

HOW TO EASY HYDROPONICS

1

GROWING SEEDLINGS

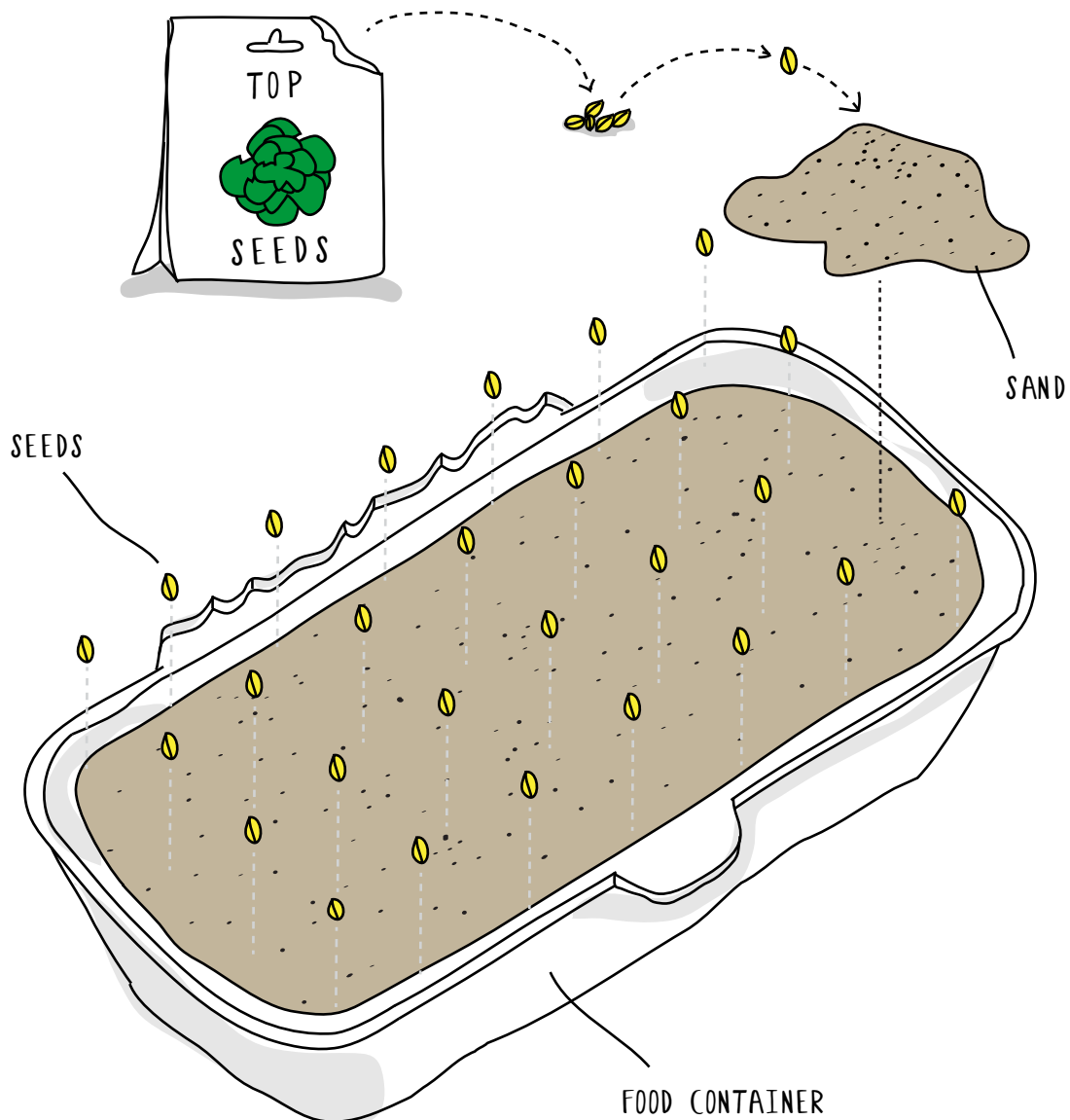
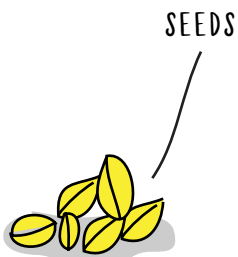
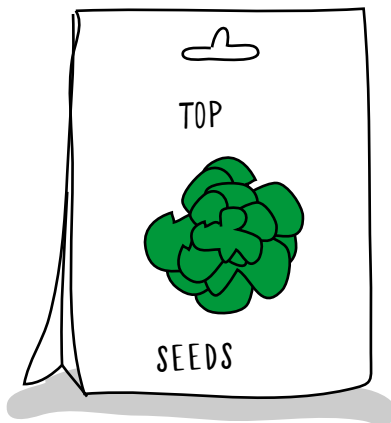


