

The Ultimate
Beginners Guide To

Growing Cannabis Indoors



GrowCast.

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Legal Disclaimer

Before you start growing cannabis at home, make sure to check if it's legal in your country [HERE](#).

In the USA each state has its own cannabis growing regulations that can be checked [HERE](#).

Growcast.com takes no responsibility for the legal consequences of illegal cannabis cultivation by the readers of this guide.

Intro & Overview



Hey!

I'm **Jordan River**, founder of GrowCast, and I'm so glad you found us!

As a passionate cannabis consumer and grower with **14+ years of experience** in guiding over **200,000 growers** of all stages, I can safely make you this promise:

You're about to embark on one of the most enriching, empowering, and satisfying journeys of your life.

In this guide you'll find what is arguably the **simplest, most optimized cultivation system ever created**. To the point where anyone can grow like a pro (even if you've never grown anything in your life :-)) and harvest amazing homegrown cannabis just like this:



You'll also love how **affordable** growing your own is, compared to paying for overpriced, low quality cannabis from dispensaries.

(In fact you can easily recoup your investment within just a harvest or two, and keep your crop growing perpetually at an extremely minimal cost - imagine a lifetime of almost-free product!)

And most importantly - you're rewarded with an **endless supply of the cleanest, freshest, most delicious** product ever to touch your lips.

Just follow the steps in this guide and get ready to harvest and enjoy your first crop within just **12 weeks**.

Let's get growing!



Jordan River

Founder & Host

www.growcast.com

If you have any questions, or if anything seems daunting or unclear, know that I'm here for you every step of the way. Just email me at contact@growcast.com and I'll get back to you personally.

Grow Kit Shopping Guide



This guide focuses on **growing cannabis indoors** so we can fully control the conditions and produce more predictable results.

There are many ways to grow cannabis at home, and many different setups and styles, but all of them have a few things in common.

First - you'll need a grow tent kit to control the environment, light schedule and odor. Your grow light will provide your plants with the light it needs. You'll need seeds of course, as well as some soil and a container to grow them in. This guide is based around sub irrigated planters, which eliminates the risk of over and underwatering your plants.

We've taken the headache and guesswork out of shopping for grow gear by putting together 3 custom price tiered grow kits for a variety of budgets and yield requirements.

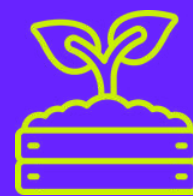
Each kit comes with exactly what you need to get started:



Feminized
cannabis seeds



Cannabis specific soil
+ seed starter soil



Sub-irrigated
planter system



Grow tent kit



Solo party cups

Below you can find **3 GROW KIT** options

Pick the one that suits your available grow space, budget and desired yield. Just order your kit and get ready to grow.



OPTION #1

Cheapest

Weekend Smoker Kit



COST | \$300

YIELD | 2-5 oz per 12 weeks

SPACE | 2ft x 2ft

Shopping List

1x 2pk of Feminized Photoperiod Seeds from GrowCast Seed Co (or a Seed Bank)

1x Custom 2x2 Grow Kit with CityPicker planter

1x Small bag of seed starter soil

1.5 Cubic feet of cannabis soil

**(read the 'buying cannabis soil' guide below)*

2 plastic party cups



Pros

- Very low cost
- Tiny, stealthy grow

Cons

- Low yield
- Smaller plants
- Less dense buds

OPTION #2

Best Value

Daily Smoker Kit



COST | \$420

YIELD | 5-14 oz per 12 weeks

SPACE | 2ft x 4ft

Shopping List

1x 2pk of Feminized Photoperiod Seeds from GrowCast Seed Co (or a Seed Bank)

1x Custom 2x4 Grow Kit with Earthbox planter

1x Small bag of seed starter soil

1.5 Cubic feet of cannabis soil

**(read the 'buying cannabis soil' guide below)*

2 plastic party cups



Pros

- Best bang for your buck
- Enough yield for daily smokers
- Relatively low cost

Cons

- Medium sized yields
- Bare bones equipment

OPTION #3

Most Yield

Heavy Harvest Kit



COST | \$1200

YIELD | 16-32 oz per 12 weeks

SPACE | 4ft x 4ft



Shopping List

1x 6pk, of Feminized Photoperiod Seeds from GrowCast Seed Co (or a Seed Bank)

