put them in the curing jars. It is advisable to let the seeds come out of the buds naturally, rather than trying to prise them out.

You need to burp the jars as usual. I like to open the jars for an hour a day (in a dark, cool place with air flow) for the first couple of weeks, then an hour every other day or so for a week. After those three weeks I usually only open the jars to take buds out and smoke them. You will still need to keep an eye on your pots, but for the most part you're good for the long haul.

Personally I only take the seeds out of the bud when I'm about to grind it, but it's up to you after this part.



Week 15 and beyond.

You've survived 14 weeks of growing now, and the things that you've learned over that time will hold you in good stead for the next grow. You should have enough seeds to see you through until you get bored with them, so all you need to think about is buying some bags of soil.

You will have enough nutrients to see you over a few times, and your bulb will also see you through this next grow. The HPS bulb will last longer than this, but with use the bulb dims and it will cost you more to run. 250w HPS bulbs are quite cheap to buy. I bought some on Fleabay at a fraction of the normal price, and they are fine. Just ensure that you use a safe address to send them to. You can never be too careful with security.

With your running costs being £120, and say you buy some equipment at £40 (new bulb for next time, soil etc), you will still only need to grow each plant at 2 ounces each – totalling 8 ounces, to hit the £20 figure. I have seen many of my plants being over the 3 ounce mark by using this method, so this figure is more than achievable.

Good luck, and smoke your own.

Plant Deficiencies Chart:

This is a basic deficiencies chart, and by no way should be considered a comprehensive guide. As with the information given in Week 5, I would first direct you to the GreenMansPage as it has some excellent pictures for a better diagnosis. You should be a member of a forum by now, and their hospital section can be a great source of information.

- 1)
 - a) If the problem affects only the bottom or middle of the plant go to #2.
 - b) If it affects only the top of the plant or the growing tips, skip to #10.
 - c) If the problem seems to affect the entire plant equally, skip to #6.

- 2)
 - a) Leaves are a uniform yellow or light green; leaves die & drop; growth is slow. Leaf margins are not curled-up noticeably. >> Nitrogen (N) deficiency.
 - b) If not, go to #3.

- 3)
 - a) Margins of the leaves are turned up, and the tips may be twisted. Leaves are yellowing (and may turn brown), but the veins remain somewhat green. >> Magnesium (Mg) deficiency.
 - b) If not, go to #4.

- 4)
 - a) Leaves are browning or yellowing. Yellow, brown, or necrotic (dead) patches, especially around the edges of the leaf, which may be curled. Plant may be too tall. >> Potassium (K) deficiency.
 - b) If not, keep reading.

- 5)
 - a) Leaves are dark green or red/purple. Stems and petioles may have purple & red on them. Leaves may turn yellow or curl under. Leaf may drop easily. Growth slows & leaves may be small. >> Phosphorous (P) deficiency.
 - b) If not, go to #6.

- 6)
 - a) Tips of leaves are yellow, brown, or dead. Plant otherwise looks healthy & green. Stems may be soft >> Over-fertilization (especially N), over-watering, damaged roots, or insufficient soil aeration (use more sand or Perlite. Occasionally due to not enough N, P, or K.
 - b) If not, go to #7.

- 7)
 - a) Leaves are curled under like a ram's horn, and are dark green, gray, brown, or gold. >> Over-fertilization (too much N).
 - b) If not, go to #8.

- 8)
 - a) The plant is wilted, even though the soil is moist. >> Over-fertilization, soggy soil, damaged roots, disease; copper deficiency (very unlikely).
 - b) If not, go to #9.

Plant Deficiencies Chart:

- 9) a) Plants won't flower, even though they get 12 hours of darkness for over 2 weeks. >> The night period is not completely dark. Too much nitrogen. Too much pruning or cloning.
b) If not, go to #10.
- 10) a) Leaves are yellow or white, but the veins are mostly green. >> Iron (Fe) deficiency.
b) If not, #11.
- 11) a) Leaves are light green or yellow beginning at the base, while the leaf margins remain green. Necrotic spots may be between veins. Leaves are not twisted. >> Manganese (Mn) deficiency.
b) If not, #12.
- 12) a) Leaves are twisted. Otherwise, pretty much like #11. >> Zinc (Zn) deficiency.
b) If not, #13.
- 13) a) Leaves twist, then turn brown or die. >> The lights are too close to the plant. Rarely, a Calcium (Ca) or Boron (B) deficiency.
b) If not. You may just have a weak plant.

