

HOW TO EASY HYDROPONICS

1

GROWING SEEDLINGS

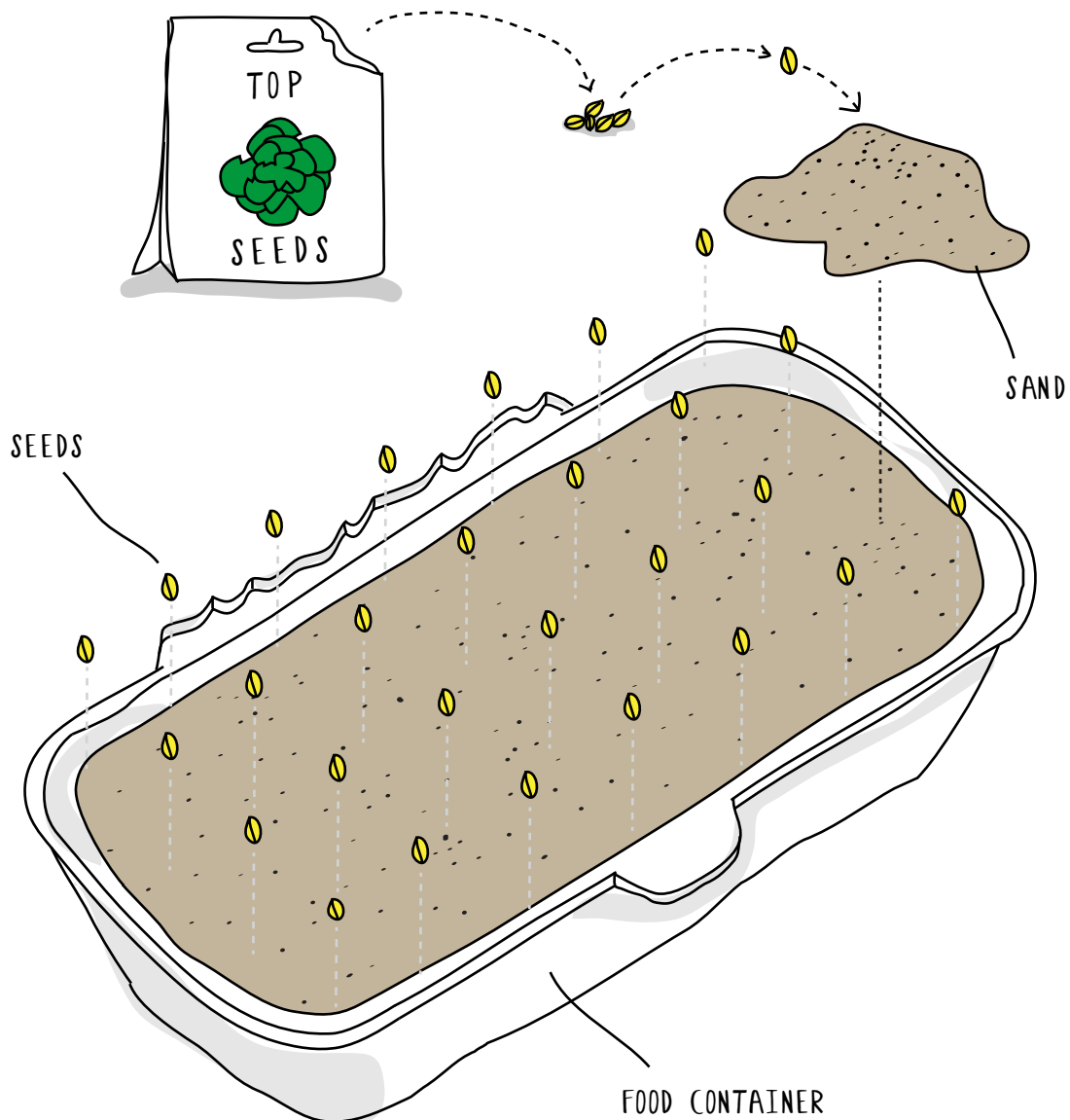
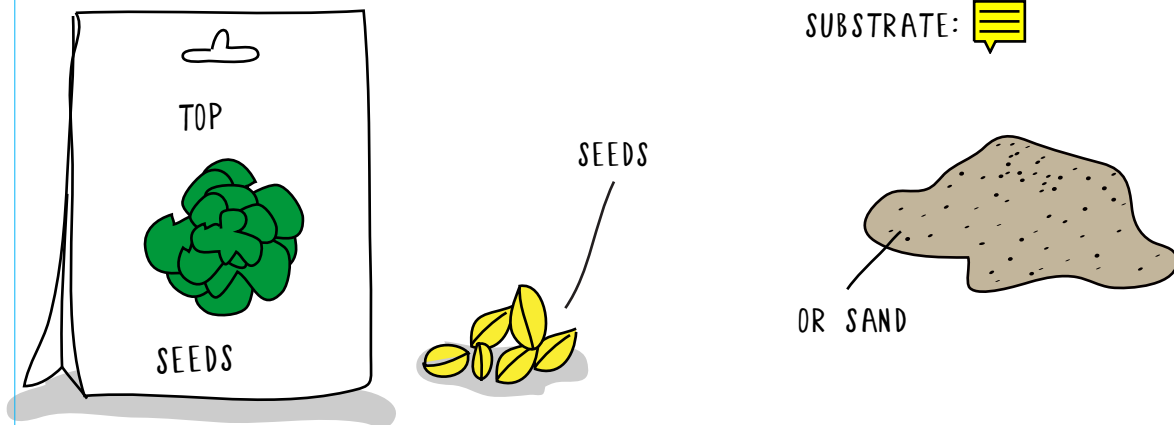