2x Earthbox planters

1x AC Infinity 4x4 Pro Grow Kit - Use code GROWCAST15 for 15% off

1x Small bag of seed starter soil

3 Cubic feet of cannabis soil

**(read the 'buying cannabis soil' guide below)*

4 plastic party cups



Pros

- Top of the line equipment
- Massive harvests
- Bluetooth and data enabled

Cons

- Higher price point
- Larger grow footprint



BUYING
Cannabis
SOIL

It's most cost effective to buy your soil locally! Visit your local hydro store and purchase one of these cannabis specific brands listed below.

SD Microbes

Water Only mix

 Visit Store

Bio365

BioAll or BioFlower blend

 Visit Store

Purple Cow

Indacanja blend

 Visit Store

Roots Organic

Lush or 707 blend

 Visit Store

Detroit Nutrient Company

Water Only mix

 Visit Store

Build a Soil

Light Blend

 Visit Store

KIS Organics

Water Only mix

 Visit Store

Coast of Maine

Stonington Blend

 Visit Store

If you can't find soil locally, we recommend you order from

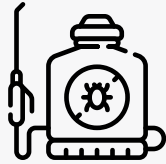
SD MICROBES

Use discount code: GROWCAST

IMPORTANT: DO NOT use regular garden soil or Miracle Gro, as it is not balanced for cannabis and will harm the quality.

Optional Add-Ons


Pest control spray



 Safer Soap

Beneficial microbes



 Photosynthesis Plus

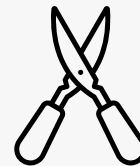
Dry nutrients



 Build-a-Flower

Gardening scissors

Use code GROWCAST15



 AC Infinity

Storage bags



 Grove Bags

Bamboo stakes

from a local grow store or Amazon



 Amazon

Step-By-Step Cannabis Grow Guide



Now that you've got your gear, let's get ready to grow an infinite supply of the best quality cannabis you could possibly consume.

To start with - setup your grow tent according to the instructions provided, and make sure you cinch all the ports closed so it's light tight.



Your cannabis growing journey will consist of 4 distinct stages:

01 Seedling stage



02 Vegetative stage



03 Flowering stage



04 Harvesting, Drying & Curing stage



The whole process will last about

12 weeks

from start to finish



Imagine in a few short months, you'll be able to enjoy an infinite supply of freshly grown, organic and most delicious plant medicine you've ever tried.

Alright, let's get growing.

5 IMPORTANT TIPS

For First Time Growers

1. The hardest part is starting - but you'll be so glad you did!

Starting up your first grow can seem intimidating, but once you get the hang of it and take down your first harvest you will be wondering why you didn't start sooner! Don't let cold feet stop you from starting, jump right in!

2. The seedling stage is the most difficult stage.

If you can make it past the first "seedling" stage of cultivation, you can grow a full crop! Seedlings are fragile, if you try your hand at growing and kill your first seedling do not give up! Try again, and once you can keep them alive past the seedling stage, the rest is easy.

3. Once you're in your final planter, HANDS OFF!

We selected these styles of planters for a reason: the plants basically grow themselves. Many first time growers make the mistake of doing too much. Avoid overwatering the soil, spraying too often, and pruning too much. Most of your job will be sitting back and watching your plants grow!

4. Don't put pressure on yourself to reach certain yields.

Cultivation is a lifelong journey, and your first few runs should be all about learning how the plant grows and what makes it thrive. Don't worry about hitting a certain yield on your first try, just focus on learning to keep your plant alive and healthy from beginning to end.

5. Do NOT go to Google for advice!

Internet grow advice is unfriendly, unhelpful, and inaccurate. If you have ANY issues during your first grow cycle, be sure to take advantage of your 7 day trial of [GrowCast Membership](#), where we have experts ready 24/7 to accurately diagnose all your gardening problems.

