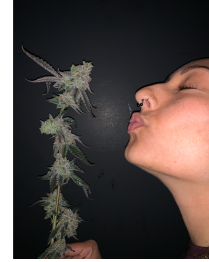


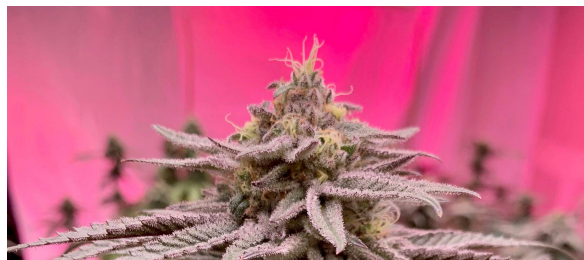


~ GANJA GIRL'S HOW-TO GUIDE ~
**HOW TO GROW YOUR OWN ORGANIC
IN 6 SIMPLE STEPS**



1. Figure out your supplies

- a. **Clones or Seeds:** It is possible to achieve your desired results by starting your grow with either clones or seeds. Beware that if you choose to use non-feminized (regular) seeds, you will have to keep an eye out for those pesky males before they pollinate your ladies! If this is your first time growing, clones or feminized-seeds would most likely be the best choice!
- b. **Organic soil:** By choosing a rich living soil, you are setting your plants up for a healthy life and ultimately a successful harvest. There are many benefits to using an organic living soil. One of the biggest benefits is that all you need to add is water straight from the tap! No need for pH-ing, nutrients, or any other additives. When you start with soil that will provide plants with the natural components they need to thrive, it makes your job that much easier! Another huge benefit to using a living soil is that your plants should be able to better fight off potential pests and diseases. I recommend Wormies Living Soil (thewormies.com).
- c. **Pots and Saucers:** Planting your babies in the right size pot is important. Think of it like they are your real babies! Would you put your newborn to bed in a crib or a king size bed? Keep it small with clones/seedlings. Be mindful of your plant's growth including the roots! When the roots begin to fill out their space, give your plant a new larger home!
- d. **Lighting:** If you must know anything about lighting it is this: the amount of sunlight your plant receives per day determines whether your plant is in the vegetative stage or bloom stage. When your plant receives ≥ 18 hrs of light per day, the plant will remain in veg, meaning the plant will keep growing taller and wider but it will not produce flowers. When your plant receives ≈ 12 hr of light per day, it will begin to bloom.
- e. **Temperature/Humidity control:** Arguably the most important factor to maintaining healthy plants is being able to control the weather of your grow environment. When plants are beginning their lifestyle, they want the most moisture and humidity. As plants grow up, the less humidity - the better. Once your plants enter the bloom cycle, it is important to try to keep your humidity below 50%. Exposing flowering plants to too high of humidities can cause powdery mildew and mold in the buds.



2. Start your seedlings or clones

- a. Clones and seeds like humidity! Whether you are starting in a clone dome, a solo cup, or a small pot, these babies are going to want a lot of light and a moist environment!
- b. Problem solving tip: You may need to move your lights closer to the plants during this time of their life. Each light is different, so make sure you read the owner's manual including the recommended distance from plants!
- c. Propagation takes patience! Do not get frustrated if some of your seeds or clones don't make it. Use your resources - watch Youtube videos, ask your favorite grower on Instagram or ask an experienced friend!



3. Water

- a. Watering seems easy but when done wrong, it can really mess up your plants. Wait to water until the top layer of soil is completely dry and/or you can lift the pot and tell that it's not sopping wet/super heavy! If you drench your plants with water every hour it will not be good. Be patient and make sure the girl is thirsty before giving her a drink!
- b. Watering tip: to maximize root growth and expansion, water your plants along the outer edge of the pot.
- c. When you use organic soil, like the living soil from Wormies, you only need to add regular water to your plants!

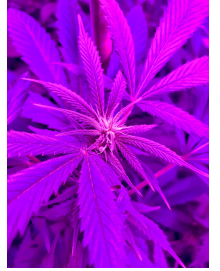
4. Prune

- a. You will start to notice some leaves naturally turn yellow and die or fall off the plant. It is completely normal for leaves at the bottom to turn yellow/brown. Pull them off!!!!!! Don't be scared. This is like a spa day for your plant lady - give her room to breathe and get rid of those nasty leaves! She will thank you later.
- b. For the best results, keep the bottom $\frac{1}{3}$ of the plant freshly shaven if you know what I'm sayin'! Once your plant begins to mature, you may notice that it will produce unnecessary leaves at the bottom. These leaves appear leafy, airy, flimsy. Chop em!!! Keep that bottom $\frac{1}{3}$ of the plant bare and see the improvement upwards!



5. Flip to Flower

- a. When you and your plants are ready, “flip” the light cycle from veg (18-24 hours of light per day) to bloom (12 hours of light per day).
- b. After a few days you will begin to see the first hairs, keep going!
- c. Ensuring that you do not have any light leaks during the dark hours of bloom should also be taken into consideration. If you stand in your grow room with one hand out, you should not be able to see your hand - then you know it is dark enough.



6. Harvest

- a. It is personal preference whether you choose to trim your plants right away while they are still wet, and then let them dry out! OR you can dry the plants out first and then complete the trimming! I prefer dry trimming because I can see what the final product is going to look like.
- b. It is recommended that you place your trimmed buds into a glass jar, out of the sunlight, with a humidity control pack and let the nugs cure. This usually puts the final touch on the buds making them feel, look, smell, and taste AMAZING! :)



~ HAPPY GROWING!!! ~

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