



Welcome to
Home Growing
with Hydroponics

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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 home hydroponics system.

Questions, concerns, or celebrations along the way? Let us know! Reach out to katie.zimmerman@greenourplanet.org.

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Week 1: Getting Started

Time to get started!

In Week 1 you'll get your system set up and planted.

Time

30–60 minutes

Supplies Needed

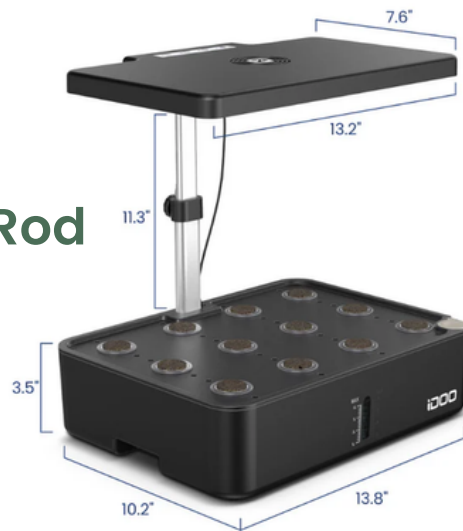
- Your Hydroponics Box
- Scissors
- 4L tap or distilled water



Read on for...

- Inventory
- Setup and Planting Instructions

Adjustable Rod



Light canopy

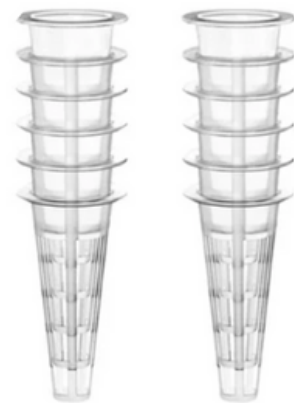
Reservoir



Nutrients



Planting Sponges



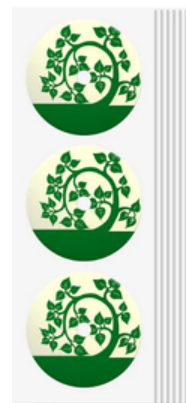
Planting Baskets



Domes



Labels



Sickers



Covers

1. Review the iDOO instruction card/booklet included.
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 small bowl, soak grow sponges for 1-2 minutes to prepare them for planting.
11. Place a grow sponge in each planting basket.
12. In each grow sponge, plant 2-3 seeds.
 - a. Planting multiple seeds helps ensure at least one seed will germinate.
13. Using the plant markers or your preferred method, 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, which reduces 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.
 - c. Plug the adapter into an outlet.
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. Enjoy watching your plants sprout, and check back in 1 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 plants that have sprouted.
2. If needed: Top off the reservoir with water. Add 5mL of Nutrient A and 5mL of Nutrient B for every liter of water you add. (*Typically not needed in the first two weeks*).

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

Week 3: Thinning & Maintenance

Welcome to Week 3! 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 that do not require as much space/light do not need to be thinned.

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

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

Week 4: Late-Cycle Maintenance

Hopefully this week 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.
2. Adjust the Light
 - If your plants are reaching the light barrier, you can raise the adjustable arm to give them more space.
3. Trim and taste!
 - For lettuces and greens, you can harvest the outer, lower leaves with sterile scissors, allowing the inner leaves to keep growing. For herbs like basil, you can prune to encourage greater production.

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

Week 5: Late-Cycle Maintenance

Week 5! You're almost to your first harvest!

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.
2. Adjust the Light
 - If your plants are reaching the light barrier, you can raise the adjustable arm to give them more space.
3. Trim and taste!
 - For lettuces and greens, you can harvest the outer, lower leaves with sterile scissors, allowing the inner leaves to keep growing. For herbs like basil, you can prune to encourage greater production.

Tip: Now is a great time to start thinking about how you'll use your harvest! Check out our simple hydro harvest recipes for inspiration.



Week 6: Completing the Grow Cycle

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

Harvesting Instructions

1. Pull out each plants either with roots attached OR cut the plant fully at its base and discard roots later
2. Dunk plants in an ice bath to preserve their color and crispness
3. Dry plants 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



Cleaning Instructions

1. Unplug the system and ensure all electrical components are off.
2. Remove and discard any remaining plants, plant material and grow sponges.
 - a. Do not discard plastic 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 and buildup.
 - Repeat for planting baskets and reservoir cover.
5. Rinse the reservoir, planting baskets, and cover to remove vinegar solution.
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.

