

HOW TO EASY HYDROPONICS

1

GROWING SEEDLINGS

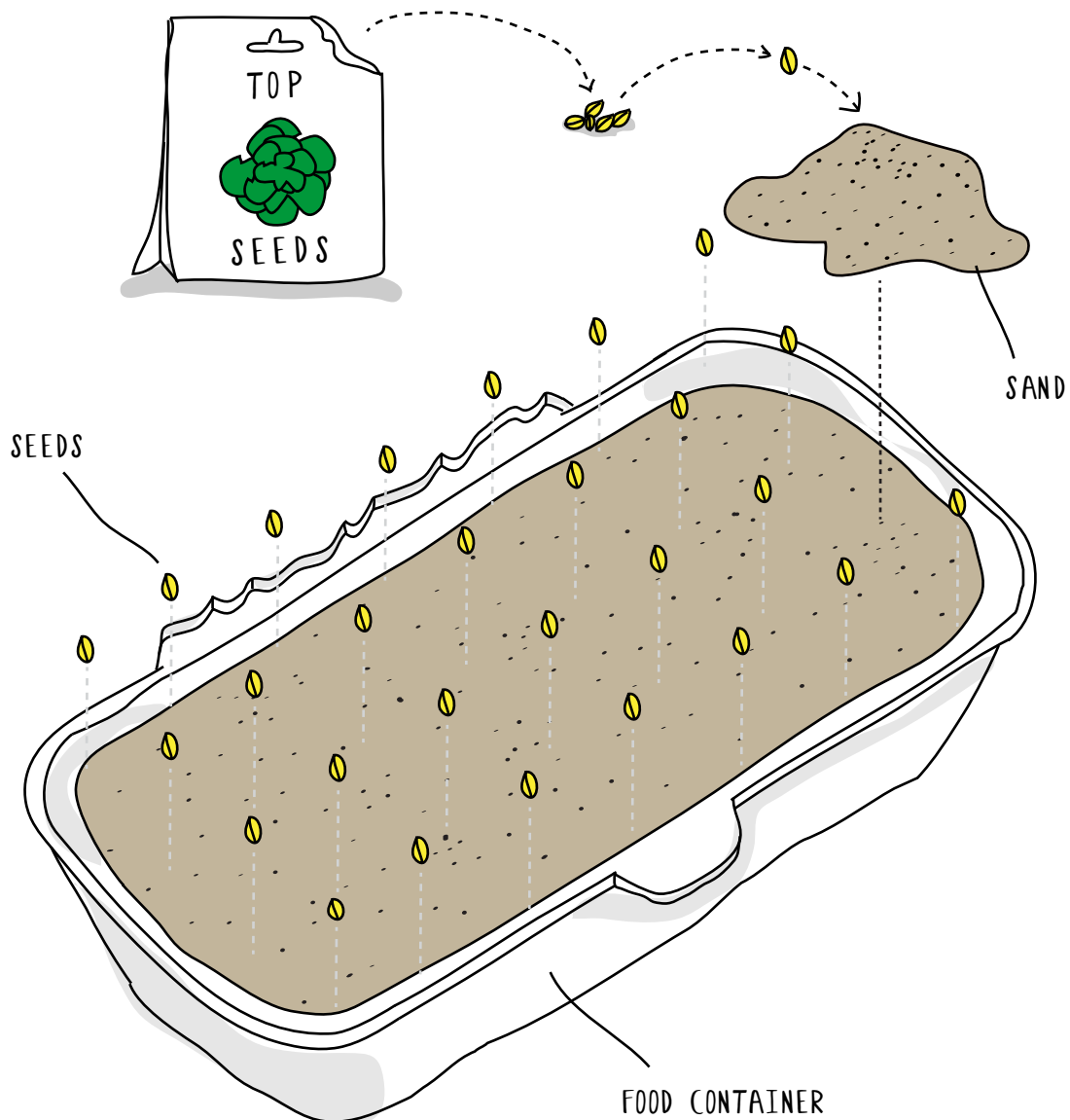
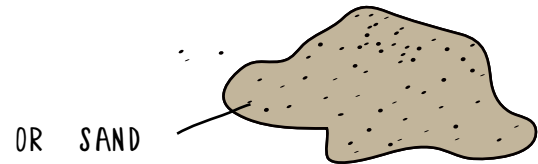
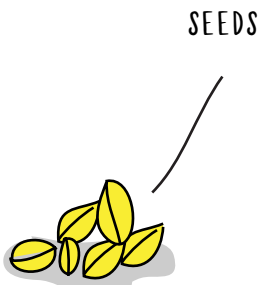
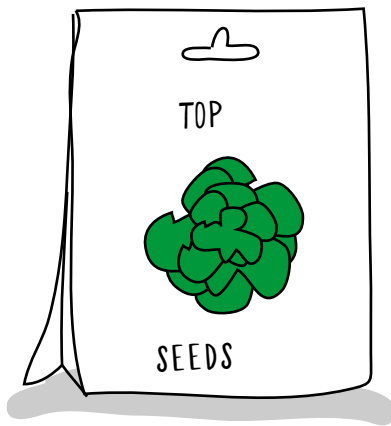


