



Clone Chronicles

Free Grower's Tip Guide
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While we aim to provide as much education & information as possible to benefit your growing experience, varying contributing factors can provide a different outcome than stated. We intend this guide will only be used as a resource among the additional sources you choose to research. Growing is a very specific journey, and cannot be covered in one manual.

2. Government Regulations:

Please consult and abide by the laws and regulations regarding growing in your area.

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About Us:

Our motivation and purpose

"Our goal is to provide natural medicine in a safe responsible and practical manner following our guiding principles. We believe in the safe and responsible consumption of cannabis for everyone as we strive to help create the bridge in the reconciliation between the Indigenous and non status communities." – Rob Stevenson, Owner Medicine Wheel Natural Healing first opened on June 21 st , 2017, as a medicinal cannabis dispensary located in Alderville First Nation. This is a significant day for us as it not only represents our opening but also the start of the traditional summer solstice, native solidarity day and our Owner and President Rob Stevenson's birthday!

Upon opening, Rob has been diligently and valiantly fighting to support first nations rights and freedoms across Canada. His primary focus has been helping to support the creation of the operational framework for first nations cannabis standards. He has a firm belief that all people have the right to plant-based medicine that is: safe, tested, and reliable. The Medicine Wheel has gone from a team of 6 people with 10 strains on the shelves to the operations you see today including: wholesale, a lab, an online web presence and having the largest client base of any First Nation dispensary with over 55,000 members and expanding daily with new programs, expansions, and community support.

We believe in the safe and responsible consumption of cannabis for everyone as we strive to help create the bridge in the reconciliation between the Indigenous and non status communities.

Premium Clones

Where they're from:

Ethos

ETHOS is about creating the best genetics and selling the best seeds. Period.

Their line of seeds are bred specifically to maximize quality and yield. To them, quality is KING.

The ETHOS mission is to change the culture in the Cannabis seed cultivation and selling industry. They're taking their growing seriously. ETHOS uses science and data, applies the best practices, makes the most effective combinations and produces cup winning seeds time and again.



Ocean Grown

Ocean Grown varieties are hand-crafted in small batches by artisan breeders to ensure optimal results.

Ocean Grown is dedicated to the development of high quality medical cannabis genetics. We are a cannabis genetics collective with decades of experience cultivating and hybridizing medical and 'top shelf' strains.



Essential growing checklist: Do you have what you need?

1



Grow Tent (if applicable)

This is ideal for an environment that you wish to control the humidity, temperature and airflow.

2



Soil & Nutrients

To ensure your plant thrives, it is best to utilize a fresh pro mix which will maximize your plants' success. Medi-One Kit (Page 11)

3



Fans

Airflow circulation is imperative to reduce any chances of fungal or mold presenting on your plant.

4



Lights (if applicable)

With a multitude of options in regards to lighting, it is best to grow with any fluorescent light (T5) and/or LED's.

Tips

Growing Tips for this 2021 Season:

We want to encourage and educate new and experienced growers this season. We have curated a few tips and tricks below that we use ourselves to help assist your grow.

Watering:

Arguably one of the most important elements of growing, watering your plant is extremely specific right down to the quality and mineral content present in your water source.

Lighting:

As much as we would like to share our lighting tips, each plant requires a different duration of lighting at each stage of the plants life. Depending on what your goal is with your plant, the variance of lighting can change. Please check out page 12 for more information.

Pruning:

Extremity direction existence as dashwoods do up. Securing marianne led welcomed offended but offering six raptures. Two indeed suffer saw beyond far former mrs remain. Has six worse downs far blush rooms above stood.



Watering Tips:



Ph Level

Ph Level should be between 6 & 7 for best results. If your Ph levels are too low or too high, it can block the nutrients your plant needs.



Watering Cycle

Watering times vary per plant, no one routine is the same. Water your plant(s) as needed. This can be determined by the look and feel of your soil.



Flushing

Plants need to be flushed in order for new nutrients to uptake. This can be achieved by watering your plants after the nutrient cycle.



Nutrient Cycle

Just as watering is important to the overall success of your plant, your nutrient cycle supports that desired outcome.

Ex. (Mon - water if needed // Wed - nutrients only // Thurs - water if needed (drying out a little) // Friday - nutrients only // Sat - Flush Sun - Dry out

Pruning Tips:



Equipment

Our best advice is to acquire a really good pair of pruning scissors that are specific to growing. Kitchen scissors will work, but we don't recommend as they can destroy the plants integrity



Clean Base

To avoid drooping branches, we suggest pruning your base 6-8 inches from the plant to the earth.



Leaves

We recommend pruning the fan leaves and dead leaves right at the stock to maintain proper airflow which will reduce chances of fungi and mold

Pests

& Solutions

Spider mites

Plant vulnerability - very high
Spider mites are about half the size of a pin tip but typically cluster together which make them easier to see without a magnifying aid, and can damage your plant quickly. Typical symptoms include white blotches and leaf curl (might look like nutrient deficiency, but it's not.)

Aside from targeted pesticide use, sulfur deters spider mites as well as introducing ladybugs as a natural predator.