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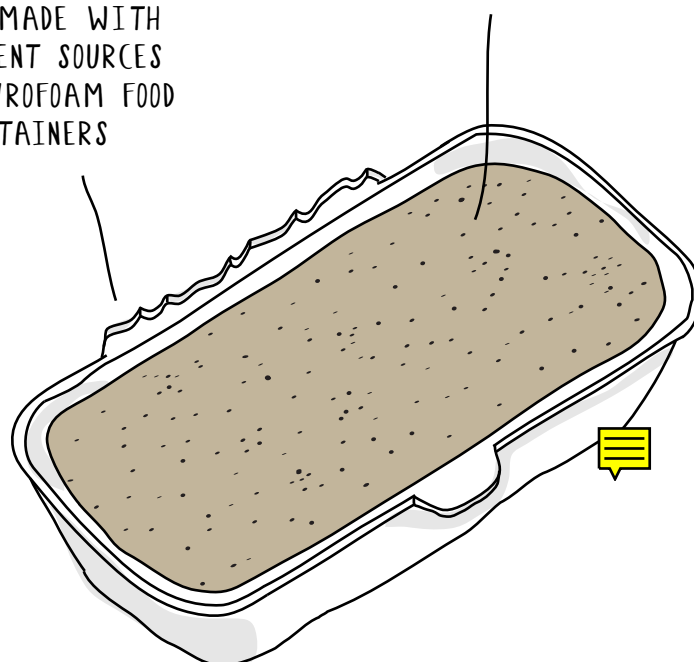
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MATERIALS YOU NEED :



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

MINIMUM 2 - 3 CM
OF SUBSTRATE

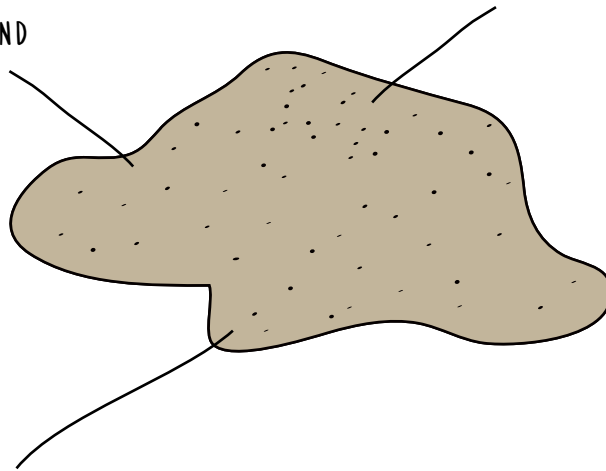


1 PREPARING THE SUBSTRATE

IN HYDROPONICS  OTHER MATERIALS ARE USED TO REPLACE SOIL. WE CALL THESE MATERIALS 'SUBSTRATES'. LIST OF EXAMPLES BELOW.

