



**BEST PRACTICES FOR PHOTOPERIOD VARIETIES**

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 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.

After the initial manufacturing of SoHum Living Soils®, microbial colonies are organically interacting at an elevated level. However, this activity decreases over time and, without any plant activity, becomes dormant until the soil is ready for use. The soil will remain in this state for a minimum of its' 2-year shelf life. Once opened, re-mixed and used for planting, the microbes will immediately become available for plant nutrient uptake.

**Important Considerations for SoHum Living Soils®**

- As a result of the mixing process, a microbial interaction is established 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. The total amount of nutritional microbes in SoHum should be thought of as, “the amount of gas in your car and how far you can travel without refueling”. Please see the GANTT charts on page 2 for specific details for each container size on the length of growth stages including cloning, vegetative and flower.

| 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               |



# SoHum Living Soils® – Best Practices for Growing Photoperiod and Autoflower Cannabis Varieties

Revised 04/2022

Through years of research and development, the SoHum Team has developed a model for using SoHum Living Soil in various size containers with applicable vegetative and flower cycles. Below are GANTT grow cycle charts for various size containers including the amount of time for each task. These charts represent 2 full grow cycles utilizing perpetual growing/harvest methods for photoperiod varieties.

| 3 Gallon Container Grow Cycle GANTT Chart for SoHum Living Soils |      |                   |   |     |        |   |   |   |       |   |     |    |     |    |      |        |    |    |    |    |     |      |  |  |  |
|--|------|-------------------|---|-----|--------|---|---|---|-------|---|-----|----|-----|----|------|--------|----|----|----|----|-----|------|--|--|--|
| TASK   | DAYS | WEEKS OF THE YEAR |   |     |        |   |   |   |       |   |     |    |     |    |      |        |    |    |    |    |     |      |  |  |  |
|  |      | 1                 | 2 | 3   | 4      | 5 | 6 | 7 | 8     | 9 | 10  | 11 | 12  | 13 | 14   | 15     | 16 | 17 | 18 | 19 | 20  | 21   |  |  |  |
| Clone  | 21   | CLONE             |   |     |        |   |   |   | CLONE |   |     |    |     |    |      |        |    |    |    |    |     |      |  |  |  |
| Veg  | 7    |                   |   | VEG |        |   |   |   |       |   | VEG |    |     |    |      |        |    |    |    |    |     |      |  |  |  |
| Flower   | 49   |                   |   |     | FLOWER |   |   |   |       |   |     |    |     |    |      | FLOWER |    |    |    |    |     |      |  |  |  |
| Dry  | 7    |                   |   |     |        |   |   |   |       |   |     |    | DRY |    |      |        |    |    |    |    | DRY |      |  |  |  |
| Cure   | 14   |                   |   |     |        |   |   |   |       |   |     |    |     |    | CURE |        |    |    |    |    |     | CURE |  |  |  |

| 5 Gallon Container Grow Cycle GANTT Chart for SoHum Living Soils |      |                   |   |     |        |   |   |   |   |       |    |     |    |     |    |        |    |    |    |    |    |    |    |      |    |    |
|--|------|-------------------|---|-----|--------|---|---|---|---|-------|----|-----|----|-----|----|--------|----|----|----|----|----|----|----|------|----|----|
| TASK   | DAYS | WEEKS OF THE YEAR |   |     |        |   |   |   |   |       |    |     |    |     |    |        |    |    |    |    |    |    |    |      |    |    |
|  |      | 1                 | 2 | 3   | 4      | 5 | 6 | 7 | 8 | 9     | 10 | 11  | 12 | 13  | 14 | 15     | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23   | 24 | 25 |
| Clone  | 21   | CLONE             |   |     |        |   |   |   |   | CLONE |    |     |    |     |    |        |    |    |    |    |    |    |    |      |    |    |
| Veg  | 21   |                   |   | VEG |        |   |   |   |   |       |    | VEG |    |     |    |        |    |    |    |    |    |    |    |      |    |    |
| Flower   | 56   |                   |   |     | FLOWER |   |   |   |   |       |    |     |    |     |    | FLOWER |    |    |    |    |    |    |    |      |    |    |
| Dry  | 7    |                   |   |     |        |   |   |   |   |       |    |     |    | DRY |    |        |    |    |    |    |    |    |    | DRY  |    |    |
| Cure   | 14   |                   |   |     |        |   |   |   |   |       |    |     |    |     |    | CURE   |    |    |    |    |    |    |    | CURE |    |    |