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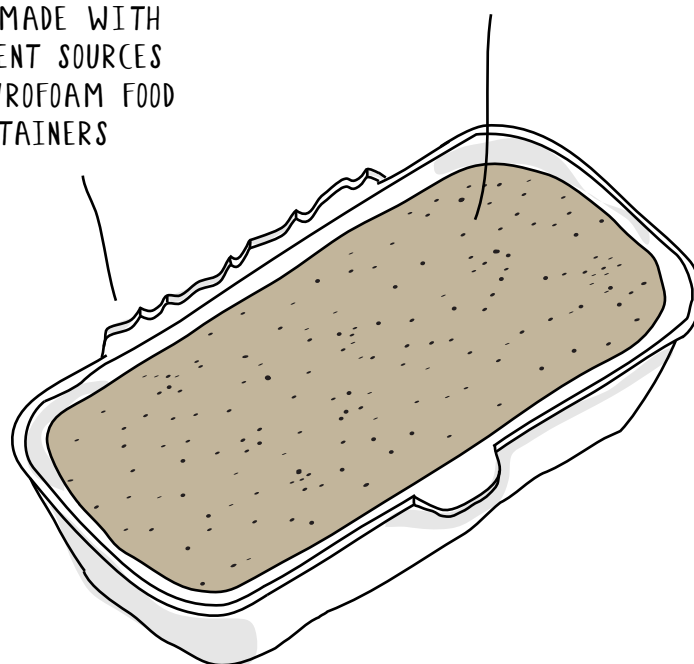
WHAT YOU NEED :

SUBSTRATE OPTIONS :