A close-up photograph of two hands, one above and one below, holding a small, young plant seedling with two leaves and a stem, growing out of a mound of dark soil. The hands are weathered and have some soil on them. The background is dark and out of focus.

01

Grow Stage #1

Seedling

In the seedling stage we will sprout our seeds in a solo cup of seed starter mix. This stage will last about 7-10 days before we transplant it into planters.

Seedling Stage Step by Step

Take two solo party cups per Earthbox (one solo cup if you're using a City Picker) and carefully use a knife or screwdriver to punch a small drainage hole in the bottom of each, fill the cups with seed starter mix and gently compress.

Place one feminized seed in each cup, in a half inch deep hole - then cover the seed with soil and give it another gentle press.

Gently water your solo cups thoroughly until a small amount of water runs out of the bottom hole (about 3 oz of water). Don't water your seedlings again until the soil in the cup dries out thoroughly - to about the dryness it was when it was pulled out of the bag. Overwatering (watering too frequently) is the biggest killer at this stage so avoid it at all cost!

Place your solo cups in your empty planter under the grow light at 25% power, hanging 16-18 inches away from the cup, leaving it on 24/7. Don't place seedlings in a tent sitting on a cold surface like concrete.

Adjust your tent's exhaust fan to about 4/10, high enough to keep the temperature between 76 and 82 degrees Fahrenheit (24-28 degrees Celcius).

Seedlings will break ground in 2-3 days and begin to grow. If it stretches out too long and lanky, like it could fall over, turn up the power of your light or move it closer. If one of your seedlings dies, don't worry - you can continue this grow guide with just one plant per Earthbox.

Your seedlings will start with two round leaves, but soon start growing their first pointy "true leaves." Once its leaves hang over the edges of the solo cup when viewed from above (about 7 days after breaking ground), it's time to move onto the vegetative stage.



A close-up photograph of a hand holding a large, serrated cannabis leaf. The leaf is held in a black planter filled with dark soil. The background is a dense layer of wood chips. The entire image is overlaid with a semi-transparent purple and blue gradient.

02

Grow Stage #2

Vegetative

Once your plant is ready for the vegetative stage, it's time to transplant it into your planter full of rich cannabis soil. This stage will last about 4 weeks as the plant grows in size, until it's time to enter the bloom stage and start producing buds.

Vegetative Stage Prep

Set the timer on your light to 18 hours on and 6 hours off (set the ON time to match when you have time in your schedule to work in your tent).

Assemble your Earthbox or City Picker and fill it with your rich cannabis formulated soil, being sure to very firmly pack down the corner spaces. This is very important as it will allow the wicking process of the sub irrigated planter to function properly.

Dig a solo cup sized hole in your soil and gently un-pot your plants from the solo cups.

Carefully place the plant's root ball in the hole, trying not to disturb the roots, and cover it with soil ending with a gentle but firm press.

Once your plants are in their new home, slowly disperse one gallon (0.75 gallons if using a City Picker) of filtered or spring water across the entire soil surface.



Use the provided tarp to cover the soil (cut an X shape out to allow the plants to poke through), or add a mulch layer of rice hulls. Leave the watering tube and bottom reservoir empty for now.

Your plant is now vegetating! We will now wait about four weeks for it to grow in size, and begin pruning it to shape it for better end results.

It's important to raise the light height as your plant grows, keeping it about 16 inches above the tallest point of your plant at all times as you increase the power over time.

Vegetative Stage Week #1

In week one we are very hands off, letting our plant establish in the planter and get used to its new home.

On day 3 in the planter, apply a natural pest spray product like Crop Defender or The Amazing Doctor Zymes to your plant's entire leaf surface. This will naturally deter pests. Always spray when the lights are off, and be sure to spray the undersides of your leaves as well as the tops.

