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Welcome to Your Grow Journey!

Thanks for starting your grow journey with us. Whether you're dreaming of your first tiny sprout or a thriving garden of green, we're here to make it easy and enjoyable. Everyone starts as a beginner, and that's exactly where the fun begins. Think of this guide as your personal grow buddy—we'll help you every step of the way so you end up with the happiest plants and your best harvest ever!

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1. Germination Stage — The Beginning of Life!

(Also known as: Waking up your seeds!)

This is where your plant's life begins. Germination simply means getting your seeds to sprout. You'll know it's working when you see a tiny white root (called a "taproot") poking out of the seed. This stage is all about patience, warmth, and gentle handling.



Items You'll Need:

- **Your Seeds** – The star of the show!
- **Paper Towels** – Soft and absorbent, they help keep things moist.
- **Two Plates or a Plastic Container** – To create a warm, cozy home.

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- **Spray Bottle** – To gently mist and keep moisture just right.
- **Seed Plugs or Rapid Rooters** (Optional) – These are little starter pods that make planting a breeze.
- **Solo Cups or Small Containers** (Optional for direct planting).
- **Final Pot** (Highly recommended for autoflowers since they don't love moving around!).
- **Clean Water** – Ideally with a pH of 6.0-6.5 (we'll explain "pH" in a second!).
- **Seedling Heat Mat** (Optional but awesome for cozy warmth).

What is pH?

pH measures how acidic or alkaline your water/soil is. Plants like a "just right" pH so they can absorb nutrients properly. For germination, slightly acidic water (between 6.0-6.5) works great.

How to Germinate Seeds (Two Easy Methods):

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1 Paper Towel Method (Beginner-friendly + Great Visibility!)

This method is perfect if you like to "see" your seeds sprout before planting.

Step-by-Step:

1. **Moisten** two paper towels (damp, not soaking). If you have pH-adjusted water, use that—if not, no worries!
2. **Place** your seeds between the towels.
3. **Sandwich** them between two plates (or in a plastic container). This helps keep it dark and moist, like nature's perfect little greenhouse.
4. **Keep Warm**—Aim for 70-85°F (21-29°C). A warm windowsill, the top of your fridge, or a seedling heat mat works wonders.
5. **Check Daily**—Make sure the towels stay damp, not dry or dripping.

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6. **Wait**—In 1-7 days (sometimes faster!), you'll see a white taproot pop out!
7. **Plant**—Once the taproot is about ½ inch long, gently transfer it to your chosen growing medium (that's your soil or coco coir—more on that later!).

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2 Direct Planting Method (Set it and Forget it—Sort of!)

Perfect for autoflowers who prefer not to be moved around too much.

Step-by-Step:

1. **Pre-moisten** your soil or coco coir. (It should feel like a wrung-out sponge.)
2. **Poke a Small Hole**—About ¼ inch deep.
3. **Drop in the Seed**—Pointy end up! If it's already sprouted, taproot down.
4. **Cover Lightly**—Just enough to keep it snug.
5. **Mist Gently** with water to keep the soil damp.
6. **Be Patient**—Keep warm and moist. Your sprout will break the surface in 1-7 days.
7. **Turn on the Lights!** Once it pops up, give it some gentle light.

Photoperiod Seeds vs. Autoflower Seeds—What's the Difference?

- **Autoflowers** are on auto-pilot. Once they sprout, they'll go through their life cycle no matter how much light they get. Easy-going and quick!
- **Photoperiods** are more traditional. They only start flowering when you change their light schedule (we'll cover that later). They take longer but are super customizable!

You've Got This!

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Germinating seeds can feel like magic—and it kind of is! Don’t worry if one or two seeds don’t make it. Even master growers lose a few. The important thing is you’re doing it! Get ready for the next stage where your tiny sprout becomes a little seedling.

Next Up: Seedling Stage — Your Baby Plant's First Steps!

Congratulations! You made it through germination. Now your little sprout is ready to grow its first real leaves and start soaking up some light. This is a delicate stage, but with a little care and attention, your baby plant will thrive.



Items You'll Need:

- **Your Seedlings** – Freshly sprouted and ready to grow.
- **Final Pot or Small Containers** – Solo cups work great for photoperiod plants. Autoflowers do best in their forever homes.

