

Cannabis Seed Germination Checklist

Provided by James Bean, SeedsHereNow.com

Step 1: Selecting Quality Seeds

✔ Choose Fresh, High-Quality Seeds

- Dark brown or black seeds with a glossy finish.
- Firm, hard seeds that don't crack under light pressure.
- Round, whole, symmetrically shaped seeds.

✔ Source from a Reputable Supplier

- Purchase seeds from trusted sources like SeedsHereNow.com for verified genetics and quality storage.
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Step 2: Prepare for Germination

✔ Gather Your Materials

- Clean water (filtered or distilled if possible).
- Paper towels, small glass, or rock wool cubes.
- If using the paper towel method, two plates or a plate and plastic wrap.
- Light, well-draining soil is needed if soil is being used for germination.

✔ Select Your Germination Method

- **Paper Towel:** For visibility and monitoring.
 - **Soil:** Ideal for direct planting.
 - **Rock Wool:** Best for hydroponic systems.
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Step 3: Create Ideal Germination Conditions

✔ Temperature: Keep between 68-72°F (20-22°C)

- Use a seedling heat mat if needed to maintain warmth.

✓ **Humidity:** Keep humidity around **70-80%**

- Cover with a second plate or plastic wrap for the paper towel method to lock in moisture.

✓ **Darkness:** Store seeds in a dark, warm place

- A cupboard, drawer, or closet works well.

✓ **Moisture Level**

- Make sure towels are damp but not soaked using the paper towel method.
 - For soil germination, water the soil lightly to maintain moisture without waterlogging it.
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Step 4: Start Germination (Paper Towel Method Example)

1. **Moisten Paper Towels**
 - Dampen two paper towels with water, making sure they're damp but not dripping.
 2. **Place Seeds on a Paper Towel**
 - Lay seeds on the first paper towel on a plate, leaving space between each.
 3. **Cover with a Second Towel**
 - Place a second wet towel over the seeds.
 4. **Cover and Store in a Dark Place**
 - Place another plate on top or cover it with plastic wrap to create a dark, humid environment.
 5. **Check Daily for Moisture**
 - Mist lightly if towels start to dry out.
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Step 5: Monitor Progress

✓ **Check for Taproots Daily**

- Most seeds sprout within 1-5 days. Look for a white root (taproot) emerging from each seed.

✓ **Handle with Care**

- Use tweezers to handle seeds with sprouted taproots. Avoid touching the delicate root directly.
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Step 6: Planting Sprouted Seeds

✓ Prepare Your Growing Medium

- For soil: Use a light, airy soil mix with good drainage.
- For rock wool: Soak cubes in pH-adjusted water (5.5-6.5) before planting.

✓ Plant Taproot Downward

- Place the sprouted seed in a small hole about 0.5 inches deep, with the taproot facing downward.

✓ Cover Lightly with Soil

- Gently cover with soil or medium without compacting.

✓ Water Gently

- Mist lightly or water carefully to avoid disturbing the seed.
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Step 7: Caring for Early Seedlings

✓ Provide Light

- Place seedlings under a low-intensity grow light or in indirect sunlight. Keep lights 12-18 inches away to avoid heat stress.

✓ Maintain Moisture

- Keep the soil moist, but avoid overwatering. Mist if needed.

✓ Temperature and Humidity

- Aim for 68-77°F (20-25°C) and 60-70% humidity.
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Troubleshooting Common Germination Issues

✓ Overwatering

- If seeds aren't sprouting and appear swollen or moldy, they may be overwatered. Start with fresh seeds and keep moisture levels moderate.

✓ Underwatering

- If the paper towel or soil feels dry, mist lightly. Seeds need consistent moisture to germinate.

✓ Incorrect Temperature

- Check the temperature for slow or failed germination and use a heat mat if needed to maintain warmth.

✓ Old or Low-Quality Seeds

- For best results, use fresh seeds. Try the float test: seeds that sink in water are more likely to germinate.

✓ Improper pH (For Rock Wool)

- Pre-soak rock wool in pH-adjusted water (5.5-6.5) to optimize conditions.
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Final Checklist Before Moving Seedlings

✓ Ensure Strong Root Development

- Wait until the seedling has established roots and its first set of true leaves before transplanting.

✓ Transition Carefully

- If starting seeds indoors, gradually expose seedlings to natural light, moving them outdoors.

✓ Label and Track

- Track strains and germination dates for better monitoring.

Download Your Free Cannabis Seed Germination Checklist!

With these steps, you'll be on your way to a successful start. For more tips and quality seeds, visit **SeedsHereNow.com**.

Happy Germinating!