GROW STARTER TRAY
CAN BE MADE WITH
DIFFERENT SOURCES
LIKE STYROFOAM FOOD
CONTAINERS

MINIMUM 2/3 CM
OF SUBSTRATE



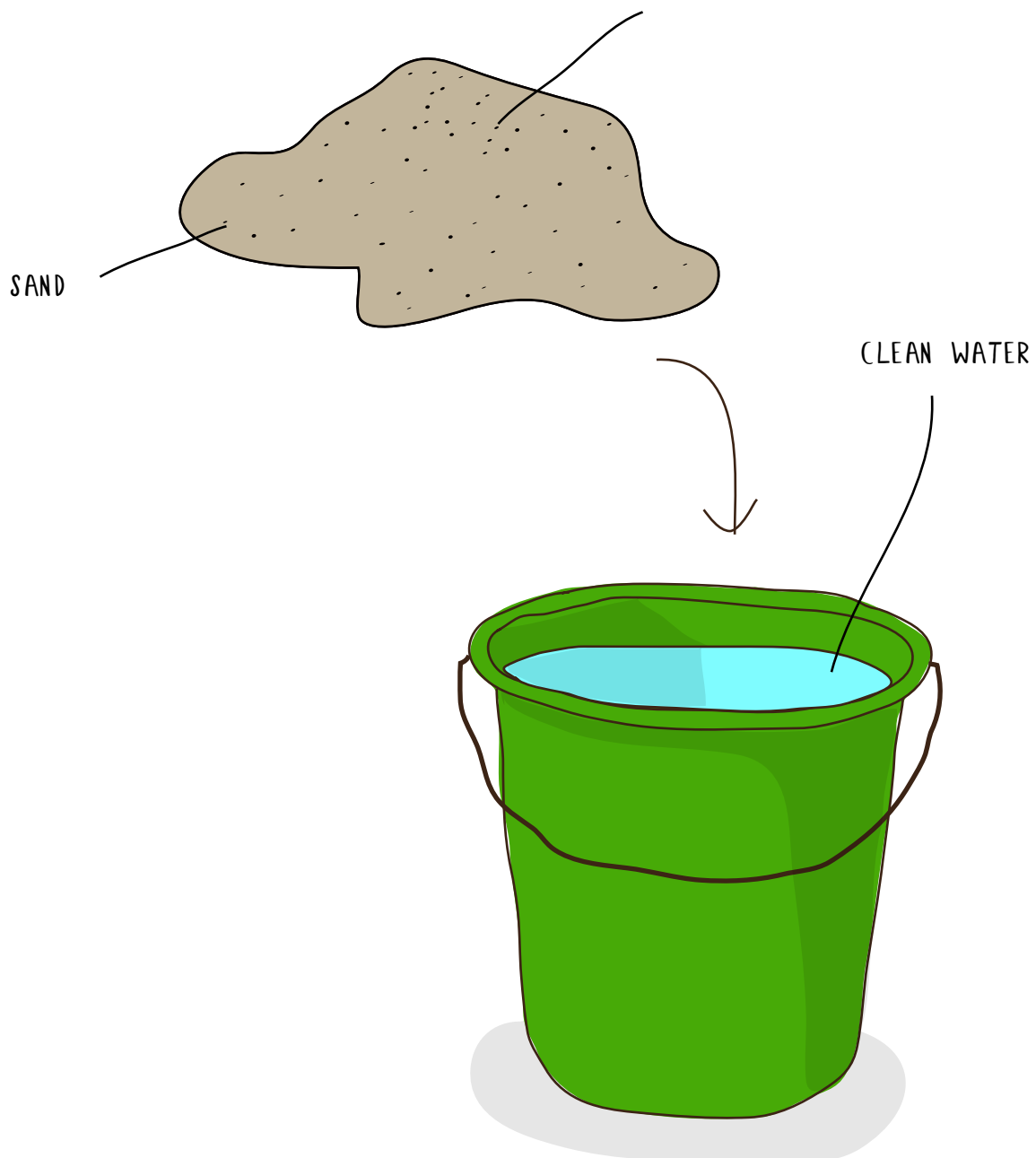
1

WASH THE SUBSTRATE