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- **Grow Lights –** CFL, LED, or Fluorescent. Haven't picked a light yet? Check out our beginner-friendly options [here].
- **Spray Bottle or Watering Can –** A gentle touch makes all the difference!
- **Hygrometer/Thermometer –** To keep tabs on temperature and humidity (check out our 2-in-1 combo tool [here]).
- **Light Soil or Coco Coir Mix –** Needs to be airy and well-draining, with a pH of 6.0-6.5.
- **pH Meter & EC/PPM Meter** (Optional) **–** Helpful for dialing things in but not required for beginners.
- **Mild Seedling Nutrients –** If your medium doesn't already have food in it, start with a ¼ strength dose.

What is EC/PPM?

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- **EC** stands for Electrical Conductivity. It measures how much nutrient is in your water.
- **PPM** (Parts Per Million) is a similar measurement, often easier for beginners to understand.
  These tools help you avoid overfeeding or underfeeding, but don't stress—many growers just start with "light feeding" and adjust as they go.

How to Nurture Your Seedlings:

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1 Lighting:

- **How much?** 18-24 hours a day. More light = more energy!
- **How far?**
  - **LEDs:** 24-30 inches away.
  - **CFLs/Fluorescents:** 4-6 inches away.

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- **Why?** If the light is too far, your plant will stretch and get leggy. If it's too close, the leaves might burn. Watch for signs and adjust!

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2 Watering:

- **How often?** Only when the top inch of soil feels dry (poke your finger in to check).
- **How much?** Less is more! Seedlings don't need much water.
- **Pro Tip:** Use a spray bottle at this stage to avoid overdoing it. In coco, you'll need to water a bit more often.

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3 Feeding (Nutrients):

- Start feeding when your plant has its **first set of true leaves** (those serrated cannabis leaves, not the round baby ones).
- Use a **¼ strength** seedling nutrient mix that's higher in **Nitrogen (N)**.
- Watch the **pH** of your water:
    - Soil = 6.0-6.5
    - Coco = 5.8-6.2
- **Why pH?** It helps your plant actually absorb the nutrients you're giving it.

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4 Enviroment:

- **Temperature:** 70-85°F (21-29°C)
- **Humidity:** 60-70% (A humidity dome works wonders if the air's dry!)

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You’re doing great!
Seedlings are fragile, but they’re tougher than you think. Keep an eye on them, and before you know it, they’ll be ready for the next stage.

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3. Vegetative Stage — Time to Grow Big and Strong!

Now things really get exciting. Your plant will start growing more leaves, branches, and roots. This is when it builds the strength to support those big, beautiful buds later on.



Items You'll Need:

- **Trimming Scissors or Shears** – For shaping and training (Our STRNG scissors are a fan favorite for hard-to-reach spots!).
- **Grow Lights** – LEDs, HPS, or MH.
- **Light Timer** – To automate your light cycle.
- **Pots/Containers** – 3-5 gallon pots are perfect for final homes.
- **Vegetative Nutrients** – Higher Nitrogen (N) to support leafy growth.
- **pH & EC/PPM Meters** – Optional but helpful for dialing things in.
- **Plant Ties or Soft Wire** – For training (Low Stress Training).
- **Oscillating Fan** – Keep the air moving and your plants happy.
- **Cal-Mag Supplement** (Optional but often helpful, especially under LED lights).

How to Crush the Veg Stage:

1 Lighting:

- **Autoflowers:** 18-24 hours of light daily.
- **Photoperiods:** 18/6 or 24/0 (they won't flower until you tell them to by changing the light cycle later).
- **LED Height:** 18-24 inches. Adjust as plants grow.

2 Watering:

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- **How often?** Water when the top 1-2 inches of soil are dry.
- **How much?** Enough to saturate but with good drainage. Don't drown the roots!
- **Coco/hydro growers:** Water more frequently but avoid standing water.

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3 Nutrients:

- **Focus on Nitrogen (N)**—this builds leaves and stems.
- Start at **400-600 PPM** in early veg and work up to **800 PPM** by late veg.
- Don't forget Cal-Mag if you see yellowing or spots.

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4 Training (Optional but Awesome!):

- **Autoflowers:** Stick with **Low Stress Training (LST)**—gently bend branches and tie them down to create an even canopy.
- **Photoperiods:** Can handle **High Stress Training (HST)** like topping or fimming (cutting the top off to encourage multiple colas).

This is where your plants start showing personality!
Each one will grow a little differently. Pay attention, adjust your care, and watch them thrive.

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4. Flowering Stage — It's Bud Time!

This is what you've been waiting for.

In flowering, your plants shift focus from growing tall to growing buds. You'll see flowers (also called colas) start to form—and with them comes that iconic smell!

