1. Create an overnight culture
2. Inoculate 25 mL of 691 media with the log phase of *P. fluorescens* bacterial solution
3. Using a blank cuvette, calibrate the spectrophotometer
4. Starting at minute 0, using 0.6µL in the cuvette, take the turbidity reading of the bacterial solution
   1. Repeat this step every 20 minutes, calibrating the spectrophotometer with a blank cuvette prior to each recording
5. Using the gathered data, generate a bacterial growth curve of *P. fluorescens*
   1. From this bacterial growth curve, the log phase of *P. fluorescens* can be determined
6. Results of the growth curve can be validated using a colony assay of varying dilutions, at time points thought to be within the log phase of *P. fluorescens*
   1. For instance, once exponential growth of the bacterium is observed, plate 100µL each of 10-2, 10-4, 10-6, and 10-8 dilutions of the bacterial solution
7. Then, observe the number of colonies on each plate
   1. The greater the number of colonies at a time point is indicative of a greater period of metabolic activity or growth