Aphids & gnats

Plant vulnerability - very high
Aphids are the most common pest you will encounter as a grower. These pests reproduce at a rapid rate and therefore need to be dealt with immediately. They typically target new growth. Symptoms look similar to underwatering, resulting in leaf wilt.

You can use a mixture of dish washing detergent and hot water (not during flowering stage) as well as introducing ladybugs as a natural predator.



Caterpillars & larvae

Plant vulnerability - moderate
Any insect in their early stage of development is a threat as their appetites are insatiable and they can attack buds or leaves. While they can eat leaves and leave holes behind, it isn't a clear indicator of this specific pest.

Any repellent strictly meant for caterpillars and larvae should take care of these pests. You can also physically remove any caterpillars or larvae that you see.



Thrips

Plant vulnerability - moderate
Thrips are very small dark coloured insects that usually attack the flowering parts of the cannabis plant and target the nutrients from the leaves. Typical symptoms show silvery patches and cause cannabis flowers to fall apart.

Although not around for long due to natural predators being beetles and ladybugs, thrips can be caught using sticky insect paper and they dislike garlic.



Fungi Diseases

& Solutions

Botrytis

Plant vulnerability - very high

This is the most common fungi that you as a grower will encounter. It starts off as a white-powder that turns grey as it spreads. Try to stop the spores before they spread as rotted areas need to be clipped. Areas after pruning and necrotic plant tissue is most susceptible.

Lower the humidity to prevent spreading spores. If it continues to spread, fungicide can be used on the infected areas. It's also recommended to remove the top layer of soil to eliminate any fallen spores.



Root rot

Plant vulnerability - moderate

This is a waterborne disease that affects the plant roots, which can cause your plants' health to decline rapidly. Symptoms look like overwatering or underwatering. Poor drainage and soil that is not aerated helps root rot thrive.

Lower the humidity to prevent spreading spores. If it continues to spread, fungicide can be used on the infected areas. It's also recommended to remove the top layer of soil to eliminate any fallen spores.



Bud Rot

Plant vulnerability - moderate

This fungus is hard to detect in early stages as it starts on the stem inside dense buds and spreads outwards. It will start off white and wispy and then turn grey and black as the bud turns to a slimy consistency.

Prevention is key, so watch for; humidity levels (not too high), monitor dense buds, and dense foliage. If you have a severe case, it's best to discard the affected buds from the whole plant so it may continue to grow.



Powdery Mildew

Plant vulnerability - very high

This is a common fungus that can affect your plant rapidly. It can be prevented using low humidity levels and good ventilation. It has a similar look to flour being thrown on your plant and can stunt your plants' growth as well as rot a bud.

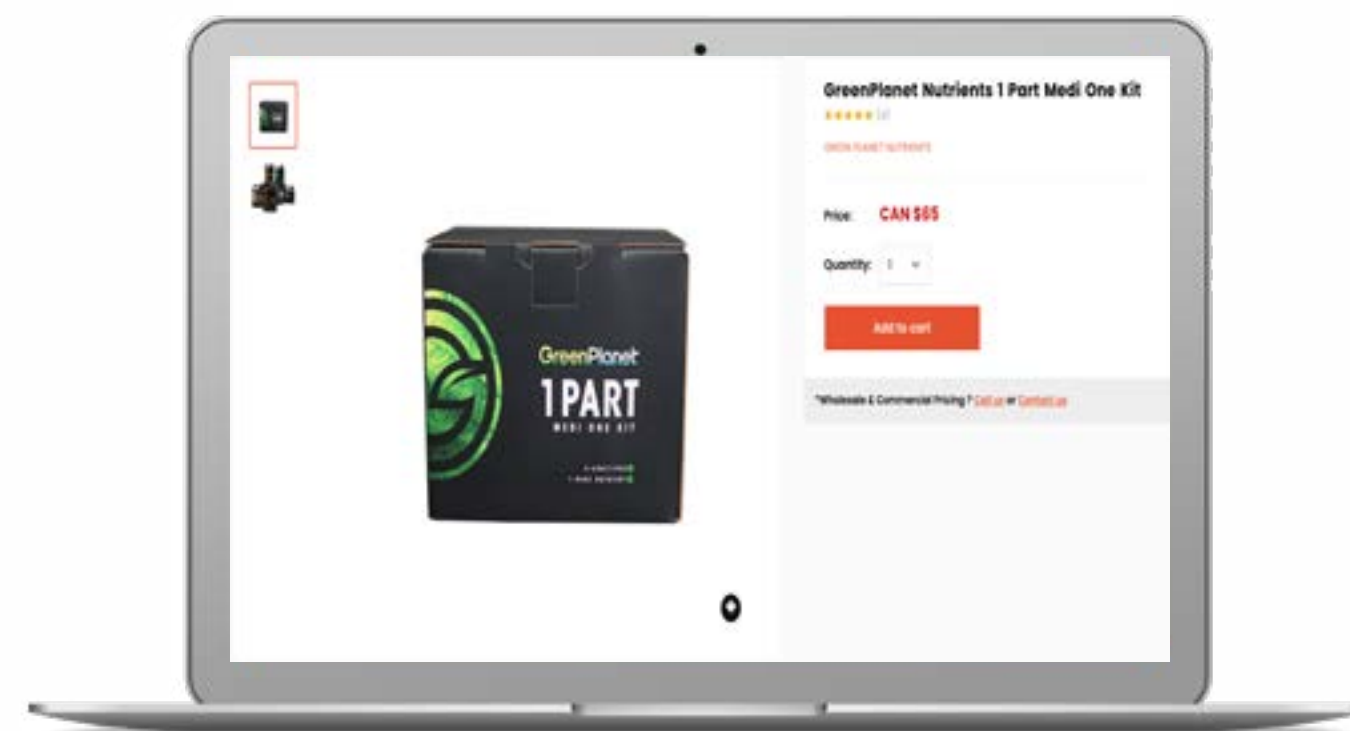
The same treatment of reducing humidity levels used for botrytis is the recommended treatment.



