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| **Cup** | **Cup Wt** | **Cup + Wet Plant Wt** | **Dry Wt 1** | **Dry Wt 2** | **Dry Wt 3** | **Dry Wt 4** | **Dry Wt 5** |
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**STEP 1: Preparation**

* Obtain small plastic cup and aluminum foil
* Use plastic cup as mold to create 25 aluminum foil cups
* Place a small piece of tape on each foil cup for label
  + Use 1-5 to denote weight group and A-E to differentiate within a weight group

**STEP 2: Assembly**

* Weigh each foil cup and record weight
* Cut up various pieces of plant material so that there are 5 weight groups with 5 pieces per group
* Place one piece into each foil cup and record “Cup + Wet Plant Wt”
* Place all foil cups with plant material onto a tray and load into oven in GC room
  + Allow plant material to dry for 5 days at 50 degrees Celsius
* **IMPORTANT:** *Plant material and cups need to be weighed daily for validation data*

**STEP 3: Removal**

* Remove tray from oven and weigh dry plant material in foil cups
* Record new weights in “Cup + Dry Plant Wt”
* Throw foil cups and dried plant material into regular trash