SYMPTOMS	N	P	K	Ca	S	Mg	Fe	Mn	B	Mb	Zn	Cu	Over Fert.
Yellow Upper Leaves	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No
Yellow Middle Leaves	No	Yes	No	No	No								
Yellow Lower Leaves	Yes	Yes	Yes	No	No	Yes	No						
Red Stems	Yes	Yes	Yes	No	No	Yes	No						
Necrosis	No	No	Yes	No	No	Yes	No	Yes	Yes	No	No	Yes	No
Spots	No	Yes	No	No	No	No	No						
Growing Shoots Die	No	Yes	No	No	No	No							
White Leaf Tips	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No
Stunted Growth	Yes	Yes	No	Yes	No								
Deformed New Growth	No	Yes	No										
Yellow Tips	No	Yes											
Twisted Growth	No	Yes	No	No	No	No							

Solutions to Nutrient Deficiencies:

The below information is taken from the internet. The source is not known, but if you need crediting for the information then contact me from the details at the beginning of the text.

Nitrogen - (N)

Plants need lots of N during vegging, but it's easy to overdo it. Added too much? Flush the soil with plain water. Soluble nitrogen (especially nitrate) is the form that's the most quickly available to the roots, while insoluble N (like urea) first needs to be broken down by microbes in the soil before the roots can absorb it. Avoid excessive ammonium nitrogen, which can interfere with other nutrients. Too much N delays flowering. Plants should be allowed to become N-deficient late in flowering for best flavour.

Magnesium

Mg-deficiency is pretty common since marijuana uses lots of it and many fertilizers don't have enough of it. Mg-deficiency is easily fixed with ¼ teaspoon/gallon of Epsom salts (first powdered and dissolved in some hot water) or foliar feed at ½ teaspoon/quart. When mixing up soil, use 2 teaspoon dolomite lime per gallon of soil for Mg. Mg can get locked-up by too much Ca, Cl or ammonium nitrogen. Don't overdo Mg or you'll lock up other nutrients.

Potassium

Too much sodium (Na) displaces K, causing a K deficiency. Sources of high salinity are: baking soda (sodium bicarbonate "pH-up"), too much manure, and the use of water-softening filters (which should not be used). If the problem is Na, flush the soil. K can get locked up from too much Ca or ammonium nitrogen, and possibly cold weather.

Phosphorous

Some deficiency during flowering is normal, but too much shouldn't be tolerated. Red petioles and stems are a normal, genetic characteristic for many varieties, plus it can also be a co-symptom of N, K and Mg-deficiencies, so red stems are not a foolproof sign of P-deficiency. Too much P can lead to iron deficiency.

Iron

Fe is unavailable to plants when the pH of the water or soil is too high. If deficient, lower the pH to about 6.5 (for Rockwool, about 5.7), and check that you're not adding too much P, which can lock up Fe. Use iron that's chelated for maximum availability. Read your fertilizer's ingredients - chelated iron might read something like "iron EDTA". Too much Fe without adding enough P can cause a P-deficiency.

Manganese

Mn gets locked out when the pH is too high, and when there's too much iron. Use chelated Mn.

Zinc

Also gets locked out due to high pH. Zn, Fe, and Mn deficiencies often occur together, and are usually from a high pH. Don't overdo the micro-nutrients- lower the pH if that's the problem so the nutrients become available. Foliar feed if the plant looks real bad. Use chelated zinc.

Solutions to Nutrient Deficiencies:

OVER FERTILIZATION: Causes leaf tips to appear yellow or burnt. To correct soil should be flushed with three gallons of water per one gallon of soil.

