



by Brian:  
Hedonist  
& Grower

# “The decision to grow for ourselves was made quickly!”



**Life is expensive as it is**  
Since everything has become so much more expensive over the last years, my girlfriend and I decided to start growing for ourselves. We have been living together in Madrid for around three years now and we both really enjoy growing our own. The decision to grow for ourselves was made quickly! When we moved to a different accommodation we could make a perfect growing room from the extra bedroom.

get lazy like that. It's necessary for them to do their best to find food, and this is what gives them really strong roots. I don't give any feeding in the first week but a little CANNA RHIZOTONIC. It's only after a week that I start giving CANNA Terra Vega.

**And... just grow!**

When the plants start growing I give them CANNA Terra Vega three times a week. I had to get used to this, because the potting mix I used before was pre-fertilised. So back then I started feeding much later. But once you know that, you can determine much better for yourself when and how much feeding to give. Now that I have my new growing room I also have to pay attention to how much light my plants get. During the growing phase they receive 18 hours of light.



## Balkony

First I had a few plants on the balcony of our old flat that I fed just twice a week. I didn't have to do very much for them but still got a decent result: my girlfriend and I were able to enjoy our first home grown for six months!

**Well informed**

Because you have to learn everything in the beginning of course, I found the information that I got from the grow shop very useful. Look, I know you can read a book or something, but I prefer to hear it personally. I also looked at CANNA's website briefly. This was exactly what I was looking for, interesting, honest information written in a straightforward way. If there was something wrong with my plants I looked it up in the CANNA infocouriers. Useful pages, where I could find out exactly what was the matter.

**In the beginning...**

I always order my seeds through the internet. This means I can try out and grow different varieties. It took a while, to be honest, but I've now found the correct method for germinating them. First, I lay the seeds between a couple of pieces of moist cotton wool and I cover these with a saucer to keep them moist and dark. When the roots become visible after a few days, I put the seeds in CANNA Terra Seedmix. Because this isn't pre-fertilised, the roots have to work hard to find food which makes them develop better. If the plants are strong enough I repot them normally after about ten days. I always use a generous pot

when repotting which give the roots the chance to develop well. In addition to this, I give them CANNA RHIZOTONIC to compensate for the possible shock.

**Special potting mix**

On my balcony, where I had previously used a lot of different kinds of potting mixes, I used to be most enthusiastic about CANNA Terra Professional. However, CANNA Terra Professional Plus, does really well in my new growing room. There are a lot of nutrients in normal potting compost. This sounds convenient but in fact plants

**Small plants grow up**

I always find the moment that the first flowers can be seen, about two weeks after I switch to 12 hours lighting (12/12), really great; suddenly your small plants have grown up. This is when I switch to CANNA Terra Flores which I also give three times a week.

**Recognition**

After about three weeks you start to get recognition from your plants for the good care as it were: suddenly fruits become larger in size and they start to smell wonderful. Sometimes I put a stick next to the plants when they have difficulty in remaining upright because they are so full!

**Own taste**

When my plants are almost ready for harvest I stop feeding them. This is how the final taste is achieved. We harvest in two parts. My girlfriend has so-called sensitive taste buds and as the taste gets stronger the longer you wait for harvest. We always harvest her crop about a week earlier than mine if you catch my drift. I like it strong!

**The Result**

The result we want: my girlfriend and I are both extremely happy with our harvest! My girlfriend is happy with the lesser produce and I'm happy with mine. My friends often laugh at me but I remain convinced that the taste is a lot nicer if you grow your own (with love) in a potting mix. And yeah, I find it really easy, I hardly have to do anything, apart from talking to my plant every now and again – and I enjoy doing that!



“My friends often laugh at me but I remain convinced that the taste is a lot nicer if you grow your own (with love) in a potting mix”



by **Brian Hedonist & Grower**

“The decision to grow for ourselves was made quickly!”

	Cultivation period In weeks	Light / Day In hours	Terra Vega ml/ 10 litres	Terra Flores ml/ 10 litres	RHIZOTONIC ml/ 10 litres	CANNAZYM ml/ 10 litres	CANNABOOST ml/ 10 litres	PK 13/14 ml/ 10 litres	EC +		EC Total In mS/cm
									In	mS/cm	
<b>VEGETATIVE PHASE</b>											
<b>Start / rooting (3 – 5 days)</b> - Make the substrate wet	<1	18	15-35	-	40	-	-	-	-	0.4-0.8	0.8-1.2
<b>Vegetative phase I</b> Plant develops in volume	0-3 <sup>1</sup>	18	30-50	-	20	25	-	-	-	0.7-1.1	1.1-1.5
<b>Vegetative phase II</b> - Up to growth stagnation after fructification or appearance of the formation of flowers	2-4 <sup>2</sup>	12	35-55	-	20	25	20 <sup>5</sup>	-	-	0.9-1.3	1.3-1.7
<b>GENERATIVE PHASE</b>											
<b>Generative Period I</b> - Flowers or fruits develop in length. Growth in height achieved	2-3	12	-	50-70	5	25	20-40	-	-	1.2-1.6	1.6-2.0
<b>Generative period II</b> - Development of the volume (breadth) of flowers or fruit	1	12	-	50-70	5	25	20-40	15	-	1.5-1.9	1.9-2.3
<b>Generative Period III</b> - Development of the mass (weight) of flowers or fruit	2-3	12	-	40-60	5	25	20-40	-	-	1.0-1.4	1.4-1.8
<b>Generative Period IV</b> - Flowers or fruit ripening process	1-2	10-12 <sup>3</sup>	-	-	-	25-50 <sup>4</sup>	20-40	-	-	0.0	0.4

GROWTH

FLOWERING

- This period varies depending on the species and number of plants per m2. Mother plants remain in this phase until the end (6 – 12 months).
- The changeover from 18 to 12 hours varies depending on the variety. The rule of thumb is to change after 2 weeks.
- Reduce hours of light if ripening goes too fast. Watch out for increasing Relative Humidity
- Double CANNAZYM dosage to 50 ml/10 litres, if substrate is reused.
- 5, 20 ml/ 10 litres standard. Increase to a maximum of 40 ml/10 litres for extra flowering power

EC: EC+ value is based in mS/cm when EC water = 0.0 by 25°C, pH 6.0  
Add the EC of the tap water that is used to the recommended EC!  
The EC total in the example is with tap water with an EC of 0.4  
pH: Recommended pH is between 5.8 and 6.2  
Adding pH- can increase EC.

Use pH- grow in the vegetative phase to lower the pH  
Use pH- bloom in the generative phase to lower the pH

The guidelines in the table aren't an iron law, but can help novice growers to develop a sophisticated fertilisation strategy. The optimum fertilisation strategy is further determined by factors such as: temperature, humidity, plant species, root volume, moisture percentage in substrate, water dosage strategy, etc.

Make your personal feeding schedule at [www.canna.com](http://www.canna.com)