

Welcome to Home Growing with Hydroponics

We're so excited for you to get growing!

This booklet will guide you week by week through your first complete grow cycle with your new Bam! Box



Week 1: Getting Started

Time to get started!

Week 1 – you'll set-up your system and plant!

Time

30-60 minutes

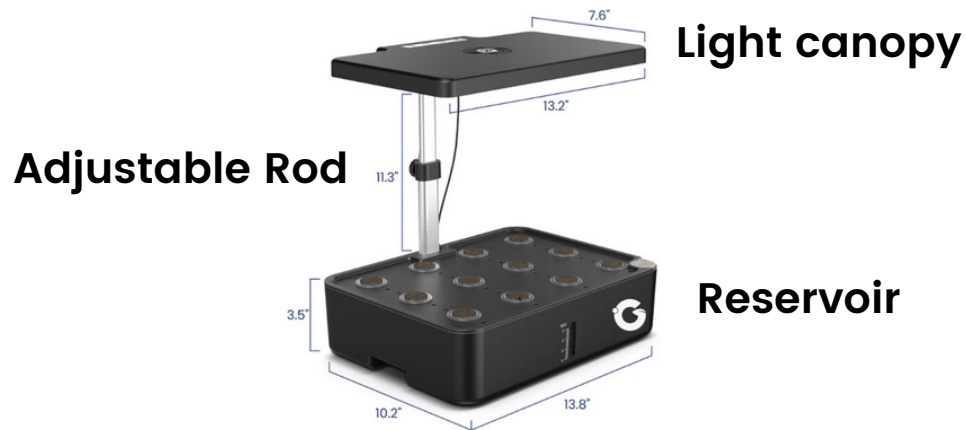
Supplies Needed

- Your Bam! Box
- Scissors
- 4L tap or distilled water

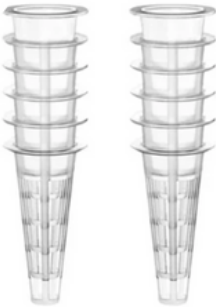


Read on for...

- Inventory
- Setup and Planting Instructions



Reusable Parts (do not discard)



Planting Baskets



Domes



Labels



Covers

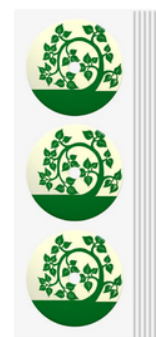
Consumable Parts



Planting Sponges



Nutrients



Sickers



Seeds

1. Unbox the system and set all items aside. Review safety booklet.
2. With the adjustment knob facing the back, insert the extendable rod into the slot at the back of the reservoir. Push down until the rod reaches the bottom.
3. Fit the light canopy into place on top of the extendable rod.
4. Prepare nutrients:
 - a. Unscrew caps of both nutrient A and nutrient B bottles.
 - b. Add water to the bottles until full (bottled water recommended).
 - c. Screw caps and lids back on both bottles and shake the bottles until the nutrients have dissolved.
5. Ensure the small clear is plug inserted in the back of the reservoir.
6. Add 4 liters of water (distilled or tap) to the reservoir.
7. Add 20mL of nutrient A and 20mL of nutrient B to the reservoir using the cap to measure.
 - a. As you grow, top of water, **ensuring there is always at least 1L of water in the reservoir**. Add 5mL of nutrient A & 5mL of nutrient B for every 1L of water added.
8. Place reservoir cover on top of reservoir.
9. Insert a plastic planting basket in each hole.
 - a. If leaving any holes unplanted, place a black cover over holes to prevent algae.
10. In a bowl, soak grow sponges for 1-2 minutes to saturate.

11. Place a grow sponge in each planting basket.
12. In each grow sponge, plant 2-3 seeds.
 - a. Planting multiple seeds in each grow sponge helps ensure at least one seed will germinate.
13. Using the plant markers label what you have planted.
14. Place a sticker over the top of each grow sponge. The stickers help prevent light from reaching the wet planting plugs, reducing algae/mold.
15. Place a plastic dome over each planting plug.
 - a. The domes create a greenhouse effect. They can be removed once the seeds germinate or when the plant is ready to outgrow the dome.
16. Connect electricity to power the lights, fan and pump:
 - a. Insert the cord from the pump to the light canopy on the left hand side.
 - b. Insert the cord from the adapter into the light canopy on the right hand side and plug it in
17. Push the power button on the light canopy to activate the pump, fan and lights.
 - a. The “vegetable” light will automatically turn on. If growing fruits or flowers, push the “fruits & flowers” button to change the light spectra.
 - b. The lights will run on a 16 hour on, 8 hour off cycle each day in both modes.
 - c. The pump and fan will run on a 30 min on/30 min off cycle.
18. Check back in one week for next steps!

