

[FOR REGULAR OR FEMINIZED SEEDS \(Non-Autos\) General Hydroponics Trio](#)
[BASED ON HAPPY FROG SOIL & TEMPERATURE AT ~78 DEGREES](#)

VERSION 23.c UPDATED 7/31/2023

[*HOW TO USE*](#)

[K boost in Bloom, more light, strain hunt data calibration](#)

TAP WATER IS TREATED - ADD 2 DROPS OF HYDROGEN PEROXIDE PER GALLON AND LEAVE EXPOSED TO AIR FOR AT LEAST 24 HOURS

[WEEK 1 STARTS ONCE SEEDS SPROUT](#)

[ALWAYS FEED IN THE MORNING](#)

[IMPORTANT: STARTING WEEK 5, FLUSH EVERY 3RD FEEDING](#)

[** WEEK 2 IS EQUIVALENT TO WHERE ROOTED CLONES START](#)

MEASUREMENTS BELOW ARE ML PER GALLON

	WEEK	Humidity(Percent)	Average Lighting(PPFD)	Lighting(hours)	Cal Mag	Flora Micro	Flora Grow	Flora Bloom	pH (add nutes 1st)	
V E G	1	80+	Dim, 250	18	0	0	0	0	6.2	
	2	80+	Dim, 275	18	0	0	0	0	6.2	
	3	~70	Light, 300	18	1	2	1	1	6.3	
	4	~70	Light, 350	18	1	4	1	2	6.3	
	PRIME TIME TO TOP/CUT TOP									
	5	~60	Med, 400	18	1	5	1	3	6.3	
	6	~60	Med, 500	18	1	6	1	3	6.4	
FLIP/PILF	DEFOLIATE ALL LARGE LEAVES ON BOTTOM HALF OF PLANTS				PRIME TIME TO CLONE					
F	7	~55	Med, 600	12	1	5	2	5	6.4	
L	PRIME TIME TO SEX/DESTROY MALES									
O	8	~55	Med, 700	12	1	5	4	6	6.5	
W	9	~50	Bright, 750	12	1	5	5	9	6.5	
E	10	~45	Bright, 800	12	1	5	3	12	6.4	
R	RECOMMENDED OPTION TO FLUSH FOR 2 WEEKS IF LEAVES ARE STILL GREEN, REMOVE F MICRO & DROP HUMIDITY ~40									
** WEEK 6 IS EXTENDED UNTIL PLANT REACHES DESIRED HEIGHT, JUST FOLLOW SAME FEED/LIGHTING										
** WEEK 10 IS EXTENDED UNTIL TRICHOMES ARE DESIRED COLOR, JUST FOLLOW SAME FEED/LIGHTING										
IF LEAVES ARE GREEN NEAR HARVEST, I RECOMMEND FLUSHING FOR 2 WEEKS, BRING HUMIDITY DOWN TO ~45										

CHOP

**** FLUSHING MEANS JUST FEED REGULAR PH BALANCED WATER WITHOUT ANY NUTRIENTS(YOU MIGHT SKIP A WHOLE WEEK)**

[IF YOU NOTICE YELLOW LEAVES ONLY ON THE BOTTOM \(GREEN LEAVES ON TOP W/O BURNT TIPS\), POSTPONE FLUSH b/c PLANTS HUNGRY](#)

[IF YOU NOTICE BURNT YELLOW TIPS ON THE TOP LEAVES \(EVENTUALLY BROWN\), FLUSH NOW b/c NUTE BURN](#)

**** IF YOU ADD MICROBACTERIA(DON'T ADD H2o2 (hydrogen peroxide))**

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[FOR AUTO FLOWERING SEEDS W/ General Hydroponics Flora Trio](#)

AUTOS NEED FLUFFY SOIL AND 5 GALLON POTS!!!

[USE PROMIX FOR AUTOS!! HAPPY FROM WILL HAVE PLANTS FLOWERING AT DAY 20!!](#)

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[WEEK 1 STARTS ONCE SEEDS SPROUT](#)

[ALWAYS FEED IN THE MORNING](#)

[IMPORTANT: STARTING WEEK 5, FLUSH EVERY 3RD FEEDING](#)

GERMINATE DIRECTLY INTO YOUR FINAL POT!!