On day 4 in the planter, pour 2 gallons of filtered water (add 10ml or 2 tsp of Photosynthesis Plus if you have it) down your watering tube until the reservoir is full. From now on this is how you will water your plant, by refilling this tube instead of watering the soil. You'll know it's full when water escapes the overflow valve on the side. Use Photo Plus every refill. Ideally you want to wait for it to drain fully before refilling it each time. Shine a light down the tube to check the water level.

Vegetative Stage Week #2

In week two we will be pruning our plants. Keep your light at 50 % power, hanging 16-18 inches above the plant. Make sure to maintain 76-82 degrees F ambient temperature. Turn your exhaust fan up to lower the temperature if you need to.

You'll know it's time to top prune your plant when you have 3 or more sets of large leaves. Locate the intersection where the leaf sets meet the main stalk, and cut the plant right above the growth set (essentially decapitating it - but don't worry, they love a haircut). The two branches right beneath your cut will grow upwards, becoming the new top branches of the plant, thereby doubling the amount of "tops" that it has.



Vegetative Stage Week #3

Take a look at your two new top branches, and any side branches that also reach the top of the canopy. Perform a second top pruning on all these branches.

Perform your second spray for pests and turn your light power up to 75%. This will create heat, so turn up your exhaust if you need to.



NOTE: If you're in a 2x2 or similarly short space and your plant is growing very tall, you may want to skip week four of veg and go right to flower. Keep in mind your plant will be 1.5x to 2x in height after flowering begins, so if it's already cramped, skip week four!

Vegetative Stage Week #4

This week is your final chance to top prune your plants before flowering. Perform one more top pruning on all of the branches that reach the top of the canopy.

You may spray for pests one last time before entering the flower stage. Remember to continue watering through the tube and bottom reservoir for the entire remainder of the grow.

Keep your light power at 75%, hanging 16-18 inches above the plant. You may need to turn up your exhaust as well if heat increases.

After four weeks in your sub irrigated planter, and 3 to 4 top prunings, you'll have a large plant with many tops, creating your final canopy that will develop into big, beautiful buds!

It's now time to move into the flowering stage, before your plant gets too big for your tent.





03

Grow Stage #3

Flowering

The flowering stage is the final stage of growth where your buds will develop to an eventual harvest time. In this guide we are working with a 9 week flowering time, though some strains require longer, or shorter flowering times.

Flowering Stage Prep



Double check to make sure your tent is light tight, then adjust your light timer to 12 hours of on time and 12 hours of dark time to start flowering. It is crucial to keep the tent completely sealed during lights off in the flowering stage to avoid crop seeding. Also, make sure your light power is now turned up to 100%

The day you adjust your lights timing to 12/12 is your “flip day.” Mark this down in your calendar to keep track of how long you’ve been flowering in the future. Your harvest date is going to be 8 to 9 weeks after your flip day.

High humidity can cause mold to form in your flowers. Make sure your humidity is 60 or below, add a dehumidifier if needed.

You’ll want to stop spraying any pest sprays as soon as you see buds forming.

Continue watering down the reservoir tube as it dries out, just like the Vegetative stage.

Bottom prune right upon flipping. Take some gardening scissors and prune any branches that don’t reach the top of the canopy at their peak. You should strip foliage about 1/2 to 2/3rds of the way up the main stalks.

Defoliate - remove some of the big fan leaves if they are crowding each other. You want air to easily pass through the mass of the plant. See pictures for details.

Once they’re bottom pruned and defoliated, you’re ready for the flower stage!

Flowering Stage Week 1 & 2

In the first weeks of flower the plant will be in its “stretching” phase. Expect the plant to 1.5x or even double in height by the end of the stretch period. You will also start to see white hairs and tiny buds will begin to develop. Your plants are going to start to stink. Make sure you attach your carbon filter to your exhaust fan to control odor at this stage!

Watch out for intersex plants at this stage! You should see your flowers beginning to develop white hairs and symmetrical buds, but if you see clusters of “pollen sacs” or “nanners” as pictured here, your flower is at risk of going to seed. You can try to gently remove the pollen sacs but if it’s too many - unfortunately your best option would be to terminate the intersex plant and start all over.

