

SoHum Living Soils® – Quick Start Guide

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SoHum Living Soils® is a microbial-based super soil that has been scientifically developed to simply provide the easiest and most cost-efficient means to cultivate premiere cannabis flower. SoHum’s proprietary blend of macro and micronutrients and robust microbial content has been designed to provide each plant with the optimal blend of beneficial bacteria and fungi necessary to successfully complete each plant cycle and organically produce high quality product yields using **only water** with no added nutrients.

Important Considerations for SoHum Living Soils®

- As a result of the mixing process, the beneficial microbes and amendments form an interaction that is maintained to create the organic food source that results in an environment that is too strong for seeds, starts, seedlings and clones and therefore is **NOT** recommend using full strength SoHum for this purpose. We recommend using a 50/50 blend of SoHum with an organic seed starter soil for these type of applications
- Full strength SoHum can be introduced at the first transplant stage into 1-gallon containers
- SoHum works equally well in both top and bottom-watering systems as well as all indoor and outdoor container-grown crops
- SoHum Living Soils® should be watered with dechlorinated, reverse osmosis (RO), tap or rainwater and should be analyzed to ensure that there are no extremes in pH. Routinely test water to keep pH levels between 6.0 and 6.5. If chlorinated water is to be used, it must be allowed to off gas for at least 24 hours
- Flowering plants do not grow optimally with wet roots therefore avoid over-watering from the top as it may cause microbial nutrients to leach from the soil into your tray
- SoHum never requires flushing since there are no salt-based nutrients to remove
- Previously used soil can be recycled for future usage; however, you will be required to add the necessary micro and macro-nutrients which have been depleted during the previous cycle

For those growing in containers, the following chart will provide valuable information to keep your plants strong and healthy without depletion of nutrients.

GALLONS	LITERS	WEEKS IN VEG	WEEKS IN FLOWER
1	3.78	3-4	N/A
2	7.57	6-8	N/A
3	11.35	2	7
5	18.92	2-3	8
7	26.49	3	8
10	37.85	4	8
20	75.7	6	8

Disclaimer - Proper temperature, humidity, and lighting are essential in achieving optimal results with SoHum Living Soils®. If your growing environment does not meet industry standards, our soil may not perform as well based solely on those conditions.



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