B - BORON (B): Growing shoots turn grey or die. Growing shoots appear burnt. Treat with one teaspoon of Boric acid (sold as eyewash) per gallon of water.

Ca - CALCIUM (Ca): Lack of calcium in the soil results in the soil becoming too acid. This leads to Mg or Fe deficiency or very slow stunted growth. Treat by foliar feeding with one teaspoon of Dolomatic lime per quart of water until condition improves.

Check Your Water: Crusty faucets and shower heads mean your water is "hard," usually due to too many minerals. Tap water with a TDS (total dissolved solids) level of more than around 200ppm (parts per million) is "hard" and should be looked into, especially if your plants have a chronic problem. Ask your water company for an analysis listing, which will usually list the pH, TDS, and mineral levels (as well as the pollutants, carcinogens, etc) for the tap water in your area. This is a common request, especially in this day and age, so it shouldn't raise an eyebrow.

Regular water filters will not reduce a high TDS level, but the costlier reverse-osmosis units, distillers, and de-ionizers will. A digital TDS meter (or EC = electrical conductivity meter) is an incredibly useful tool for monitoring the nutrient levels of nutrient solution, and will pay for itself before you know it. They run about \$40 and up.

General Feeding Tips: Pot plants are very adaptable, but a general rule of thumb is to use more nitrogen & less phosphorous during the vegetative period, and the exact opposite during the flowering period. For the veg. period try a N:P:K ratio of about 10:7:8 (which of course is the same ratio as 20:14:16), and for flowering plants, 4:8:8. Check the pH after adding nutrients.

If you use a reservoir, keep it circulating and change it every 2 weeks. A general guideline for TDS levels is as follows: seedlings = 50-150 ppm; un-rooted clones = 100-350 ppm; small plants = 400-800 ppm; large plants = 900-1800 ppm; last week of flowering = taper off to plain water. These numbers are just a guideline, and many factors can change the actual level the plants will need. Certain nutrients are "invisible" to TDS meters, especially organics, so use TDS level only as an estimate of actual nutrient levels. When in doubt about a new fertilizer, follow the fertilizer's directions for feeding tomatoes. Grow a few tomato or radish plants nearby for comparison.

pH: The pH of water after adding any nutrients should be around 5.9-6.5 (in Rockwool, 5.5-6.1). Generally speaking, the micro-nutrients (Fe, Zn, Mn, Cu) get locked out at a high pH (alkaline) above 7.0, while the major nutrients (N, P, K, Mg) can be less available in acidic soil or water (below 5.0). Tap water is often too alkaline. Soils with lots of peat or other organic matter in them tend to get too acidic, which some dolomite lime will help fix. Soil test kits vary in accuracy, and generally the more you pay the better the accuracy. For the water, colour-based pH test kits from aquarium stores are inexpensive, but inaccurate. Invest in a digital pH meter (\$40-80), preferably a waterproof one. You won't regret it.

Other Things:

The below information is taken from the internet. The source is not known, but if you need crediting for the information then contact me from the details at the beginning of the text.

Cold.

Cold weather (below 50F/10C) can lock up phosphorous. Some varieties, like equatorial Sativas, don't take well to cold weather. If you can keep the roots warmer, the plant will be able to take cooler temps than it otherwise could.

Heat.

If the lights are too close to the plant, the tops may be curled, dry, and look burnt, mimicking a nutrient problem. Your hand should not feel hot after a minute when you hold it at the top of the plants. Raise the lights and/or aim a fan at the hot zone. Room temps should be kept under 85F (29C) -- or 90F (33) if you add additional CO2.

Humidity.

Thin, shrivelled leaves can be from low humidity. 40-80 % is usually fine.

Mould and fungus.

Dark patchy areas on leaves and buds can be mould. Lower the humidity and increase the ventilation if mould is a problem. Remove any dead leaves, wherever they are. Keep your garden clean.

Insects.

White spots on the tops of leaves can mean spider mites underneath.

Sprays.

Foliar sprays can have a "magnifying glass" effect under bright lights, causing small white, yellow or burnt spots which can be confused with a nutrient problem. Some sprays can also cause chemical reactions.