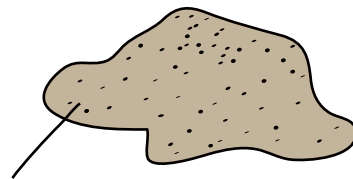
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MATERIALS YOU NEED :



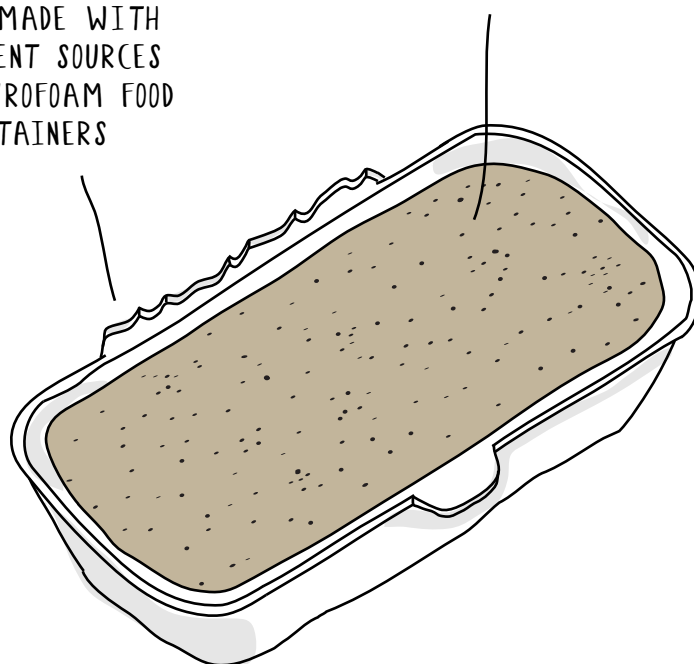
SUBSTRATE:



FOR EXAMPLE :
PIT SAND

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

MINIMUM 2 - 3 CM
OF SUBSTRATE

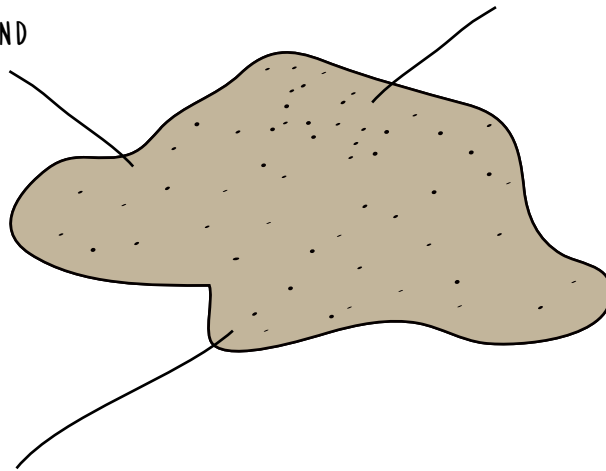


1 PREPARING THE SUBSTRATE

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

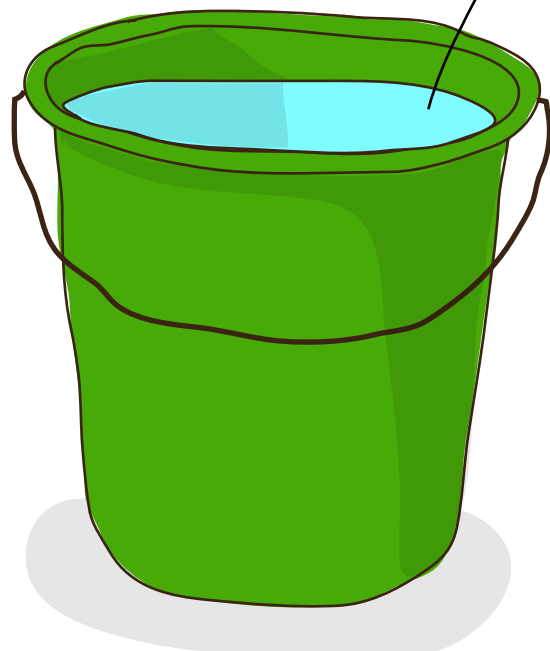


GRAVEL



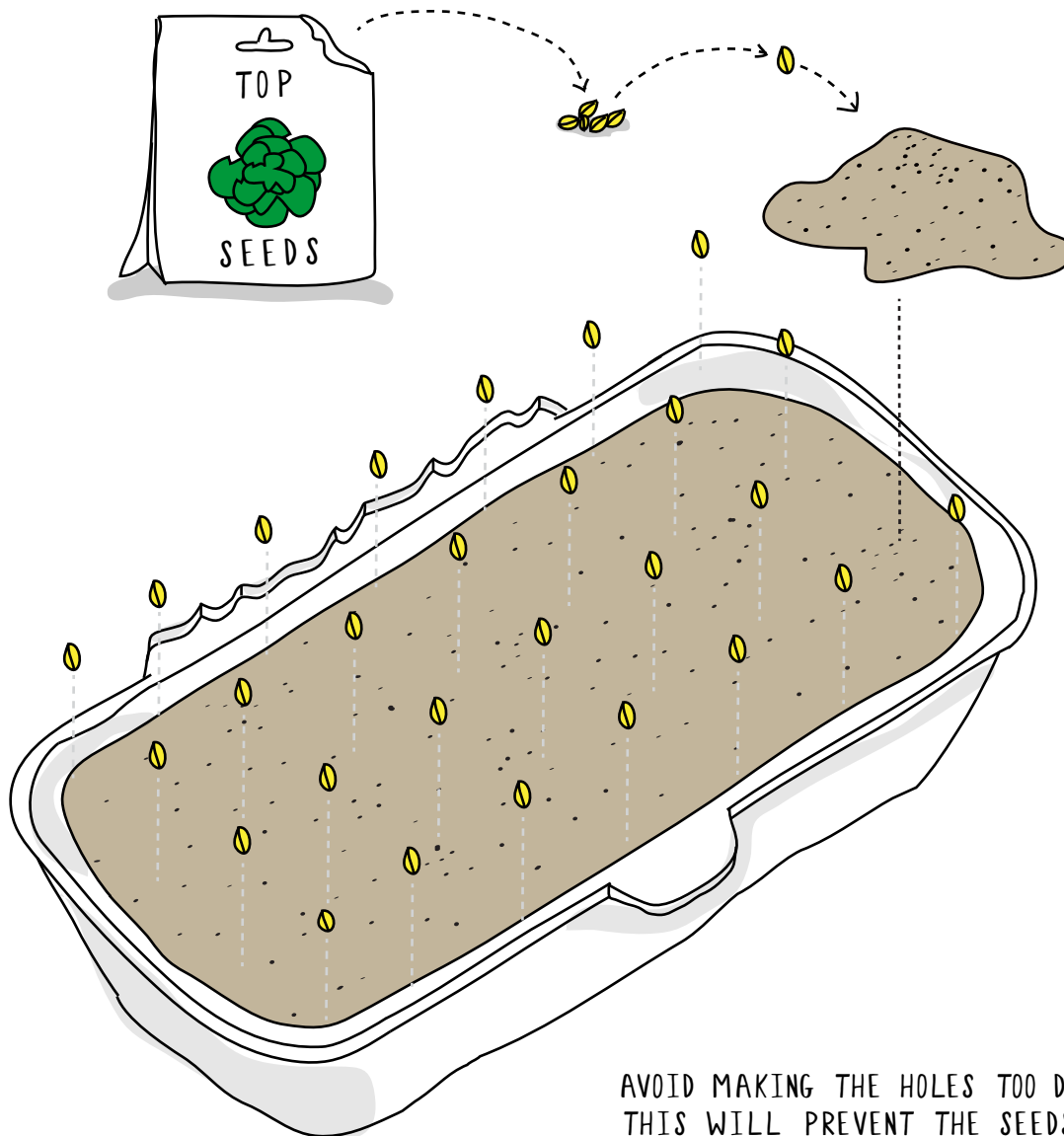
RICE HULLS

CLEAN WATER



2 PLANTING SEEDS

MAKE A HOLE 0.5 CM DEEP
WITH FINGER OR PEN
INSERT SEED & COVER LIGHTLY

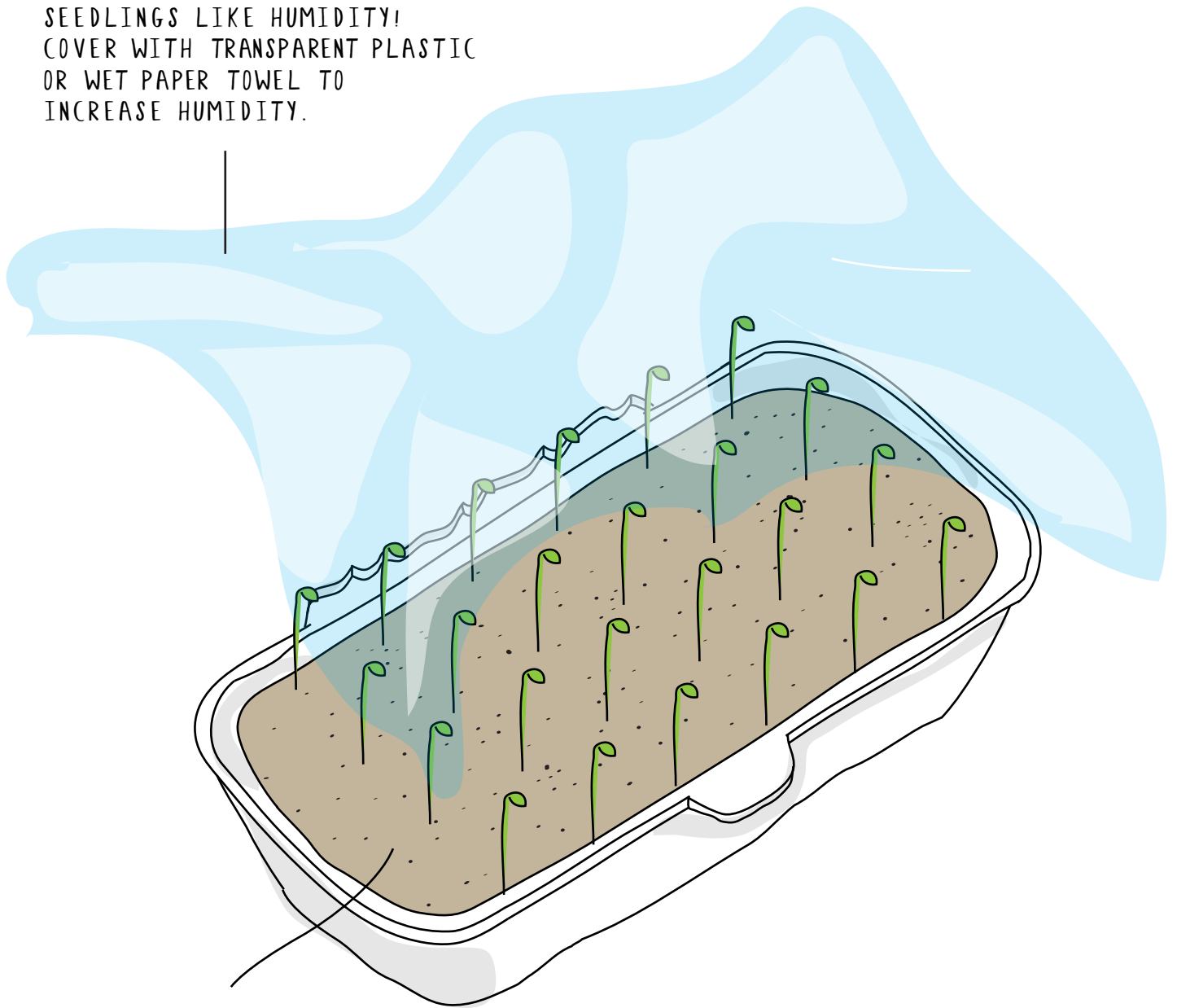


AVOID MAKING THE HOLES TOO DEEP
THIS WILL PREVENT THE SEEDS
FROM GETTING PROPER SUNLIGHT.
ALSO AVOID MAKING HOLES TOO
SHALLOW, SEEDS MAY WASH AWAY
WHILE WATERING.

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	Days 14	No transplant	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	Days 14	No transplant	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

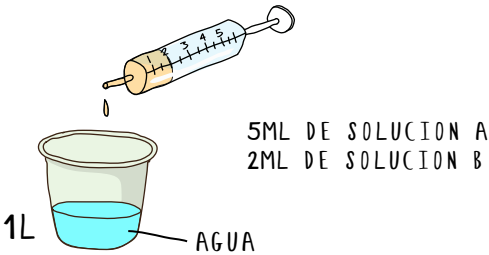
Solution B

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. 2.5 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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