| 7 Gallon Container Grow Cycle GANTT Chart for SoHum Living Soils |      |                   |   |     |        |   |   |   |   |   |       |    |     |     |    |        |    |    |    |    |    |    |    |      |    |    |
|--|------|-------------------|---|-----|--------|---|---|---|---|---|-------|----|-----|-----|----|--------|----|----|----|----|----|----|----|------|----|----|
| TASK   | DAYS | WEEKS OF THE YEAR |   |     |        |   |   |   |   |   |       |    |     |     |    |        |    |    |    |    |    |    |    |      |    |    |
|  |      | 1                 | 2 | 3   | 4      | 5 | 6 | 7 | 8 | 9 | 10    | 11 | 12  | 13  | 14 | 15     | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23   | 24 | 25 |
| Clone  | 21   | CLONE             |   |     |        |   |   |   |   |   | CLONE |    |     |     |    |        |    |    |    |    |    |    |    |      |    |    |
| Veg  | 21   |                   |   | VEG |        |   |   |   |   |   |       |    | VEG |     |    |        |    |    |    |    |    |    |    |      |    |    |
| Flower   | 56   |                   |   |     | FLOWER |   |   |   |   |   |       |    |     |     |    | FLOWER |    |    |    |    |    |    |    |      |    |    |
| Dry  | 7    |                   |   |     |        |   |   |   |   |   |       |    |     | DRY |    |        |    |    |    |    |    |    |    | DRY  |    |    |
| Cure   | 14   |                   |   |     |        |   |   |   |   |   |       |    |     |     |    | CURE   |    |    |    |    |    |    |    | CURE |    |    |

| 10 Gallon Container Grow Cycle GANTT Chart for SoHum Living Soils |      |                   |   |     |        |   |   |   |   |   |       |    |     |    |     |        |      |    |    |    |    |    |    |    |      |    |    |
|---|------|-------------------|---|-----|--------|---|---|---|---|---|-------|----|-----|----|-----|--------|------|----|----|----|----|----|----|----|------|----|----|
| TASK  | DAYS | WEEKS OF THE YEAR |   |     |        |   |   |   |   |   |       |    |     |    |     |        |      |    |    |    |    |    |    |    |      |    |    |
|   |      | 1                 | 2 | 3   | 4      | 5 | 6 | 7 | 8 | 9 | 10    | 11 | 12  | 13 | 14  | 15     | 16   | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24   | 25 | 26 |
| Clone   | 21   | CLONE             |   |     |        |   |   |   |   |   | CLONE |    |     |    |     |        |      |    |    |    |    |    |    |    |      |    |    |
| Veg   | 28   |                   |   | VEG |        |   |   |   |   |   |       |    | VEG |    |     |        |      |    |    |    |    |    |    |    |      |    |    |
| Flower  | 56   |                   |   |     | FLOWER |   |   |   |   |   |       |    |     |    |     | FLOWER |      |    |    |    |    |    |    |    |      |    |    |
| Dry   | 7    |                   |   |     |        |   |   |   |   |   |       |    |     |    | DRY |        |      |    |    |    |    |    |    |    | DRY  |    |    |
| Cure  | 14   |                   |   |     |        |   |   |   |   |   |       |    |     |    |     |        | CURE |    |    |    |    |    |    |    | CURE |    |    |

| 20 Gallon Container Grow Cycle GANTT Chart for SoHum Living Soils |      |                   |   |     |        |   |   |   |   |   |       |    |    |    |     |        |    |      |    |    |    |    |    |    |    |     |      |    |    |  |
|---|------|-------------------|---|-----|--------|---|---|---|---|---|-------|----|----|----|-----|--------|----|------|----|----|----|----|----|----|----|-----|------|----|----|--|
| TASK  | DAYS | WEEKS OF THE YEAR |   |     |        |   |   |   |   |   |       |    |    |    |     |        |    |      |    |    |    |    |    |    |    |     |      |    |    |  |
|   |      | 1                 | 2 | 3   | 4      | 5 | 6 | 7 | 8 | 9 | 10    | 11 | 12 | 13 | 14  | 15     | 16 | 17   | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25  | 26   | 27 | 28 |  |
| Clone   | 21   | CLONE             |   |     |        |   |   |   |   |   | CLONE |    |    |    |     |        |    |      |    |    |    |    |    |    |    |     |      |    |    |  |
| Veg   | 42   |                   |   | VEG |        |   |   |   |   |   |       |    |    |    | VEG |        |    |      |    |    |    |    |    |    |    |     |      |    |    |  |
| Flower  | 56   |                   |   |     | FLOWER |   |   |   |   |   |       |    |    |    |     | FLOWER |    |      |    |    |    |    |    |    |    |     |      |    |    |  |
| Dry   | 7    |                   |   |     |        |   |   |   |   |   |       |    |    |    |     | DRY    |    |      |    |    |    |    |    |    |    | DRY |      |    |    |  |
| Cure  | 14   |                   |   |     |        |   |   |   |   |   |       |    |    |    |     |        |    | CURE |    |    |    |    |    |    |    |     | CURE |    |    |  |