SUBSTRATE:
ENSURE SUBSTRATE IS CLEAN,
IF NECESSARY, WASH UP TO 9X
OR UNTIL WATER IS CLEAN AND
NO RESIDUES ARE LEFT

SAND



OTHER OPTIONS :



PUMICE



BRICK SHAVINGS

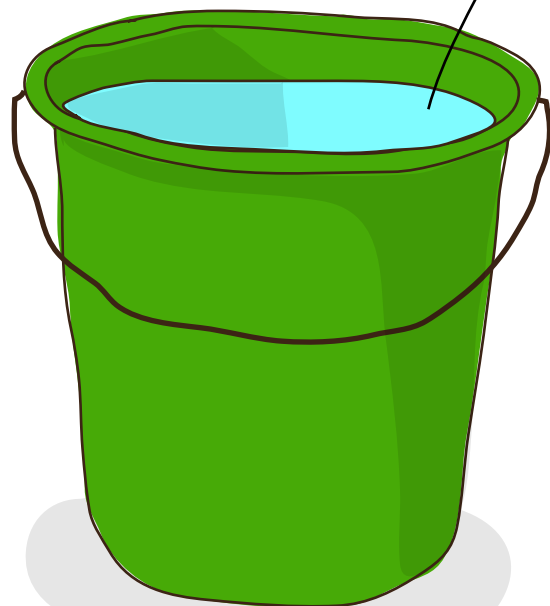


GRAVEL

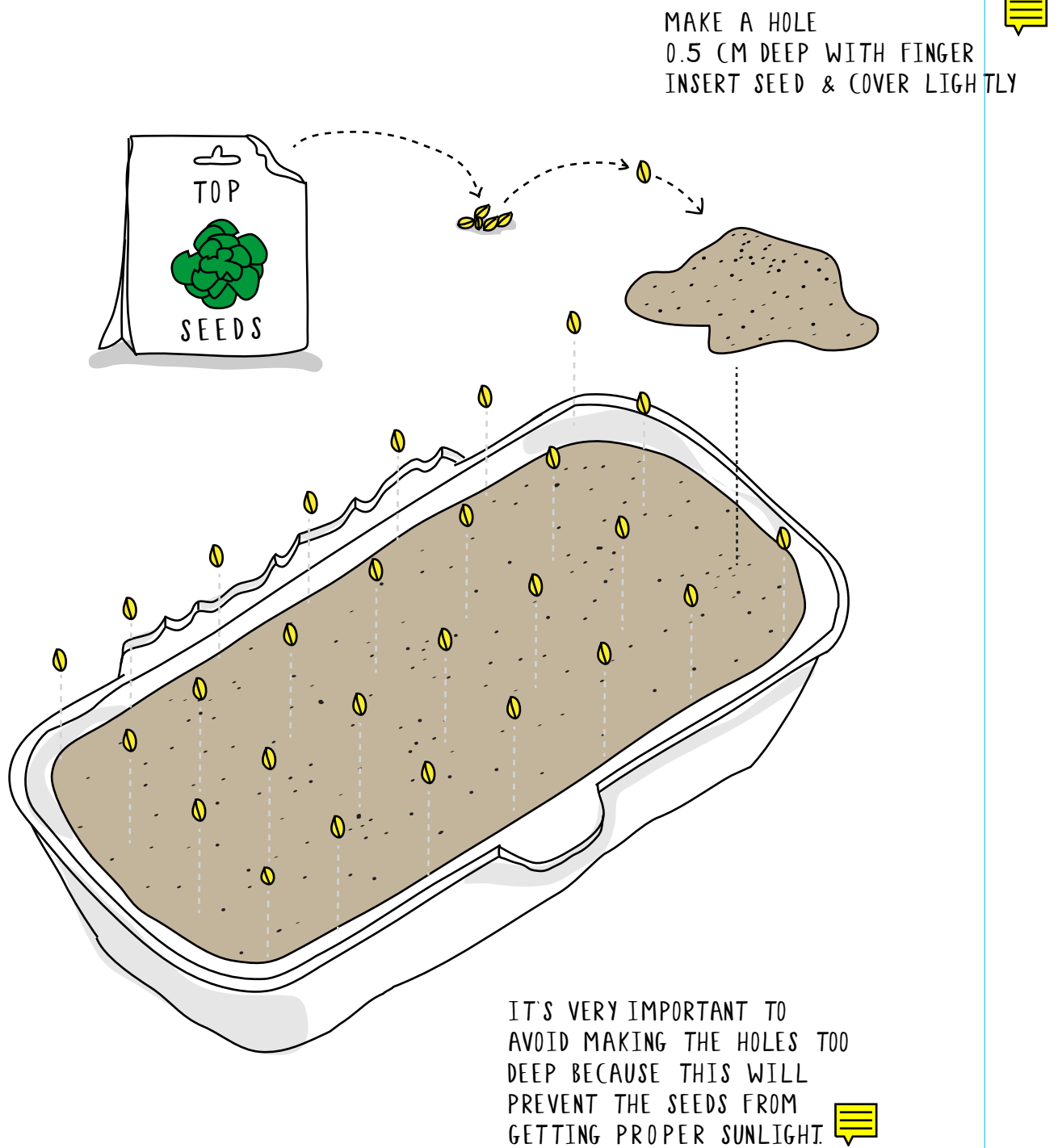


RICE HULLS

CLEAN WATER



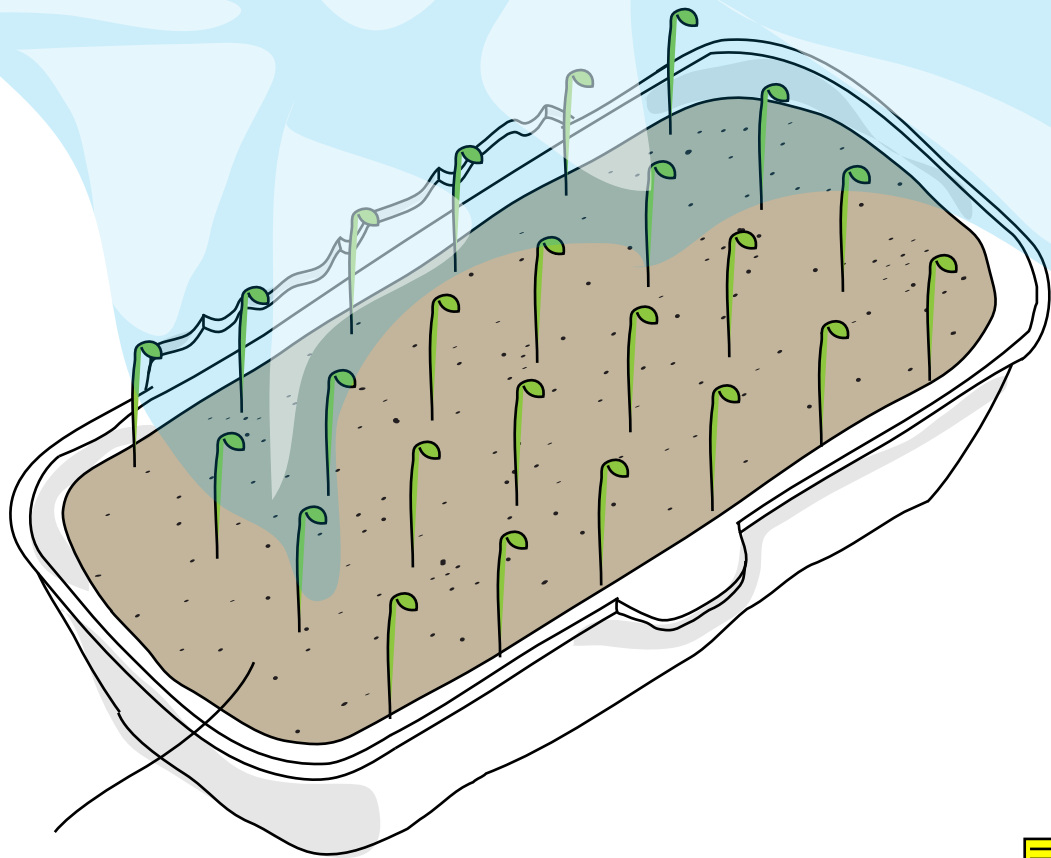
2 PLANTING SEEDS



3 GERMINATING SEEDLINGS

PLACE TRAY IN INDIRECT SUNLIGHT
AFTER A FEW DAYS, PLANTS WILL START SPROUTING.
WATER GENTLY & KEEP SUBSTRATE MOIST.

SEEDLINGS LIKE HUMIDITY!
COVER WITH TRANSPARENT PLASTIC
OR WET PAPER TOWEL TO
INCREASE HUMIDITY.




LEAVE COVER ON
FOR THE FIRST 3 DAYS OR
UNTIL THE FIRST LEAVES SPROUT


WATER ONCE A DAY WITH
HALF-STRENGTH NUTRIENT SOLUTION
SEE PG.7 FOR DETAILS



4 Hydroponic Growing Details

Growing Cycle