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Items You'll Need:

- **Grow Lights & Timers**
- **Bloom Nutrients** – Higher in Phosphorus (P) and Potassium (K).
- **Plant Supports** – Stakes, netting, or ties for heavy buds.

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- **Humidity & Temp Monitor**
- **Oscillating Fan & Exhaust Fan**
- **Dehumidifier (Optional but helpful if humidity's high)**

How to Nail Flowering:

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1 Lighting:

- **Autoflowers:** Keep 18-24 hours of light.
- **Photoperiods:** Switch to 12 hours light / 12 hours dark. (This is what makes them flower!)
- **LED Height:** 12-18 inches. Watch for light burn.

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2 Watering:

- Water when pots feel light and the top soil is dry.
- Less water than veg but make sure roots get what they need.
- Reduce humidity to **40-50%** (or 30-40% late flower) to prevent mold.

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3 Nutrients:

- Switch to **bloom nutrients**—low Nitrogen, high P & K.
- Target PPM: 800-1200 depending on strain and setup.
- Flush if nutrients build up (you'll notice yellowing leaves or burnt tips).

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4 Training & Support:

- Use stakes or trellis netting to hold up heavy buds.
- Remove lower leaves that aren't getting light.
- Defoliate carefully (especially with photoperiods) to improve airflow.

Smell that? That's success!
Flowering is when your plants get smelly (in a good way). Keep air flowing, stay on top of watering and nutrients, and you'll be harvesting before you know it.

5. Harvest Stage — Time to Reap the Rewards!

You made it! Now it's time to pick the fruits of your labor.

Harvesting can feel like a big moment—because it is! But don't stress. You've gotten this far, and with a little patience and attention to detail, you're about to experience the joy of trimming and curing your own homegrown buds.

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Items You'll Need:

- **Jeweler’s Loupe (30-60x) or Digital Microscope** – For checking trichomes.
- **Gloves** – Optional, but they keep things tidy (and you’ll thank yourself when your hands aren’t covered in sticky resin!).

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- **Sharp Scissors/Trimming Shears** – For harvesting and trimming (Our STRNG scissors are a solid choice!).
- **Buckets or Tubs** – To catch leaves and stems as you work.
- **Plain Water** – If you're flushing prior to harvest.

How to Know When to Harvest:

1 Check the Trichomes:

- **Trichomes** are the tiny, crystal-like structures on your buds.
- With your loupe or microscope, look at the trichomes on the buds (not the leaves).
    - **Clear** = Not ready yet.
    - **Milky/Cloudy** = Highest THC. This is your "uplifting high" window!
    - **Amber** = More of a relaxing, body-heavy, couch-lock vibe.
- A good mix? Aim for 70% milky and 30% amber for a balanced effect.

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2 Check the Pistils:

- Pistils are the little hairs on your buds.
- Most pistils should be darkened and curled inward (think reddish/brownish colors).

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3 Optional: Flushing Before Harvest

- If you're growing in soil or coco and using bottled nutrients, consider flushing for 1-2 weeks.
- **Flushing** means watering with plain, pH-balanced water to clear out any leftover nutrients.

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- This helps give your buds a cleaner, smoother taste after curing.

How to Harvest (Step-by-Step):

1. **Choose Your Method:**
    - Cut down the whole plant (easy for drying large plants).
    - Or cut individual branches (easier for trimming and hanging).
2. **Trim Fan Leaves:**
    - Do a **wet trim** now, or leave them for later during drying (called **dry trim**).
    - Removing big fan leaves helps reduce moisture during drying.