**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.**

## **BEST PRACTICES FOR AUTOFLOWER VARIETIES**

- Plan ahead....Autoflowers (AF) have a pre-determined life cycle and you will need to plan ahead to do everything to maximize their vegetative growth before and after the flower cycle begins. From the day planted in the ground, their lifecycle clock is ticking, and any mistake made can result in lower quality and yield.
- Only start with quality genetics. If you start with inferior genetics, your results will be inferior. Source FEMINIZED AF seed from a reputable seed bank. Not all AF genetics are equal and there are some short varieties as well as some super strains that can grow more than a meter tall. If you want to grow a short plant inside a closet growbox then choose a strain that is known for its small height, otherwise choose what will work for your grow.
- Use feminized seeds – Do not waste your time. Only purchase feminized seeds which will increase the likelihood of germinating all female plants.
- Plant FEMINIZED AF seed in 4 – 5 gallon (15 to 19 liters) growing containers and no transplanting is required during plant's entire lifecycle.
- Using 100% SoHum Living Soil for planting AF genetics IS NOT recommended. Young AF plants are hyper-sensitive to microbial nutrients and the elevated microbial levels in full strength SoHum Living Soil can cause preliminary plant stunting. Autoflowering plants have smaller root mass than regular photo-sensitive plants and young plants can experience nutrient burn without the proper planting technique.
- **Cyclops Planting Method** – While filling a 4 – 5 gallon growing container with SoHum Living Soil, place a large (24 – 32 ounce) drinking glass in the center, level with the top edge of the container. Next, fill in all of the container area **except inside** the glass. Remove the glass, creating a hollow core which you now fill with a light potting soil or seed starter. Once complete, place a feminized AF seed ¼” – ½” under the soil and lightly water to initiate seed germination.
- Autoflowers do not require transplantation and doing so can stunt their growth or initiate premature flowering. This is the reason to start your AF plants in their end-growing containers. It is best to give your auto-flowers between 4 to 5 gallons (15 to 19 liters) of SoHum Living Soil premium grow medium so their roots can thrive and will not become root bound, causing unnecessary plant stress.
- Do not clone Autoflowers – Theoretically you can clone AFs but because they have a pre-determined life cycle, all clones will finish their life at the same time as their mother.



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- SoHum Living Soils provides all the microbial based nutrients your AF plants will need from germination to harvest and therefore no need to feed your plants throughout their entire lifecycle. Just add water with pH from 6.0 – 6.5
- Do not overwater – by far the #1 mistake made by growers. Learn to judge the moisture content of your growing container by feeling the weight of it. You can also take the guesswork out of it by implementing an automated capillary/bottom watering system such as those offered by AutoPots.
- Do not use High Stress Training (HST) – If you want to train your AF plants then it would be best to use Low Stress Training (LST) methods like side pulling or SCROG to avoid stressing the plant. Avoid topping as well as pruning because it could negatively impact your yield.
- Autoflower plants can grow well under almost any light including High Intensity Discharge (HID) and LEDs. LED lighting will require less additional HVAC climate control which often drives the decision on the lighting technology used.
- Do not change lighting schedule – Autoflowering plants will flower automatically under any lighting condition however it is a best practice to maintain a stable 18 on/6 off or 20 on/4 off light cycle throughout the plant's entire lifespan.
- Routinely check the pH levels in your water – AF plants grow best in 6.0 to 6.5 pH for vegetative and flowering stages when grown in SoHum Living Soil. If using a chlorinated water source, be sure to allow to off-gas for 24 hours before watering plants.
- Autoflowering plants grow best in 23C to 28C (75F to 83F) in their vegetative growth stages and 22C to 26C (73F to 79F) for their flowering phase. These are ideal temperature ranges however slight variations are not crucial and should not kill your plants.
- No flushing is required – Unlike AF plants grown in salt-based nutrients, those grown in SoHum Living Soils require no flushing, resulting in an organically grown and premium finished product.
- Diagnose plant problems early – If you see yellowing leaf tips or other unhealthy things, identify the problem as fast as possible and fix it before your plants become stunted.
- Autoflowers can be grown indoors as well as outdoors using SoHum Living Soils.



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