

# CANNABIS GROWING GUIDE

From Seed to Harvest

Your Complete Beginner's Guide to Growing Premium Cannabis at Home

<b>&lt;b&gt;Quick Guide Stats&lt;/b&gt;</b>	
Total Pages:	15+
Growing Methods:	Indoor & Outdoor
Difficulty Level:	Beginner-Friendly
Time to Harvest:	8-16 Weeks
Cost to Start:	\$200-800

**Provided by JG Seeds**

Premium Cannabis Seeds | Growing Support | Germination Guarantee

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# 1. Introduction: Why Grow Your Own Cannabis?

Congratulations on taking the first step toward growing your own premium cannabis! Whether you're seeking complete quality control, significant cost savings, or simply the satisfaction of nurturing a plant from seed to harvest, you've made an excellent choice.

## Benefits of Growing at Home:

- **Complete Control:** You decide what nutrients, pesticides (if any), and growing methods are used
- **Cost Savings:** After initial setup, growing your own is far cheaper than dispensary purchases
- **Strain Selection:** Access rare and exotic strains not available locally
- **Quality Assurance:** Know exactly what you're consuming - no mystery chemicals
- **Personal Satisfaction:** The rewarding experience of growing from seed to harvest
- **Year-Round Supply:** Never run out of your favorite strains

# 2. Understanding Cannabis Basics

Before diving into growing, it's essential to understand what cannabis plants need to thrive. Like all plants, cannabis requires specific conditions for optimal growth.

## Essential Growing Requirements:

Requirement	Details
Light	Vegetative: 18-24 hours/day Flowering: 12 hours on/12 hours off (Autoflowers: Any schedule)
Water	Consistent moisture, not waterlogged Water when top inch of soil is dry
Temperature	Day: 70-85°F (21-29°C) Night: Slightly cooler
Humidity	Vegetative: 40-60% Flowering: 40-50%
Nutrients	Nitrogen (N): Vegetative growth Phosphorus (P): Flowering Potassium (K): Overall health

Air Circulation	Prevents mold, strengthens stems Use fans for indoor grows
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### 3. Choosing Your First Cannabis Seeds

Selecting the right seeds is crucial for a successful first grow. Quality genetics make growing easier and ensure better results. Here's what you need to know:

#### Types of Cannabis Seeds:

Seed Type	Description	Best For
Feminized Seeds	Produce only female plants (the ones with buds).	No grower's experience. Best for beginners who want guaranteed buds.
Autoflowering Seeds	Flower automatically based on age, not light cycle.	Beginners with small spaces, those giving light schedules.
Regular Seeds	Produce both male and female plants. Used primarily for breeding.	Experienced growers and breeders only.

#### Best Strains for Beginners:

- **Northern Lights:** Legendary indica, extremely resilient and low-maintenance
- **Blue Dream:** Popular hybrid, easy to grow with generous yields
- **White Widow:** Classic strain that thrives in various conditions
- **Afghan:** Robust genetics that tolerate beginner mistakes well

■ **PRO TIP:** Start with autoflowering feminized seeds for your first grow. They're the most beginner-friendly option.

## 4. Indoor vs. Outdoor Growing

One of your first decisions is where to grow. Both methods have advantages and challenges:

<b>&lt;b&gt;Factor&lt;/b&gt;</b>	<b>&lt;b&gt;Indoor Growing&lt;/b&gt;</b>	<b>&lt;b&gt;Outdoor Growing&lt;/b&gt;</b>
Setup Cost	\$350-800	\$165-480
Control	Complete environmental control	At mercy of weather
Privacy	High - fully discreet	Lower - visible to neighbors
Yield Potential	Moderate (1-4 oz per plant)	High (4-16+ oz per plant)
Growing Season	Year-round	One season (spring-fall)
Quality	Consistent, high quality	Variable, weather dependent
Electricity	Higher costs for lights	Free sunlight
Space Required	Small (closet to room)	Yard or garden space
Difficulty	Moderate - more to manage	Easier - nature does work
Pests	Fewer pest issues	More pest/disease risk

