



GRASS GRAIN⁺



discover the growing program

thank you for learning more about our growing program

the following document covers what your expectations
are as the grower, our grow kits, the growing medium,
and cannabis plant nutrition

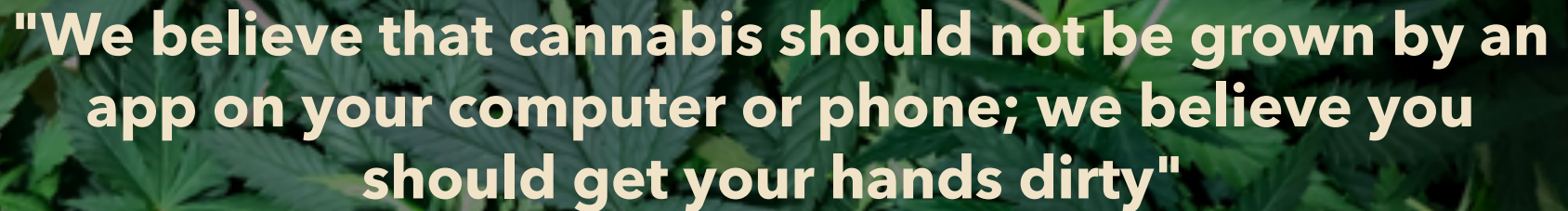
the actual seed-to-harvest weekly guide, training
manuals, as well as Growing Cannabis 101, can be found
on the "Learn To Grow" section of our website

don't hesitate to reach out if you still have questions

happy growing!

Program overview

Our **complete seed-to-harvest program** makes it simple and straightforward for anyone to grow cannabis. Training manuals, videos, feeding schedules, and a Week-by-Week growth guide will ensure you have everything you need to grow gorgeous, quality marijuana.



"We believe that cannabis should not be grown by an app on your computer or phone; we believe you should get your hands dirty"

Our growing program is tailored for you (the grower) to be involved every step of the way from seed to harvest, while being streamlined and simplified to eliminate any stress or headaches. Designed for the hobbyist grower, our program is built for anyone who wants to grow their own...even for those who don't consider themselves a greenthumb.

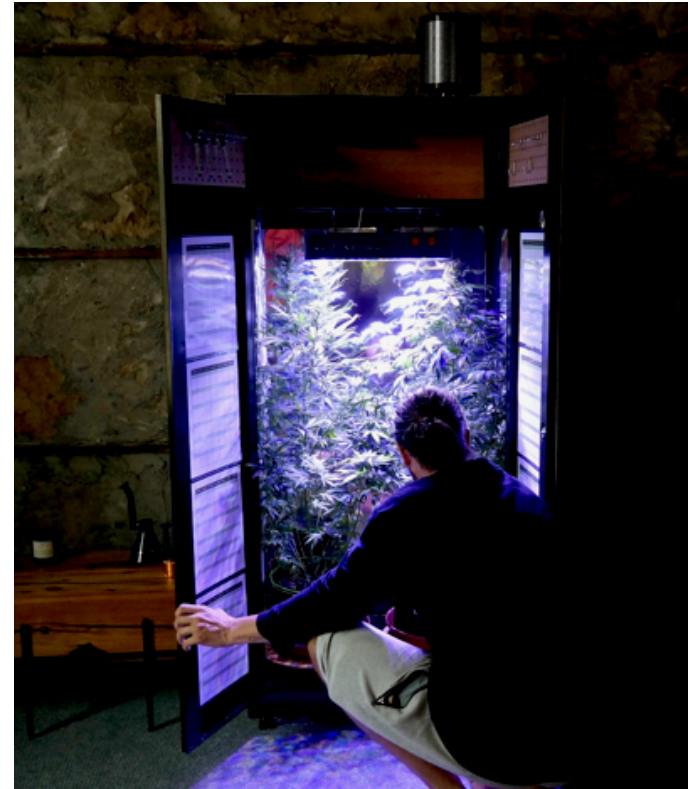
What to expect as the grower

What you'll be expected to do:

- Mix your growing medium
(yes, you will get your hands dirty)
- Check your water pH
- Mix your own nutrient-water solution
- Water your plant every other day
- Defoliate twice during flowering
- Trim, dry and cure your buds at harvest

Expected time commitments:

- Approximately one-hour initial set up and plant prep
- 10-min feeding/monitoring, 3-4x times per week
- 2x 30-min defoliation sessions during early flowering
- 1-2 hours final trim
- 12 week total timeline from seed-to-harvest



In total, the time requirement to grow a marijuana plant is on average 30 minutes per week, and 6-8 hours total over the entire 3-month growing cycle.