Tip: if you have hard water you might see scaling. To remove, use powdered citric acid mixed with a bit of water and apply to scaling. Let this sit for a few minutes, scrub, then rinse!

What's Next?

We hope you've enjoyed growing your first round of growing with home hydroponics!

So... now what? You might be excited to start another cycle of herbs and greens, or maybe you're ready to level up to something more advanced! Whichever path you choose, we're here to support your journey.

For our complete list of recommended plants, our resupply shop, growing guides & more, visit our web page via the QR code below. (Plus get a sneak peak in the following pages!)

Questions, comments, or celebrations along the way? We LOVE to hear from you! Reach out to katie.zimmerman@greenourplanet.org.



**SCAN FOR HOME
HYDRO RESOURCES!**

Preview: Recommended Plants

Level 1 - Simple & Quick

These plants are fairly disease resistant, have high germination rates, and have a 6 week or quicker grow cycle.

TYPE	VARIETY	TYPICAL GERMINATION	TYPICAL HARVEST
Lettuce	Butter Crunch	2-3 days	4-6 weeks
Lettuce	Flashy Trout Back Romaine	2-3 days	4-6 weeks
Lettuce	Green Butter	2-3 days	4-6 weeks
Lettuce	Iceburg	2-3 days	4-6 weeks
Lettuce	Little Gem Bibb	2-3 days	4-6 weeks
Lettuce	Magenta Salanova	2-3 days	4-6 weeks
Lettuce	Red Butter	2-3 days	4-6 weeks
Lettuce	Speckle	2-3 days	4-6 weeks
Greens (non-lettuce)	Arugula	3-5 days	4-6 weeks
Greens (non-lettuce)	Mustard Greens	3-5 days	4-6 weeks
Greens (non-lettuce)	Tatsoi	3-5 days	4-6 weeks
Greens (non-lettuce)	Swiss Chard	3-5 days	4-6 weeks
Herbs	Basil (Thai, Genovese, Purple)	7-10 days	4-6 weeks
Herbs	Chives	7-10 days	4-6 weeks
Herbs	Dill	7-10 days	4-6 weeks
Herbs	Mint	7-10 days	4-6 weeks
Root	Radish (Crunchy King, French Breakfast)	3-5 days	4-6 weeks

Tips

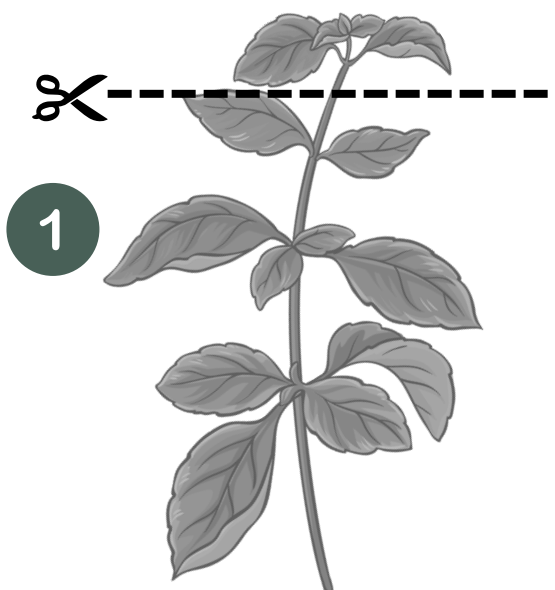
- **Lettuces** typically allow for partial harvests starting at 3-4 weeks, and can be harvested 2-3 times this way.
- **Herbs** can be fully harvested at 4-6 weeks, or cut back and regrown for multiple harvests.

Preview: Pruning Guides

Pruning allows for greater production in plants by redirecting energy from extra growth back to the plant. It also allows for more air flow, keeping plants healthy and happy.

Pruning Basil

1. Cut the main stem just above the 3rd node (3rd set of leaves)
2. Repeat for all new shoots, cutting above the 2nd or 3rd node (set of leaves)



CUT STEM JUST
ABOVE 3RD NODE
(SET OF LEAVES)



REPEAT FOR SIDE
SHOOTS



Thank You
for growing with us!

FOR ADDITIONAL RESOURCES AND
SUPPORT, VISIT OUR WEB PAGE