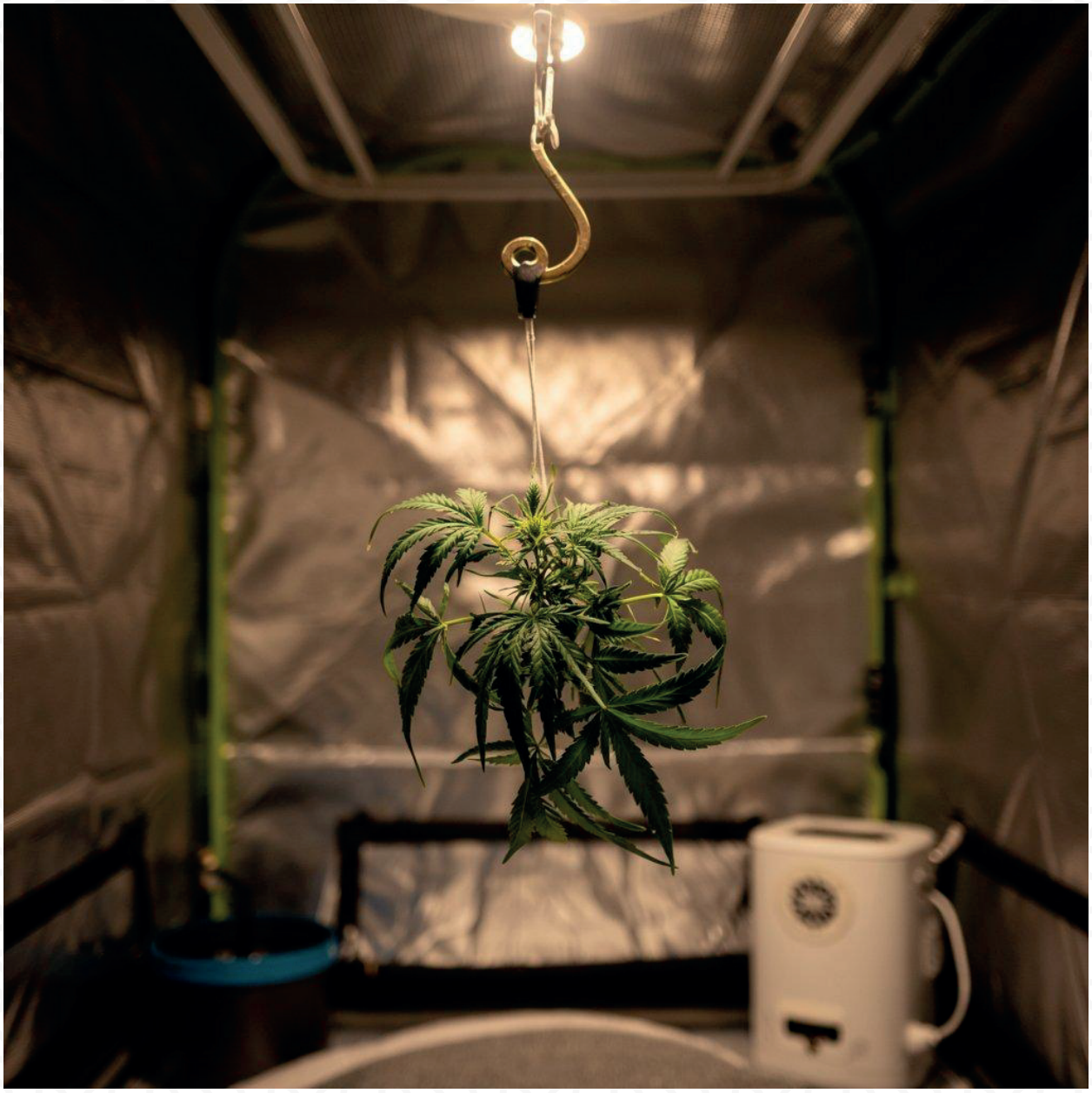
Take a deep breath and enjoy this moment—you did it!

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6. Drying Stage — Slow and Steady Wins the Race!

This is where patience really pays off.

Drying is one of the most important (and often overlooked) parts of growing. Done right, it keeps your buds flavorful, potent, and mold-free.



Items You'll Need:

- **A Clean, Dark, and Dry Space** – Closets, grow tents, or drying boxes all work great.
- **Clothesline, Drying Rack, or Hangers** – For hanging plants or branches.
- **Scissors** – For trimming any leftover leaves.

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- **Hygrometer/Thermometer** – To monitor humidity and temperature.
- **Oscillating Fan (Optional)** – To keep air moving gently (not directly on buds).

How to Dry Your Harvest (Step-by-Step):

1. **Hang Your Buds:**
    - Hang whole plants or branches upside down.
    - Space them out to avoid crowding.
    - Alternatively, use a drying rack for smaller buds.
2. **Dial in the Environment:**
    - **Temperature:** 60-70°F (15-21°C)
    - **Humidity:** 50-60%
    - Dark is key! Light breaks down THC, so keep it dim.
3. **Airflow:**
    - Gentle airflow prevents mold. Point fans at walls, not directly at your buds.
    - Fresh air exchange helps prevent stale, humid conditions.
4. **Monitor Progress:**
    - Buds are ready when the **outside feels dry**, and the **stems snap** instead of bend (usually 7-10 days).

Slow drying = better flavor and potency. Don't rush this part!

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7. Curing Stage — This is Where the Magic Happens!

Curing is like fine wine or good cheese—it gets better with time.

