

13-Week

# HEMP GROW GUIDE

Using our ScrOG Systems

Whether you're a novice gardener or experienced grower, this guide will help you be successful growing hemp with our three ScrOG systems.

These products use a "screen of green" (ScrOG) growing system that maximizes bud production by trellising plants on a horizontal screen.

System options:

**GROW FRAME, LIGHTS & TRAY (BASE UNIT)**

**HEMP GROW KIT**

**HEMP SUCCESS KIT**

## BASE UNIT

### What's included:

- Frame
- Cover
- LED lights
- Trellis
- Tray

### You will need:

- Feminized seed or clone  
*(see sidebar next page)*
- 4" pot
- Compost-rich organic potting mix
- 5-gallon (20-quart) pot or grow bag
- Fertilizers (we recommend FoxFarm® fertilizers, available at [gardeners.com](https://www.gardeners.com))
- Small fan
- Timer for light
- Plant ties
- Small pruners or snips
- Loupe or magnifying glass



# HEMP GROW KIT

## What's included:

- Base unit (described left)
- 20 qts. organic potting mix
- 20 qt. grow bag
- 3 types of FoxFarm® organic fertilizers: Big Bloom®, Grow Big®, and Tiger Bloom®

## You will need:

- Feminized seed or clone (*see sidebar*)
- 4" pot
- Small fan
- Timer for light
- Plant ties
- Small pruners or snips
- Loupe or magnifying glass



# HEMP SUCCESS KIT

## What's included:

- Everything in Hemp Grow Kit, described above
- Fan
- Power strip with timer
- Foam plant ties
- Pocket snips

## You will need:

- Feminized seed or clone (*see sidebar*)
- 4" pot
- Loupe or magnifying glass

**Feminized seed:** There are female and male hemp plants. Female plants produce the large, resin-rich buds/flowers that contain much higher concentrations of medicinal substances compared to the small pollen sacs produced by male plants. "Feminized" seeds will produce female plants.

**Clones:** Clones are cuttings taken from a mother plant and then rooted. The rooted plant is a genetically identical copy of the mother plant.

**Pests:** The most common pests are aphids, mealybugs, scale, spider-mites, thrips, and whiteflies. Examine plant carefully, including looking at the undersides of the leaves, the joints where a branch meets a stem, and the newest growth. Most insect pests can be controlled with neem or insecticidal soap sprays. Running a fan 24 hours/day in the tent for air circulation will help keep plants from developing diseases. Learn more about plant pests and diseases at [gardeners.com](http://gardeners.com).

# WEEK 0

*This timeline is approximate. Individual plants may vary.*

*If growing from seed, sow seed several weeks earlier. As soon as seed germinates, place the seedling under the lights, following the instructions below. Start counting weeks when the seedling is 4" high.*

Plant rooted clone in 4" pot, adding moist potting mix as needed to fill pot. Keep leaves moist until clone is rooted.

Place pot on top of grid.

Adjust lights so they are an inch above the top of the plant.

Put lights on timer: 18 hours on, 6 hours off.  
(Lights should remain on this setting through week 4.)

Keep tent open for good air circulation.

Place fan inside the tent and run it 24 hours/day.





# WEEKS 1–2



When plant is 6" high, transplant it into a 5-gallon (20-quart) pot. Place the pot on the floor of the grow tent on the waterproof tray.

Continue to keep lights on 18 hrs/day and adjust so they are as low as possible.

Keep fan on 24 hours/day and keep tent open for good air circulation.

Water plant when soil is dry down to 2". (Your finger inserted to the 2nd knuckle is the best indicator.)

Begin fertilizing every other time you water.

## **Hemp Grow Kit / Hemp Success Kit**

**FoxFarm® fertilizer:** Fill a 1-quart watering can with lukewarm water and add 1-1/2 tsp. of Big Bloom® fertilizer. Fertilize every other time you water.

# WEEKS 3–4

Snip off central leader (the tallest stem) of plant to encourage side growth.

Continue to fertilize every other time you water.

