



# NUTES

## Feeding Recommendations

FOOP Nutes is the only line of organic nutrients made primarily from reclaimed fish poo and a dozen other organic ingredients that delivers everything high-yielding cannabis and hemp plants need to flourish. No additives are required because the FOOP nutrient line delivers all the base nutrients that plants require - from the NPK to the Cal-Mag, silica, and other critical micronutrients and minerals. FOOP Nutes also provides mycorrhizal fungi to promote root development as well as a rich living microbiome of beneficial bacteria to the roots of plants that accelerates the uptake of nutrients.

### IMPORTANT! PLEASE READ BEFORE MIXING YOUR FIRST FEED

**Shake well** before each use. To prepare a one gallon feed, mix the amounts of all three FOOP products from the feed schedule below together into one gallon of water. To make larger feeds, simply multiply these amounts by the number of gallons of water in your feed reservoir. Repeat this process each week per the feed schedule below. For best results, we recommend using reverse osmosis / deionized water. Do not mix each FOOP product into a separate gallon of water. Do not feed FOOP nutrients undiluted - always mix with water first. After mixing, adjust the pH of the reservoir to 6.2 - 6.4 if necessary, using FOOP pH Up / FOOP pH Down, or any pH adjuster of your choosing. *If you do not adjust the pH to levels within this range, you risk harming your plants!*

Seedling Stage	Veg 1	Veg 2	Sweetener
Week 1	5 ml/gallon	5 ml/gallon	5 ml/gallon
Week 2	10 ml/gallon	10 ml/gallon	5 ml/gallon

Veg Stage	Veg 1	Veg 2	Sweetener
Week 1	20 ml/gallon	20 ml/gallon	5 ml/gallon
Week 2	30 ml/gallon	30 ml/gallon	10 ml/gallon
Week 3	40 ml/gallon	40 ml/gallon	15 ml/gallon
Week 4	50 ml/gallon	50 ml/gallon	15 ml/gallon
Week 5	60 ml/gallon	60 ml/gallon	20 ml/gallon
Week 6+	60 ml/gallon	60 ml/gallon	20 ml/gallon

Bloom Stage	Bloom 1	Bloom 2	Sweetener
Week 1	35 ml/gallon	35 ml/gallon	25 ml/gallon
Week 2	40 ml/gallon	40 ml/gallon	30 ml/gallon
Week 3	45 ml/gallon	45 ml/gallon	35 ml/gallon
Week 4	50 ml/gallon	50 ml/gallon	40 ml/gallon
Week 5	50 ml/gallon	50 ml/gallon	50 ml/gallon
Week 6	50 ml/gallon	50 ml/gallon	60 ml/gallon
Week 7	45 ml/gallon	45 ml/gallon	60 ml/gallon
Week 8*	35 ml/gallon	35 ml/gallon	60 ml/gallon
Week 9*	20 ml/gallon	20 ml/gallon	40 ml/gallon
Week 10*	10 ml/gallon	10 ml/gallon	30 ml/gallon

\* Ramp down the feed per this schedule or however you deem appropriate for your flush. Adjust per strain as necessary.

### IMPORTANT TIPS

Store in a cool, dark place. To avoid contamination, do not pour unused FOOP products back into their original containers, or let any FOOP product get into any other FOOP product containers.

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Questions? Contact grower support: [helpmeout@thefoop.com](mailto:helpmeout@thefoop.com)

# Be Healthy. Go Organic. Use



## Frequently Asked Questions

### What growing media can I use with FOOP nutrients?

For best results, we recommend using any organic soil. Our nutrient line also works great in coco coir, coco/perlite/peat moss blends, as well as hydroponics and deep water culture systems.

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### How often should I feed FOOP nutrients to my plants?

For growing in soil: feed at least once per week (but no more than three times per week).

For hydroponics or deep water culture systems: reduce the recommended feeds by 25%, and keep water temperature between 68F-72F. Refrain from using airstones because they may cause root rot - use a circulator pump instead. Avoid exposing the reservoir to light to prevent algae build up. Be sure to change the water and adjust the feeds each week.

For best results growing in coco coir or other inert media blends: if watering less than once per day, feed every watering (or at minimum, every other watering). If watering one or more times per day, reduce feed concentrations accordingly - do not feed at full strength multiple times per day. Also, supplement additional Cal-Mag and adjust pH to 6.2 in the vegetative stage, and to 6.4 in the bloom stage.

Unsure how to adjust the feeds or have any other questions? Please contact us at [helpmeout@thefoop.com](mailto:helpmeout@thefoop.com).

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### Do FOOP nutrients work with commercial irrigation systems?

Our nutrient line has been tested in many irrigation systems from Dosatrons to Blumats, and will not clog drip lines.

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### Can I mix, brew, and store FOOP nutrients in a reservoir?

Our nutrient line can be mixed and stored in a reservoir. To prevent spoilage, place a circulator in your reservoir and be sure to use the entire reservoir within 5 days. For best results when not using automated irrigation systems, add an airstone to the reservoir and brew the nutrients as you would a compost tea - this will help the microbes reproduce. The pH may change from day to day, so be sure check the pH before each feed and adjust as necessary using FOOP pH Up / FOOP pH Down, or any pH adjuster of your choosing.

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### Can I use FOOP nutrients with auto-flowering plants, and do I feed the same amounts?

Yes. Simply make these adjustments to the feeding schedule:

- For 3-week vegetative cycles, skip over weeks 4, 5, and 6 in the recommendations for the Veg Stage
- For 4-week vegetative cycles, skip over weeks 5 and 6 in the recommendations for the Veg Stage
- For 8-week bloom cycles, skip over weeks 5 and 6 in the recommendations for the Bloom Stage
- For 9-week bloom cycles, skip over week 6 in the recommendations for the Bloom Stage



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