If you want smooth smoke, flavorful buds, and long-lasting potency, curing is non-negotiable. Think of it as the final polish on all your hard work.



Items You'll Need:

- **Airtight Containers** – Mason jars work best, but some prefer CVault containers or mylar curing bags.
- **Humidity Packs (58-62%)** – Helps maintain the perfect moisture level.
- **Hygrometers (Optional)** – For checking relative humidity (RH) in each jar.
- **Cool, Dark Storage Space** – A cupboard or closet works great.

How to Cure Your Buds (Step-by-Step):

1. **Fill the Jars:**
    - Buds should be dry on the outside but slightly sticky inside.
    - Fill jars ¾ full to leave space for air circulation.
    - Don't pack them in—lightly place them inside.
2. **Burping (Releasing Moisture):**
    - Open jars for 10-15 minutes daily during the first two weeks.
    - This releases excess moisture and refreshes the air.
    - After 2 weeks, you can burp them every few days.
3. **Monitor Humidity:**
    - Ideal RH inside the jar: 58-62%.
    - Too high? Leave the lid off for a few hours.
    - Too low? Add a humidity pack.
4. **Curing Time:**
    - Minimum of 2 weeks.
    - 4-8 weeks is even better!
    - Some connoisseurs cure for 6 months for ultra-smooth results.

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You'll notice your buds get smoother, more aromatic, and more potent as they cure. It's worth the wait!

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8. Storage — Protecting Your Precious Harvest!

Let's keep those buds fresh and tasty.

Once your buds are cured, you'll want to store them properly so they stay as good as the day you finished curing them.



Items You'll Need:

- **Airtight Containers** – Mason jars, CVaults, or specialty mylar bags.
- **Humidity Packs (58-62%)** – For long-term freshness.
- **Cool, Dark Storage Area** – 60-70°F is ideal.

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- **Opaque/UV-Protected Containers (Optional)** – Light degrades THC over time.

How to Store Like a Pro:

1. **Keep it Cool and Dark:**
    - Avoid heat and light to protect potency and flavor.
    - A closet, drawer, or cabinet is perfect.
2. **Limit Air Exposure:**
    - Don’t open jars more than you need to.
    - Each time you open them, you lose a little freshness.
3. **Long-Term Storage:**
    - With proper curing and storage, buds stay fresh for 6-12 months or longer.
    - Some freeze buds in vacuum-sealed bags for ultra-long storage (advanced growers only).

Grower FAQ: You've Got Questions—We've Got Answers!

How long does it take from seed to harvest?

- **Autoflowers:** 8-12 weeks total.
- **Photoperiods:** 12-24 weeks depending on how long you veg.

What’s pH, and why does it matter?

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pH is a scale that measures how acidic or alkaline your water/soil is.

- **Soil** likes pH between 6.0-6.5.
- **Coco/Hydro** prefers 5.8-6.2.
  Proper pH ensures your plant can absorb nutrients. If it's off, they starve (even if you're feeding them!).

How do I know if I'm overwatering?

- Droopy leaves (but firm stems).
- Soil that's constantly wet or heavy.
- Solution: Let the topsoil dry before watering again. Your plant's roots need oxygen too!

What's the best light cycle for beginners?

- **Autoflowers:** 18/6 or 24/0 from seed to harvest.
- **Photoperiods:** 18/6 during veg, 12/12 to trigger flowering.

Why do my leaves turn yellow?

- Early on: Normal during seedling stage (cotyledons yellow and fall off).
- Later: Could be a sign of nutrient deficiency (usually Nitrogen) or overwatering.
- If in flower: It's normal for lower leaves to yellow as the plant focuses on buds.

What if my buds are too dry?

- Add a humidity pack (58-62%) to your jar.
- Or try the “orange peel trick” (a small piece of peel in the jar for a few hours), but be careful of mold!

How much can I expect to harvest?

- It depends!
    - **Autoflowers:** 1-5 oz per plant.
    - **Photoperiods:** 3-8 oz per plant or more, depending on size, strain, and setup.

Still have questions?

We’re here for you! Whether you’re stuck on pH or wondering about light schedules, reach out to **Info@STRNGSeeds.com** any time. **You’ve got this, and we’ve got your back!**

Join the STRNG Seeds Growing Community on Discord!

Whether you're a first-time grower or a seasoned cultivator, our community is the perfect place to connect, ask questions, share progress, and learn together. Get tips, show off your grows, and stay updated on all things STRNG Seeds.

https://discord.gg/AmYguAWQ

Let’s grow something amazing—together!

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