

Gmail SMTP Setup Guide for Fresh Roots

Quick Setup (5 minutes)

Step 1: Enable 2-Factor Authentication on Your Gmail Account

1. Go to <https://myaccount.google.com/security>
2. Enable **2-Step Verification** if not already enabled
3. Complete the verification setup

Step 2: Generate App Password

1. Go to <https://myaccount.google.com/apppasswords>
2. Select **Mail** as the app
3. Select **Other (Custom name)** as the device
4. Enter: **Fresh Roots Backend**
5. Click **Generate**
6. Copy the 16-character password (it looks like: `abcd efgh ijklmnop`)

Step 3: Configure Environment Variables

Add these to your `.env` file:

```
# Email Configuration (Gmail SMTP)
SMTP_HOST=smtp.gmail.com
SMTP_PORT=587
SMTP_SECURE=false
SMTP_USER=yashbeeharry363@gmail.com
SMTP_PASS=<your-16-character-app-password>
EMAIL_FROM="Fresh Roots <yashbeeharry363@gmail.com>"

# Admin email for notifications
ADMIN_EMAIL=yashbeeharry363@gmail.com
```

Step 4: Test the Email Setup

I'll create a test endpoint you can call to verify email is working.



Gmail SMTP Limits

- **Free Gmail Account:** 500 emails per day
- **Google Workspace:** 2,000 emails per day

For production with higher volume, consider:

- **SendGrid:** 100 emails/day free, then paid plans
 - **AWS SES:** \$0.10 per 1,000 emails (requires domain)
 - **Mailgun:** 5,000 emails/month free
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Security Notes

1. **Never commit** `.env` **file** to git
 2. The App Password is **specific to this app** and can be revoked anytime
 3. If compromised, just delete the App Password from Google and generate a new one
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Troubleshooting

“Invalid credentials” error:

- Make sure 2FA is enabled
- Use App Password, not your regular Gmail password
- Remove any spaces from the App Password

“Less secure app access” error:

- This is old - use App Passwords instead (Step 2 above)

“Daily sending quota exceeded”:

- You’ve hit Gmail’s 500 email/day limit
 - Upgrade to Google Workspace or use SendGrid/AWS SES
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After Configuration

Once you’ve added the environment variables:

1. Restart the backend server
2. Test by creating an order (you’ll receive email notifications)
3. Check admin email (yashbeeharry363@gmail.com) for order notifications
4. Check customer emails for order confirmations