Insufficient light.

Tall, stretching plants are usually from using the wrong kind of light. Don't use regular incandescent bulbs ("grow bulbs") or halogens to grow cannabis. Invest in fluorescent lighting (good) or HID lighting (much better) which supply the high-intensity light that cannabis needs for good growth and tight buds. Even better, grow in sunlight.

Clones.

Yellowing leaves on un-rooted clones can be from too much light, or the stem may not be firmly touching the rooting medium. Turn off any CO2 until they root. Too much fertilizer can shrivel or wilt clones - plain tap water is fine.

Leaf Deficiencies Chart:

CLG-PEACE.ORG
ADVANCED MARIJUANA CULTIVATION

DEFICIENCY AND ABUNDANCE OF FERTILIZATION ELEMENTS

{ pictures by Xoxo Sorvantesca, edited by SRV }



Harvesting, Curing And Storage:

During the last two weeks of plants' floral cycle, suspend the use of fertilizers and apply Final Phase on a one day on, one day off basis for a week. During the last week before harvest, only provide fresh water to plants. Leaves will turn uniformly yellow as plants use up their stored sugars and nutrients. The use of Final Phase and clean water during the last two weeks of floral cycle ensures a cleaner tasting, easy-burning medicine.

Harvest marijuana near the end of its 12 hour lights-on cycle using clean scissors while wearing gloves. There are many theories and methods regarding how much of a plant to cut during harvesting, where on the plant to cut, etc. Some growers cut the entire plant at the bottom of the stalk and hang the whole plant to dry. Others remove only the floral tops at the base of the lowest-developed flower on the stalk. They might fasten this to a clothesline or clothes hanger. Growers often do a partial manicure of their buds at time of harvest, removing all the larger leaves and trimming most of the mid-sized and smaller leaves except those that are coated in resin glands.

Most growers dry their cannabis in darkened rooms with good air circulation and air exchange. These rooms should be pathogen free, about 70 F, with a relative humidity of about 50%. There are many methods of determining when flowers are properly dried, but one of the more precise ways is to weigh some sample buds at harvest, and then to continue weighing them as they lose water. When the flowers weigh approximately 25% as much as they did when first cut from the plant, they are ready to be taken out of the drying room and stored in sterile glass containers. Most flowers, except those that are drying as part of an entire cut plant, will be dry and ready for storage after approximately 6 to 10 days, depending on local conditions. Drying cannabis as part of an entire plant takes longer than drying individually cut floral clusters.

During the first two weeks after placing flowers in glass containers, open the container in a sterile, non-humid environment for two hours every two days. This allows late by products of final curing to evaporate and exit the storage container.

Cannabinoids contained in plant material are extremely volatile; they begin to undergo chemical changes as soon as they are removed from direct connection with a living root system.

For maximum durability of Cannabinoids, and to ensure potency and flavour, store cannabis in a freezer (preferably) or the lower part of a refrigerator. Avoid crushing, rough handling, or other manipulation of the physical structure of the buds at any time- this degrades resin glands and results in lowered potency. Degraded Cannabinoids also produce degraded euphoriant and medicinal effects. In general, poorly-handled, poorly-stored cannabis produces more sedative effects that lack the clear, uplifting high of properly-harvested, properly-cured, properly-stored cannabis.

Links:

During my investigations on the internet I have come across a number of different Growing Websites and Forums. These are the sites I have found of use to me in one way or another, in alphabetical order.

www.autoflower.net A great forum, dedicated to auto-flowering cannabis (although there is also a photosensitive section).

www.greenmanspage.com/ A great source of information on Cannabis.

www.thctalk.com Another massive, but I find friendlier site. Highly recommended.

en.seedfinder.eu A searchable seed bank and strain review site. Excellent.

www.uk420.com A massive growing site filled with information.

www.sentencingcouncil.org.uk

http://www.sentencingcouncil.org.uk/wp-content/uploads/Drug_Offences_Definitive_Guideline_final_web1.pdf

If you would like to see your site on this page, then you can contact me at the email address in the Author's Contact section.