| | Crop Variety* | First transplant | Second Transplant | Harvest Time | |
|--------|----------------|------------------|-------------------|--------------|---|
| SUMMER | Head Lettuce | Days 14 | Days 14 | Days 42 |  |
| | Baby Greens | No transplant | Days 10 | Days 28 | |
| | Spices | Days 14 | Days 14 | Days 42 | |
| | Asian Greens | Days 14 | Days 7 | Days 35 | |
| | Hearty Greenst | Days 14 | Days 14 | Days 42 | |

| | Crop Variety* | First Transplant | Second Transplant | Harvest Time | |
|--------|---------------|------------------|-------------------|--------------|---|
| WINTER | Head Lettuce | Days 14 | Days 21 - 28 | Days 56 |  |
| | Baby Greens | No transplant | Days 14 | Days 42 | |
| | Spices | Days 14 | Days 21 -28 | Days 56 | |
| | Asian Greens | Days 14 | Days 14 | Days 42 | |
| | Hearty Greens | Days 14 | Days 21 -28 | Days 56 | |

Solution Mixing Instructions (Using Molina Salts)

Note: Our nutrient solution contains two parts; A & B. Follow instructions below to make them.

Solution A

Dissolve in 5 liters of water:

- 1 bag x Nitrato de potasio
- 1 bag x Nitrato de amonio
- 1 bag x Superfosfato triple

Solution B

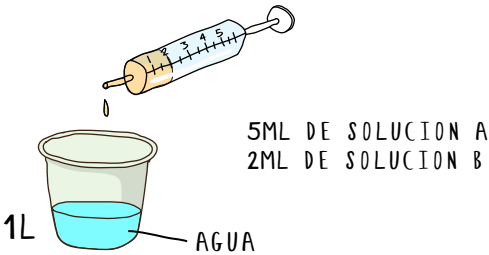
Dissolve in 2 liters of water:

- 1 bag x Sulfato de magnesio
- 1 bag x Micronutrientes
- 1 bag x Quelato de hierro



Nutrient Solution Recipes

For every liter of water add both 5 mL of **Solution A** & 2 mL **Solution B**. Use syringe to measure exact amounts.



Note: For seedlings, use half-strength solution. 3 mL of Solution A & 1 mL of Solution B



* Crop 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

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