Week 2: Initial Maintenance

Welcome to Week 2! Hopefully you're enjoying watching your sprouts grow. All that's needed this week is some quick and simple maintenance!

Time

<5 minutes

Tasks



1. Remove domes from seeds that have sprouted.
2. As needed: Top off the reservoir with water. Add 5mL of Nutrient A and 5mL of Nutrient B for every liter of water you add.
 - This may not be needed in week 2 while plants are still small, but it's important to get in the habit of checking the water level!

Tip: Herbs take longer than greens to sprout. Don't worry if they're slower to get growing!

Week 3: Thinning & Maintenance

Welcome to Weeks 3 & 4! Believe it or not, in just a few weeks you'll be ready to harvest these plants!

Time

10-15 minutes

Tasks



1. Thin lettuces, greens and basil plants

- If two or more seedlings sprout from a grow sponge, choose the strongest looking seedling to keep. Gently pluck the other seedlings out of the grow sponge.
- Herbs like cilantro or dill do not require as much space/light, and therefore do not need to be thinned.

2. As needed: Top off the reservoir with water. Add 5mL of Nutrient A and 5mL of Nutrient B for every liter of water you add. Ensure the water level never drops below 1 liter!

Tip: Now is the perfect time to start tasting your produce. The sprouts you thin make a great snack!

Weeks 4-7: Late-Cycle Maintenance

Hopefully now you're really watching your plants take off. Now the fun part... tasting them!

Time

10-15 minutes

Tasks



1. Top off the reservoir with water. Add 5mL of Nutrient A and 5mL of Nutrient B for every liter of water you add.

- **This may be needed 2+ times/week as plants get larger.**

2. Adjust the Light

- If your plants are reaching the light barrier, raise the adjustable arm to give them more space.

3. Trim and taste!

- For lettuces and greens, harvest the outer, lower leaves with sterile scissors, allowing the inner leaves to keep growing. For herbs like basil, prune to encourage greater production. For detailed pruning instructions, see our pruning guide!

Tip: Keep an eye out for water refills. As your plants grow larger, they will need refills more frequently!

Week 8: Harvesting & Resetting

It's that time... this week we're wrapping up the grow cycle with by harvesting and cleaning!

Time

30-60 minutes

Supplies Needed

- Harvesting:
 - Your unit
 - Sterile scissors
 - Ice buckets (recommended)
 - Towels
 - Storage Containers
- Cleaning
 - Spray bottle with 1 part vinegar, 5 parts water OR vinegar + water access
 - Sponge or scrub brush



Read on for...

- Harvesting Instructions
- Cleaning Instructions

1. Cut each plant fully at its base, OR pull out each plant with roots attached.
2. Optional: Dunk plants in an ice bath to preserve their color and crispness.
3. Dry produce with towels or by using a salad spinner to remove excess water.
4. Place produce in bags or containers.
 - a. If roots are still attached, they can be wrapped in a wet paper towel prior to storage.
 - b. Tip: airtight containers prevent dehydration from refrigeration!
5. Store in cooler or refrigerator unit ready for use.



1. Unplug the system & ensure all electrical components are off.
2. Remove and discard any remaining plants, plant material and grow sponges.
 - Do not discard planting baskets, these can be reused!
3. Empty the reservoir by unplugging the clear plastic plug and the back of the reservoir (be careful not to lose the plug)!
 - Tip: If you have indoor plants or an outdoor garden, you can use this nutrient rich water to water them!
4. Disinfect:
 - Create a solution of 1 part vinegar to 5 parts water in a spray bottle. Spray the solution liberally inside the reservoir. Alternatively, fill the reservoir with a solution of 1 part vinegar, 5 parts water. Let the solution soak for a few minutes.
 - Use a sponge or scrub brush to remove debris/buildup.
 - Repeat for planting baskets and reservoir cover.
5. Rinse the reservoir, planting baskets, and cover.
6. Fill the reservoir halfway with clean water and turn on the pump. Let the water run for a few minutes to remove any unseen debris.
7. Empty the reservoir and let the system air dry. Now, you're ready to plant again!

Tip: If you experience scaling, apply powdered citric acid mixed with a bit of water. Let this sit for a few minutes, scrub, then rinse!