If you experience intersexing, double check your tent is light tight, and that it’s not getting too hot inside.



Flowering Stage Week 3 & 4

This stage is when the buds will be “setting” into flowers. The stretch will stop, and the flowers will begin to “set” and then increase in size.

On day 14, apply your Build-a-Flower dry nutrients if you have them. Pull back your soil cover and apply a 0.5 to 1 inch layer across the entire soil surface, then gently water your soil with 1 to 2 liters (add Photo Plus if you have it).

By the end of week 4, you may need to support your plants as they pack on bud weight. Insert bamboo stakes into your soil, and use twisty ties to gently secure each branch to a stake.

This will help the plant hold itself up as big buds develop. You may also need to remove more fan leaves throughout the weeks, if they begin crowding or laying on top of each other.



Flowering Stage Week 5,6 & 7

These weeks are when bulking generally takes place. Now the flowers are packing on mass and getting bigger and bigger every day.

The buds should be developing trichomes or “frost” at this point.

Make sure the branches are being held up and supported well. Remove any big fan leaves that are laying on top of each other to open up airflow.

When your plant enters week 5, pull back the soil cover and apply another 0.5 to 1 inch layer of Build-a-Flower dry nutrient. Gently water 1 to 2 liters across the fresh soil, adding Photo Plus microbes if you have them.

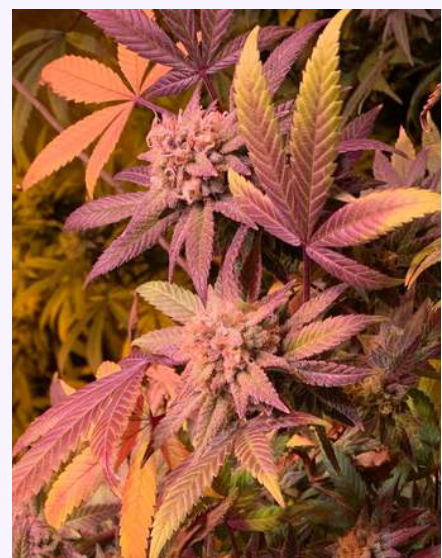


Flowering Stage Week 8 & 9

For many strains, weeks 8 & 9 is when the plant is ripening. The bulking largely stops, the plant may express colors like reds, pinks, purples and yellows as it nears the end of its life.

Make sure you aren't using any additional nutrients during this stage to let the plant finish its life cycle naturally.

Let your planter dry out completely right before finally chopping your plants for harvest.





04

Grow Stage #4

Harvesting, Drying & Curing



Congratulations!

You've made it through your first grow and you're well on your way to having a massive surplus of the best flower you've ever consumed.

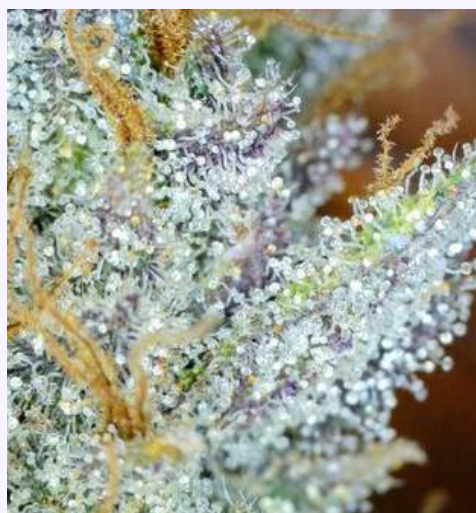
Enjoy the feeling of a job well done!

Right around 9 weeks after flip day you should be ready (or very close) to harvest! The harvest and drying phase are critical for a quality crop.

When to Harvest

There are many factors to look at when determining if a plant is ready to harvest. With most strains, the buds will have stopped adding mass. The once white hairs should almost all be turned to a dark color, and the buds have a finished, dense feel when gently squeezed.

You can also use a cheap handheld microscope to look at the trichomes or "crystals" on the bud. If the trichomes appear mostly clear, you probably need to wait longer. If you see the trichome's heads appear milky and amber (or other dark colors like purple and red), then you know you're in the harvest window.