PLANTING THE SEED IN A GROW MEDIUM - SUBSTRATE. A MEDIUM OR SUBSTRATE, CAN BE MADE OF DIFFERENT MATERIALS SEE OPTIONS

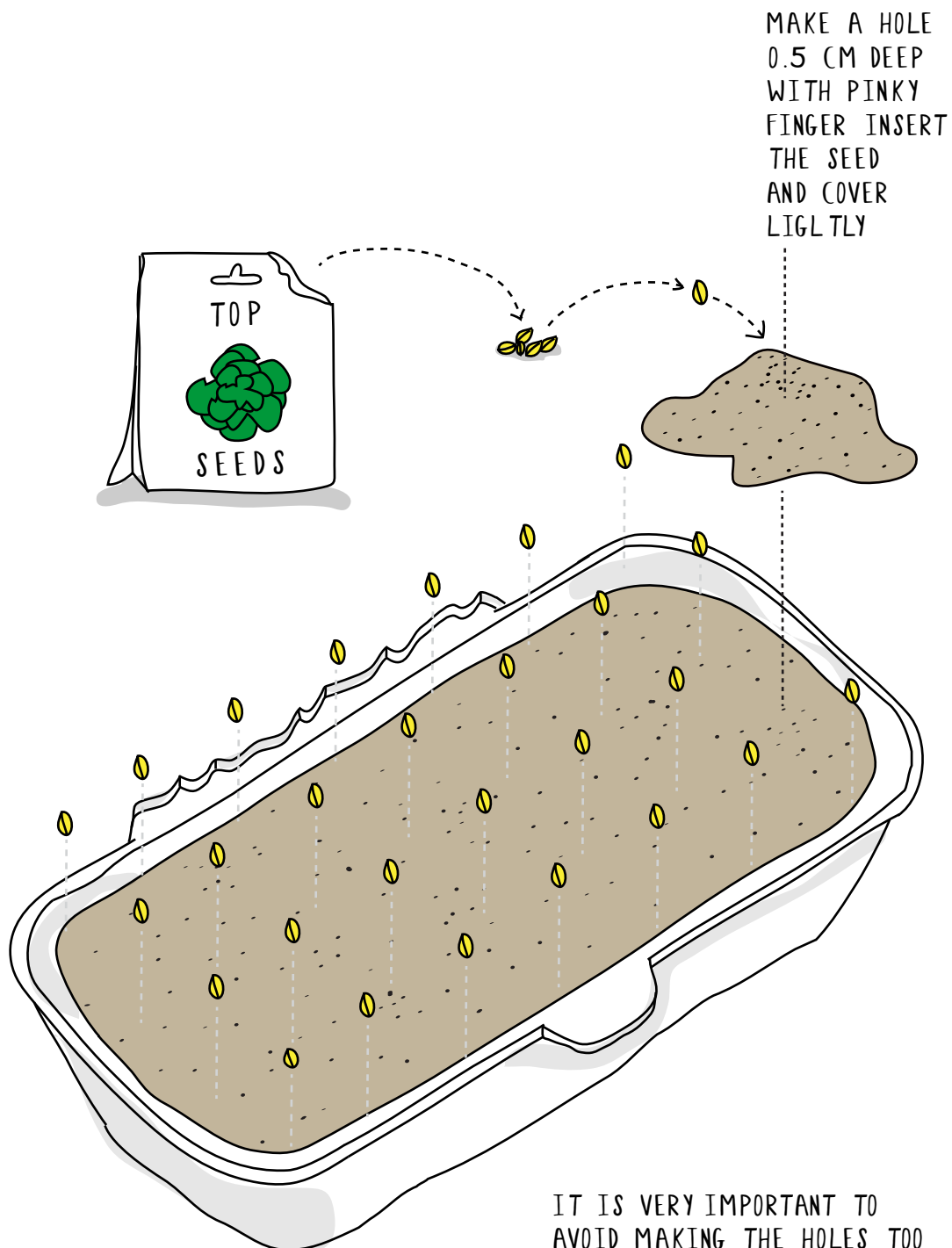
SUBSTRATE:

ENSURE THAT IT IS CLEAN, IF NECESSARY WASH IT UP TO 9 TIMES UNTIL WATER IS CLEAN AND NO RESIDUES ARE LEFT



2

SEEDS PLANTATION



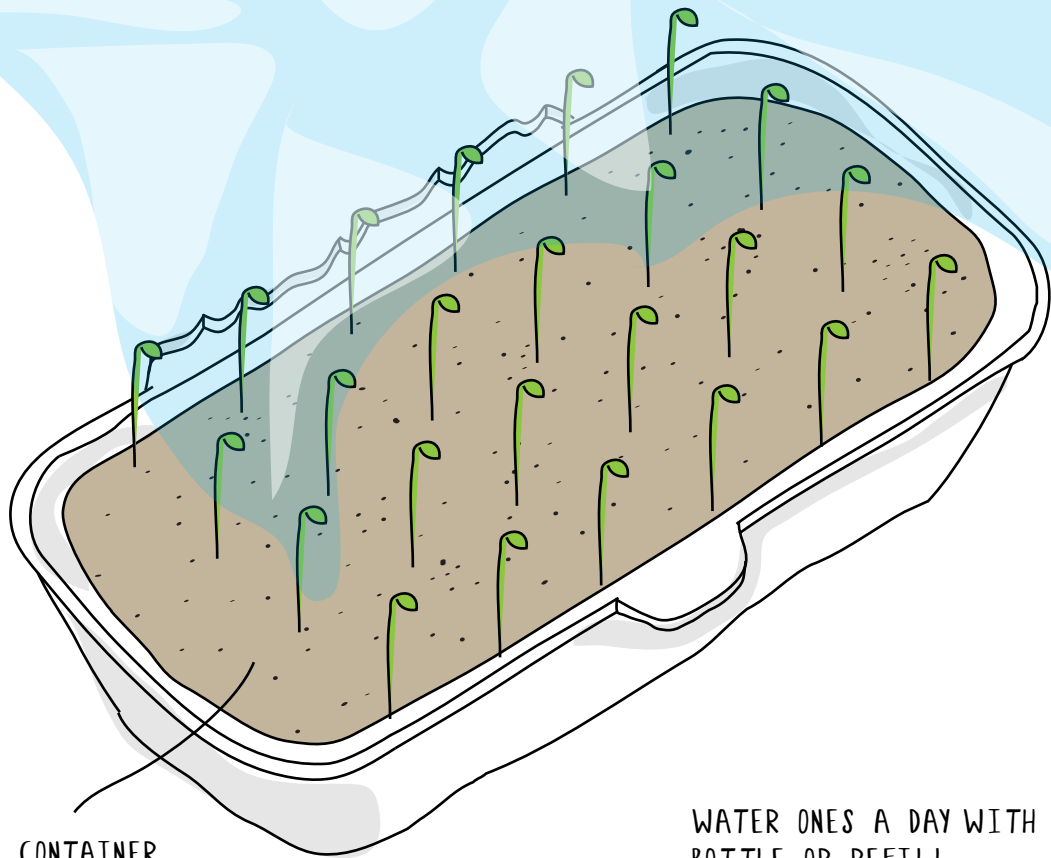
IT IS VERY IMPORTANT TO
AVOID MAKING THE HOLES TOO
DEEP BECAUSE THIS WILL
PREVENT THE SEEDS FROM
GETTING ADEQUATE SUNLIGHT,
OR TOO SHALLOW, SO THAT IT
TAKES TOO MUCH SUNLIGHT

3

GROWING SPROUTS

KEEP INSIDE AND NOT IN DIRECT SUN LIGHT
AFTER FEW DAYS, PLANTS WILL START SPROUTING.
WATER AND MOIST GENTLY.

TRANSPARENT FILM OR
TRANSPARENT PLASTIC BAG.
WET PAPER OR KITCHEN ROLE
CAN ALSO WORK FOR THIS
PURPOSE.



COVER THE CONTAINER
WITH PAPER DURING
THE FIRST 3 DAYS UNTILL
THE FIRST LEAVES SPROUT

WATER ONES A DAY WITH SPRAY
BOTTLE OR REFILL
RESERVOIR
AFTER TREE DAYS WATER
WITH HALF STRENGHT
NUTRIENT SOLUTION - REF
APPENDIX FOR MIXING
INSTRUCTIONS

TABLE OF GERMINATION TIMELINE FOR DIFFERENT CROPS.