## 5. Germination Guide: 3 Proven Methods

Germination is the critical first step. Here are three proven methods that work every time:

### Method 1: Paper Towel Method (Most Popular)

1. Dampen two paper towels with distilled water (not soaking wet)
2. Place one paper towel on a plate
3. Place seeds on paper towel, 1 inch apart
4. Cover with second damp paper towel
5. Cover with second plate to create dark, humid environment
6. Keep at 70-77°F and check daily
7. Taproots appear in 24-72 hours
8. Plant when taproots are 0.5-1 inch long

### Method 2: Direct Soil Method (Easiest)

1. Fill small pots with pre-moistened seedling soil
2. Make holes 0.5-1 inch deep
3. Place one seed in each hole
4. Cover lightly with soil (don't pack down)
5. Keep moist and warm (70-75°F)
6. Sprouts emerge in 3-7 days
7. Provide light immediately when sprouts appear

### Method 3: Water Glass Method (For Stubborn Seeds)

1. Fill glass with room temperature distilled water
2. Drop seeds in water
3. Leave in warm, dark place
4. Seeds should sink within 1-2 hours
5. Taproots emerge in 24-48 hours
6. **IMPORTANT:** Don't leave in water longer than 32 hours (risk of drowning)
7. Transfer to soil or paper towels once taproots appear

## 6-8. Plant Growth Stages Overview

<b>Stage</b>	<b>Duration</b>	<b>Light Schedule</b>	<b>Key Activities</b>
<b>Seedling</b>	Week 1-3	18-24 hours light	<ul style="list-style-type: none"><li>• Very light watering (spray bottle)</li><li>• Keep 2-3 feet from lights</li><li>• Watch for stretching</li><li>• Temperature: 68-77°F</li></ul>
<b>Vegetative</b>	Week 3-8	18-24 hours light	<ul style="list-style-type: none"><li>• Regular watering when dry</li><li>• Start nutrients at 25% strength</li><li>• Consider LST training</li><li>• Build strong structure</li></ul>
<b>Flowering</b>	Week 8-16	12/12 light/dark (Autos: any)	<ul style="list-style-type: none"><li>• Switch to bloom nutrients</li><li>• Reduce humidity to 40-50%</li><li>• Watch for males</li><li>• Buds develop and swell</li></ul>

## 9. When and How to Harvest

Harvesting at the right time is crucial for potency and effects. Here's how to tell when your plants are ready:

### Trichome Method (Most Accurate):

Using a jeweler's loupe or microscope, examine the tiny crystal-like trichomes on the buds:

- **Clear trichomes:** Too early - plant still developing
- **Cloudy/milky white (70-80%):** Peak THC - harvest now for energetic effects
- **Amber trichomes (20-30%):** More sedative effects - good for sleep

### Harvest Steps:

1. Stop feeding nutrients 1-2 weeks before (flush with plain water)
2. Optional: Keep plants in darkness for 24-48 hours
3. Cut branches or whole plant at base
4. Trim away large fan leaves
5. Hang branches upside down in dark room

# 10. Drying and Curing for Maximum Quality

## Drying Process (7-14 days):

- Hang branches upside down in dark room
- Maintain 60-70°F temperature and 45-55% humidity
- Ensure good air circulation (use fans, not directly on buds)
- Drying complete when small stems snap (not bend)
- Don't rush this - improper drying ruins quality!

## Curing Process (2-4+ weeks):

- Place dried buds in airtight glass jars (fill 75% full)
- Open jars once daily for 10-15 minutes ('burping')
- Monitor humidity - ideal is 58-62%
- Cure minimum 2-4 weeks (longer = better flavor)
- Properly cured cannabis smokes smoother and hits harder!