MEASUREMENTS BELOW ARE ML PER GALLON

	WEEK	Humidity(Percent)	Average Lighting(PPFD)	Lighting(hours)	Cal Mag	Flora Micro	Flora Grow	Flora Bloom	pH (add nutes 1st)
V E G	1	80+	Dim, 250	18	0	0	0	0	6.2
	2	80+	Dim, 350	18	0	0	0	0	6.2
	3	~60	Med, 400	18	1	2	1	1	6.3
	4	~60	Med, 500	18	1	4	1	2	6.3

[TOP IF YOU CAN, IT WILL PROLONG FLOWERING](#)

5	~60	Med, 600	18	1	5	1	3	6.4
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**** WEEK 5 IS EXTENDED UNTIL PISTILS(WHITE HAIRS) START TO FORM, JUST FOLLOW SAME FEED/LIGHTING**

**** IF PISTILS FORM BEFORE WEEK 6, JUMP TO WEEK 6 AS SOON AS YOU NOTICE PISTILS**

****[DEFOLIATE BOTTOM HALF LEAVES AND PRUNE LOWER BRANCHES WHEN YOU NOTICE PISTILS](#)**

F	6	~55	Med, 600	18	1	5	2	4	6.4
L	7	~55	Med, 625	18	1	5	3	6	6.5
O	8	~50	Med, 650	18	1	5	5	9	6.5
W	9	~45	Med, 700	18	1	4	3	11	6.4

**** [WEEK 9 CAN BE EXTENDED UNTIL TRICHOMES ARE DESIRED COLOR, JUST FOLLOW SAME FEED/LIGHTING](#)**

[IF LEAVES ARE GREEN NEAR HARVEST, I RECOMMEND FLUSHING FOR 2 WEEKS, BRING HUMIDITY DOWN TO ~45](#)

[CHOP](#)

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If you value what I teach, you could support me through [PATREON](#) or by simply by purchasing using the links.

All links have been price shopped for the best possible price. Some are affiliates and some aren't (if they're cheaper elsewhere)

Unlike most sites/channels, I am not sponsored in any way and I will keep it that way. Best products recommended only

[I have used everything on this list personally, check my reviews](#)

[COMPLETE GUIDE ON HOW TO SETUP TENT](#)

[LIGHTS: video link explaining how to choose the best value](#)

LIGHTS ARE MVP!!!

[3 x 3 tent, Spider Farmer SFPro2000, Dimmer 200W LM301B 606 pcs, great distribution \\$200](#)

Clip Coupon & Use Code: **SFHWGROW**

[4 x 2 tent, Spider Farmer SF2000, LM301B 200W 606 Diodes \\$220](#)

Clip Coupon & Use Code: **SFHWGROW**

[4 x 4 tent, MARS HYDRO FC4800 Bar Light LM301B 1680 \\$485](#)

Clip Coupon & Use Code: **howweedgrow**

[5 x 5 tent, Spider Farmer SE7000 2688 LM301B 1680 \\$684](#)

USE CODE SFHWGROW ON AMZN

[Timed Outlet BN-Link \\$10](#)

[Photone App for Measuring PPF/D/Light Intensity](#)

[Video showing it's Use](#)

[Mars Hydro is confirmed in my Strain Hunt 2023](#)

[Spider Farmer is confirmed in my 2022 Strain Hunt](#)

SOIL/NUTRIENTS

[Froggy Soil - DO A SLURRY TEST 2 Cubic Feet \\$35](#)

[I did soil testing, it runs low on pH sometimes, but great results](#)

[Fabric Pots, Cheap as Generics Now, \\$20](#)

[DON'T GROW AUTOS IN SOIL, USE COCO OR HYDRO](#)

[Perlite](#)

[20 ML Syringe](#)

MASTERCLASS COMING SOON

[TPS Silica](#)

[General Hydro Trio \\$30](#)

[pH Up and Down - set \\$20](#)

[CaliMagic](#)

[H2o2](#)

[Epsom Salt](#)

[MVP Dunk Bucket](#)

[PROOF](#)

[Best pH Meter - Waterproof, reliable, measures PPM & Temp too \\$36 CLIP COUPON](#)

GROW TENTS

[3 x 3 AC infinity - Stronger Poles, Better Mylar \\$129](#)

Mylar on Vivosun Deteriorates

USE CODE MRGROWIT15 On Amazon

[4 x 2 AC Infinity - Stronger Poles, Better Mylar \\$139](#)

Generics have fallen apart

[4 x 4 AC Infinity - Stronger Poles, Better Mylar \\$169](#)

AC infinity has diamond and thicker poles, but zippers still snag as do all

VENTILATION

[AC infinity 6 inch All Inclusive Air Filtration Kit \\$240](#)

[How to Setup](#)

[How to Program](#)

USE CODE MRGROWIT15 On Amazon

AC infinity has the best air filtration and tents in the grow equipment industry

[Their lights suck though](#)

[Small Indoor Oscillating Fan \\$14](#)

[Rarely do you ever find oscillating fans, this is small but powerful](#)

[Best Dehumidifier \\$150](#)

[Best Humidifier \\$90 Clip Coupon](#)

[VIDEO ON TOP 10 GROW TOOLS](#)

[HWGrow.com](#)

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