## Hemp Grow Kit / Hemp Success Kit

**FoxFarm® fertilizers:** Fill a 1-quart watering can with lukewarm water and add 1-1/2 tsp. of Big Bloom® fertilizer plus 3/4 tsp. of Grow Big® fertilizer. Fertilize every other time you water.



Snipping central leader

# WEEKS 5–6

Change light timer to 12 hours on, 12 hours off—critical for flower/bud growth. Maintain this light setting until harvest.

Keep tent closed during the 12 hours of darkness (no peeking!). Open tent during lighted hours for good air circulation. Continue to keep fan on 24 hours/day.

Raise lights as needed. Keep them as close as possible to plant, but make sure the leaves do not touch the lights.

When your plant reaches the grid, begin to train stems to grow horizontally using soft plant ties. This may happen later in the timeline.

Examine leaves regularly for insect pests (*see sidebar page 3*).

Continue to fertilize every other time you water.

## Hemp Grow Kit / Hemp Success Kit

**FoxFarm® fertilizers:** Fill a 1-quart watering can with lukewarm water and add 3/4 tsp. of Big Bloom® fertilizer plus 1/2 tsp. of Grow Big® fertilizer plus 1/2 tsp. Tiger Bloom® Fertilizer. Fertilize every other time you water.

*Find this guide plus more hemp how-tos and products at [gardeners.com](https://www.gardeners.com), search "hemp."*



Training stems to grid with plant ties

# WEEKS 7–8

Continue to train stems along grid. Raise lights as needed.

To improve air circulation, trim some of the fan leaves. Start from the bottom of the plant and snip off leaves that are shaded by the upper leaves, taking care not to damage the bud-producing shoots. Never remove more than 20% of the plant's leaves at once.

Also remove any yellowing leaves or those that show signs of diseases, such as brown spots. Note: yellowing leaves are a normal part of development as energy goes into bud formation.

Continue to water and fertilize.

## Hemp Grow Kit / Hemp Success Kit

**FoxFarm® fertilizers:** Fill a 1-quart watering can with lukewarm water and add 3/4 tsp. of Big Bloom® fertilizer plus 1/2 tsp. of Grow Big® fertilizer plus 1/2 tsp. Tiger Bloom® Fertilizer. Fertilize every other time you water.



Above and below: Trimming fan leaves





# WEEKS 9–10



Continue to trim bottom leaves and leaves that are blocking light from reaching buds that are forming.

Continue to water, fertilize, and check for pests and disease.

## Hemp Grow Kit / Hemp Success Kit

**FoxFarm® fertilizers:** Fill a 1-quart watering can with lukewarm water and add 3/4 tsp. of Big Bloom® fertilizer plus 1/4 tsp. of Grow Big® fertilizer plus 1/2 tsp. Tiger Bloom® Fertilizer. Fertilize every other time you water.



# WEEKS 11–12

## Harvesting

Start looking at the trichomes (tiny crystal-like hairs) on the buds with loupe or magnifying glass. They will progress from glistening clear to milky white to amber. Buds are ready to harvest when the trichomes are anywhere from the milky white stage to the amber stage.

To harvest, cut the stems below the buds. You can leave the buds attached to the grid for the drying stage.

**Note:** Some plants may take longer to get to the harvest stage. Continue with care outlined in weeks 9–10 if needed.



Above: Trichomes viewed through magnifying glass

Below: Cutting buds/laying on grid to dry



# WEEK 13

## Drying, Curing and Storing

Arrange harvested buds on grid and direct the fan to blow above them, or use an herb drying rack.

Turn off the lights. Leave the tent open for air circulation.

When the smallest stems snap easily and the buds are slightly crunchy to the touch, they are properly dried — usually in 5 to 10 days.

Place buds in airtight containers, such as glass jars. Do not pack tightly. For the first week, open the jars for a few minutes twice a day to let humidity out and fresh oxygen in. After the first week, continue to do this but less often. Buds should be ready for long-term storage after 2–3 weeks.

Store in a cool, dark location. If you plan to store them for more than a month, consider using Boveda humidity packs, available at [gardeners.com](https://www.gardeners.com).



Shown with Boveda humidity packs, sold separately

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