How to Harvest and Dry

Prepare a well ventilated, totally dark, cool space to dry your flower. You can use the same tent you grew in, with the lights off and the fans running. Odor control is also crucial at this stage.

Remove all the big protruding fan leaves from your plant before anything else so it's just stalks and buds (leaving the frosty smaller leaves on).

Using scissors or a lopper, clip off your bud branches in 1 to 2 foot sections to hang dry.



Hang the bud branches upside down, from a wire line, clothes hangers, or twist tie lines. Space them out on the lines so they're not touching one another

If you don't want to dry on lines, you can use an herb drying basket and lay the buds flat. Make sure to turn them over daily during the drying process.

Use your oscillating tent fan or a different fan to gently blow air across the buds as they dry.

Dial in your environment using AC and humidification if you need to. Cool temps, like 65-69 degrees Fahrenheit are great, and a nice middling humidity like 55rh is perfect. Don't let your tent get hot (above 72), too dry (below 40rh) or too wet (above 60rh) if possible.

Patiently let your plants hang dry until they are dry enough to snap when bent. This process can take anywhere from 7-21 plus days depending on the environment, so make sure to be patient! You can take off small buds to smoke-test at this stage as well.

Don't bag up your buds too soon! Make sure you are patient and let them dry fully.

Once your buds are dry enough that they smoke like regular flower in a bowl, your dry stage is complete! Trim the smaller leaves of your buds using trimming scissors and prepare to bag or jar them.

How to Cure

We recommend moving your buds into Grove Bags for storage and cure, opening them up once a week to air out. You can use mason jars as well, opening them daily instead of weekly.

After 3 weeks of cure, the buds are finished and you can stop airing them out. As the buds age and cure longer, you'll notice changes in flavor and aroma, as well as experience.



**Enjoy your new
home grown
medicine**



Completing Your **First** **Grow**



Congrats on completing your first cannabis grow from a tiny seed to huge, lush buds!



Enjoy your new home grown medicine, it's going to be the best you've ever had.

Share it with loved ones, family and other patients and take pride in the fact you can create the greatest quality plant medicine right at home without relying on anyone else!

Your growing journey is just getting started and here are some next steps you can take to stay connected with our community and take your growing skills to the next level.

Step #1

Share Your Success With The Growcast Community

Take a photo of your harvest and share your results with the Growcast Community. We can't wait to see your epic flowers!

Share Your Grow 

Step #2

Share The Growcast Guide & Mission

Share this guide with a fellow cannabis enthusiast. Show them just how easy it is to get started growing their own medicine and how to unlock their own infinite supply of home grown flower!

Share The Grow Guide 

Step #3

Become a Growcast Insider

Join our mailing list to receive our cannabis cultivation newsletter with grow tips, resources, special offers and exclusive insider giveaways.

Become The Growcast Insider 

Mastering Cannabis Cultivation



WANT TO TAKE YOUR SKILLS TO THE NEXT LEVEL?

Join GrowCast Membership - #1 community for cannabis cultivators

As a GrowCast Member you gain access to today's top professional growers and breeders as they guide you through every step of your homegrown cannabis journey. You'll enjoy exclusive grow tutorials, resources, member events – and a 24/7 troubleshooting support.

Connect with growers & experts

From leading experts & growing pros to complete beginners – connect with people around you and all around the world.

Level up your growing skills

Optimize key grow functions like lighting, nutrients, irrigation, soil etc – to multiply the quality and quantity of your yield.

Solve cultivation problems

Every problem has a solution – and you'll get answers at any time of day thanks to our helpful community.

Save money on supplies

Enjoy exclusive discounts on curated seeds, equipment, supplies, and more from us and our trusted partners.



1000+ happy members

Ready to join your people?

Join the GrowCast Membership today and get the education, support and community you need to take your cannabis cultivation skills to the next level.

[START FREE TRIAL](#)





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NEVER

GROW

ALONE