	Type of Crop	Time to first transplant	Time to second transplant	Time to harvest	Plants /sq. m.
SUMMER	Head Lettuce	Days 14	Days 14	Days 42	30
	Baby Greens	No first transplant	Days 10	Days 28	72
	Spices	Days 14	Days 14	Days 42	30 - 42
	Asian Greens	Days 14	Days 7	Days 35	30 - 42
	Hearty Greens	Days 14	Days 14	Days 42	30
	Type of Crop	Time to first transplant	Time to second transplant	Time to harvest	Plants /sq. m.
WINTER	Head Lettuce	Days 14	Days 21 - 28	Days 56	30
	Baby Greens	No first transplant	Days 14	Days 42	72
	Spices	Days 14	Days 21 -28	Days 56	30 - 42
	Asian Greens	Days 14	Days 14	Days 42	30 - 42
	Hearty Greens	Days 14	Days 21 -28	Days 56	30

Varieties

Head Lettuce: Romaine, Butterhead, Oakleaf, Batavia

Baby Greens: Arugula, Spinach, Mixed Lettuce, Water Cress

Spices: Basil, Cilantro, Parsely, Mint, Sage

Asian Greens: Bok Choy, Tatsoi, Mustard Greens, Mizuna

Hearty Greens: Swiss Chard, Spinach, Kale & Chicory

Nutrition Formulas (Using Molina Salts)

Light Feeders

Ammonical Nitrogen
Potassium Nitrate
Iron
Magnesium Sulfate

1.5 g per L
1.7 g per L
.17 g per L (1 app. / week)
.6 g per L

Medium

1.7 g per L
1.7 g per L
.17 g per L (1 app. / week)
.6 g per L

Heavy

2 g per L
1.7 g per L
.17 g per L (1 app. / week)
.6 g per L

Light Feeders

Medium Feeders

Heavy Feeders

Baby Greens

Head Lettuce

Spices, Asian Greens and Hearty Greens

pH chart

5.5 - 5.8

LOREM IPSUM DOLOR SIT AMET, NULLA EUISMOD, NUNC CONSECTETUER QUI,JUSTO LUCTUS DIAM FELIS CRAS, APTENTJUSTO, LOREM NOSTRA RISUS ET PEDE LECTUS SUSPENDISSE VOLUPTATE, LEO QUAM, A MAURIS, CRAS VELIT, HYMENAEOS CONDIMENTUM SODALES IN TURPIS BIBENDUM ETIAM. SED ALIQUAM TORTOR TEMPOR QUAM DAPIBUS, ID NEC URNA SIT, EGESTAS DUI MAURIS LEO NISL IN. PORTTITOR PURUS, AC SAPIEN. SEM GRAVIDA, ID INCEPTOS HENDRERIT AT LIGULA AMET ENIM PELLENTESQUE AMET SOCIOSQU NON VIVERRA, AMET MAURIS PURUS NIBH A IN, BIBENDUM VENENATIS, DUI ALIQUAM ALIQUA RISUS ALIQUAM, AT MAGNA NULLA ACCUMSAN BLANDIT ELIT GRAVIDA, PEDE AMET ORCI. PEDE HABITASSE MAGNIS, ETIAM MAGNA, FRINGILLA SED SUSPENDISSE SED ET ANTE. IN EGESTAS LOREM DUI LIGULA FEUGIAT NEC. EU AC MAURIS DONEC MAURIS MASSA ID EROS, IN AMET IN, ARCU NEC ELEIFEND, FELIS AT EGET NEQUE, PEDE RUTRUM SODALES VIVAMUS MOLLITIA MORBI QUAM ERAT ARCU, PELLENTESQUE EST, AUGUE AMET IPSUM IMPERDIET UT CLASS, DUIS RECUSANDAE DONEC ELIT MAURIS FEUGIAT URNA LOBORTIS COMMODO ELIT,JUSTO DIAM, FAUCIBUS NIBH VITAE SIT ULTRICIES DUI ELEMENTUM. ACCUMSAN ENIM INTEGER, EGESTAS SEM DAPIBUS PEDE AMET, PROIN VITAE PORTA CONSEQUAT AMET CONSEQUAT, PRAESENT TORTOR CONVALLIS BIBENDUM DOLOR, MAURIS NEC IN VOLUPTATUM. ANTE SIT AUCTOR TURPIS SODALES FELIS, MASSA MOLESTIE ET NATUS MALESUADA NAM IN, EROS SUSPENDISSE URNA LECTUS PHASELLus **quam.**
Pellentesque mattis condimentum, purus curabitur aenean, mi fermentum tortor