# 11. Common Problems & Quick Solutions

<b>&lt;b&gt;Problem&lt;/b&gt;</b>	<b>&lt;b&gt;Cause&lt;/b&gt;</b>	<b>&lt;b&gt;Solution&lt;/b&gt;</b>
Yellow leaves	Nutrient deficiency or overwatering	Check pH, adjust nutrients, improve drainage
Brown leaf tips	Nutrient burn	Flush with plain water, reduce nutrients
Drooping plants	Overwatering or underwatering	Check soil moisture, adjust watering schedule
Stretching seedlings	Not enough light	Move lights closer (2-3 inches)
Slow growth	Wrong temperature or pH	Verify 70-85°F, pH 6.0-7.0
Mold on buds	High humidity	Reduce humidity, improve airflow, remove affected areas

## 12. Essential Equipment Checklist

### Indoor Growing Setup (\$350-800):

- ✓ Grow tent (2x2 or 3x3 feet) - \$100-200
- ✓ LED grow light (100-300W full spectrum) - \$80-250
- ✓ Ventilation fan (4-6 inch) with carbon filter - \$80-150
- ✓ Fabric pots (3-5 gallon) - \$10-30
- ✓ Quality soil or coco coir - \$20-40
- ✓ Nutrient starter kit - \$30-60
- ✓ pH test kit (digital or liquid) - \$15-30
- ✓ Timer for lights - \$10-20
- ✓ Thermometer/Hygrometer - \$10-20

### Outdoor Growing Setup (\$165-480):

- ✓ Quality seeds (feminized or autoflower) - \$30-100
- ✓ Large containers (5-20 gallon pots) - \$20-50
- ✓ Quality soil (organic potting mix) - \$30-60
- ✓ Nutrients (organic fertilizer) - \$20-40
- ✓ pH test kit - \$15-30
- ✓ Optional: Small greenhouse or row covers - \$50-200

## 13. Legal Considerations

### **IMPORTANT: Before you start growing, understand your local laws!**

- Cannabis cultivation laws vary widely by state and country
- Some states allow home growing, others don't
- Plant count limits typically range from 3-12 plants per household
- Federal law still classifies cannabis as illegal (Schedule I)
- Always check current state and local regulations before starting
- Medical vs. recreational rules may differ in your area

**LEGAL DISCLAIMER:** All JG Seeds products are Farm Bill compliant (less than 0.3% THC) and legal to purchase. Howev

## 14. Quick Reference Growing Timeline

Here's what to expect for a typical indoor autoflower grow:

<b>Week</b>	<b>Stage</b>	<b>What's Happening</b>
0	Germination	Seeds sprouting (3-7 days)
1-3	Seedling	First leaves developing, light watering
3-6	Vegetative	Rapid growth, building structure
6-10	Early Flowering	Buds forming, switching nutrients
10-12	Late Flowering	Buds swelling and ripening
12	Harvest	Checking trichomes, cutting plants
13-14	Drying	Hanging in dark room, monitoring
15-18+	Curing	In jars, burping daily

**Total time from seed to smoke: 15-20 weeks for autoflowers, 20-24 weeks for photoperiod plants**

# Ready to Start Your Growing Journey?

Now that you have the knowledge, it's time to take action! Every successful cannabis grow begins with quality seeds from a trusted source.

## **<b>Why Choose JG Seeds?</b>**

- ✓ Premium, hand-selected genetics
- ✓ Germination guarantee on all seeds
- ✓ Fast, discreet shipping to your door
- ✓ Expert growing support included
- ✓ Farm Bill compliant (less than 0.3% THC)
- ✓ Beginner-friendly autoflowering options
- ✓ Trusted by thousands of successful growers

**Visit [www.jgseeds.com](http://www.jgseeds.com) to browse our complete collection**

Questions? Our growing experts are here to help!  
Contact us: [seeds@jgseeds.com](mailto:seeds@jgseeds.com)

## **<b>■ FINAL TIPS FOR SUCCESS:</b>**

- Start small - grow 1-3 plants your first time
- Keep a grow journal - document everything you learn

- Join our growing community forum for support
- Be patient - good things take time!
- Most importantly: Have fun and enjoy the journey!

**Happy Growing! ■**

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