

## **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 6.3 and 6.8 (using 6.5 as the ideal pH level). If chlorinated water is to be used, it must be allowed to off gas for at least 24 hours.
- Cannnabis 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.

- Watering is extremely important and overwatering is one of the most common mistakes growers make. If you are top watering and want to optimally develop your plant’s roots, we recommend watering the plant with a wet/dry method. This means giving the plant a full watering, but not so much that it runs out the bottom. Let the plant dry out to a point that the container is much lighter in weight which will indicate a drying process in the soil that creates root growth as they look to source moisture. Once the plant has reached this point of almost a wilt, give it another full watering - not so much that it runs out the bottom. Tip: If any water remains in the tray, reintroduce the water back to the plant once it has dried out a bit. This process helps develop the rhizosphere zone of the plant’s roots – so the feeder roots can source every square inch of living soil in the container.

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 3 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

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.**