Grow Kits

Our **Grow Kits** include everything you need to grow a healthy cannabis plant. All you need is the seed + water!



Coco Coir



Perlite



Fabric Pot



Nutrients



Starter Plugs

Inside you will find your 3-gallon fabric pot, coco coir compressed brick, pre-portioned perlite, rapid rooting starter plug, vegetative nutrients (GROW), and flowering nutrients (BLOOM). These are all curated precisely for one plant to grow from seed-to-harvest. Our Grow Kits can be purchased ad hoc, or on a subscription basis, shipped to your door every 3-months.

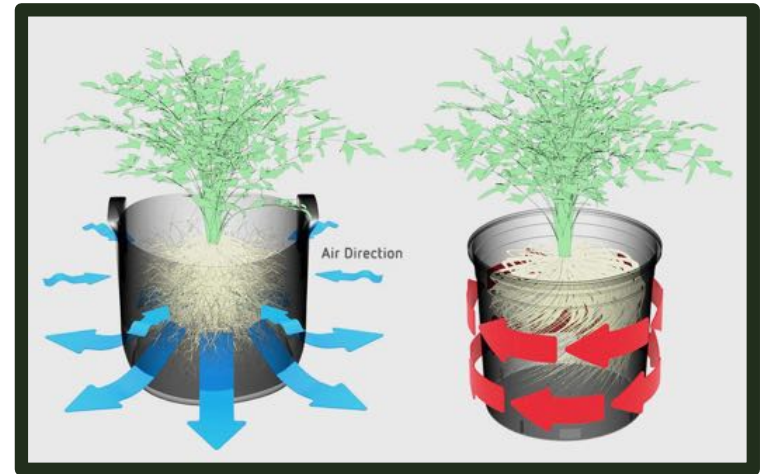
Growing Medium

The perfect growing medium is essential to growing the best possible cannabis. Finding the perfect balance of water retention, aeration, oxygen flow, and drainage is a science.

We use the most effective, sustainable and renewable soilless growing medium: coco coir blended with just the right amount of perlite. While it looks like soil when prepared, **coco coir is actually derived 100% from coconuts!** It is made from the fibrous material between the outer husk and the actual coconut. Coconut fibres hold water exceptionally well, while promoting good drainage and root aeration, making it the perfect growing medium. It is pH neutral between 5.2 – 6.8 which is critical in the full absorption of nutrients into the root system. Nutritionally, coco coir is rich in potassium, iron, manganese, copper, zinc, as well as hormones and bio-stimulants that encourage early plant growth – *remember, coconuts are just giant seeds!*



The fibers are condensed into a small, lightweight brick that is rehydrated at home, expanding to about **6 times the size**. Once expanded, a pre-portioned amount of perlite is blended in – a volcanic glass that lightens the coco, allows more air around the roots and helps both retain water, and improve drainage.



We don't stop there, one of the key features of our growing mediums are the **Fabric Pots**. Our pots are made of premium, non-woven fabric, at the perfect thickness to insulate and retain moisture, while optimizing root system aeration. Our fabric bags ensure 360 degrees of full angle ventilation allowing stronger, more extensive, and healthier root systems; versus traditional hard-shell pots that block upwards of 88% of air ventilation, leading to weaker roots and circular root structures.

Plant nutrition

For the first-time grower, understanding, selecting, and administering nutrients can be one of the most daunting and overwhelming tasks. A healthy cannabis plant must have the correct balance of both Macronutrients and Micronutrients at the correct stage of the lifecycle.

Macronutrients	Micronutrients
Nitrogen	Zinc
Phosphorous	Iron
Potassium	Copper
Calcium	Boron
Magnesium	Chlorine
Sulfur	Cobalt

These nutrients are essential for plant health, and are required in different concentrations at different points in the cannabis plant lifecycle. For many growers, this is the most over-complicated aspect of cultivating cannabis.

We've simplified this complex issue with an **easy to administer 2-nutrient program**. One complete nutrient mix for vegetative growth, and one complete nutrient mix for flowering growth. Our precise formulas provide the fertilizer strength found in a dry concentrate, but with the quick application of a liquid. Meaning you can supply your plants with the nutrients they need, rapidly + easily. We provide a detailed, weekly guideline so you know exactly how much water and nutrients to fuel your growing plant.

1. GROW – for rapid and robust vegetative growth

2. BLOOM – for maximum flower density and yield



In addition, we offer Full Customer Support, Training Manuals, Training Videos, as well as a Seed-to-Harvest Weekly Guide.



Grass + Grain was built by a team of passionate growers whose #1 goal is to share their love for homegrowing cannabis

We will walk you through every step of the way to ensure you are growing top-quality flowers safely and successfully.

ENJOY YOUR HARVEST