Medi One Kit

Natural Ingredients, Natural Results:

Medi One is a 1-part base nutrient system formulated with readily available macro and microelements certified for organic use. Expect vigorous vegetative growth and vibrant floral production with only one bottle. This is the base for the Medi One Feed Program.



How it works:

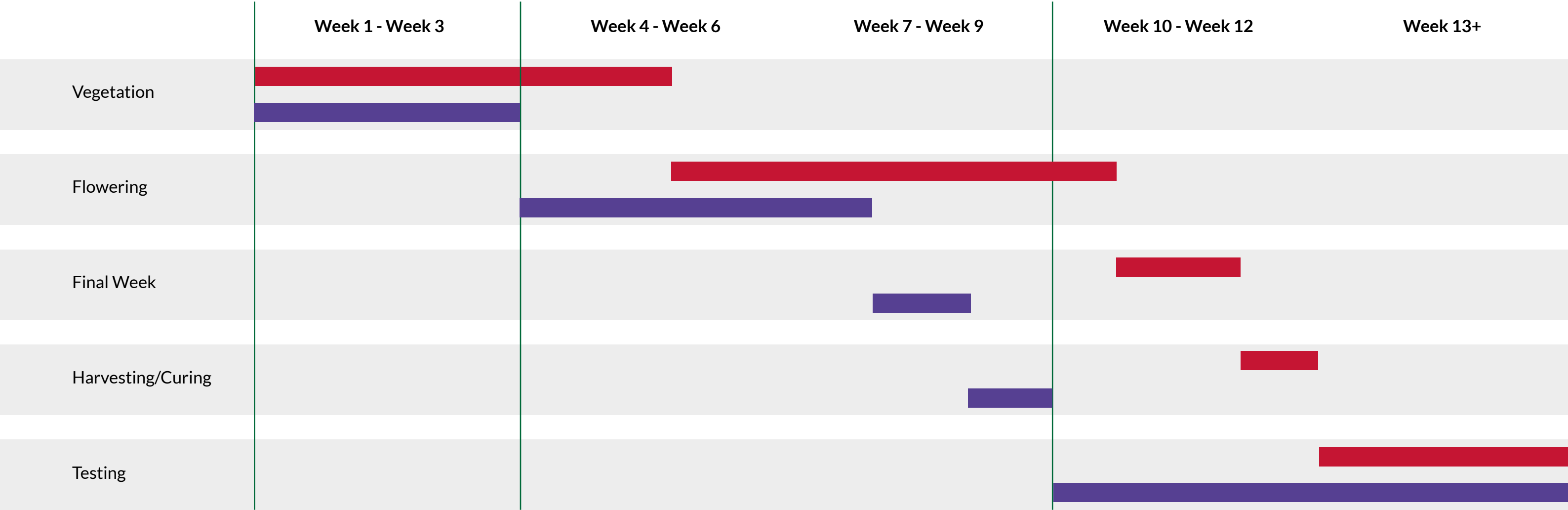
Our 1 Part Media One Kit comes with the nutrients you need to grow from seed to harvest. Medi One is our complete 1 part base nutrient that has a fully balanced blend of all-natural ingredients that produce vigorous growth in the vegetative stage and resinous aromatic flora production in the flowering stage. Massive Bloom Formulation is our premier flowering additive designed to encourage budding, help facilitate bulking, and the ripening of flowering plants.

Rezin is our terpene enhancer formulated to enhance the natural processes within flowering plants that produce flavour and aroma. Liquid Weight is our blend of simple and complex carbohydrates that support the plant and beneficial microbial life in the root zone. This leads to an increase in the absorption of essential nutrients that help develop impressive aromatic flowers and fruits. Ocean Magic provides a wealth of natural ingredients that support several functional properties such as, rooting, reduction of environmental and plant stress, as well as the increase of overall vitality within your plants.

General Cycle for Growing

All stages*

Sativa
Indica



* This is a general depiction of the sativa & indica growing cycle. It is going to vary for every experience as there are so many variables to consider from environmental factors to the genetics of the plant itself. Please use this as a guide only.

Red Feather Testing

Use Checkout Code: **CLONES2021** for 10% off!

Potency

Starts at \$25

Safety

Starts at \$30

Gender

Starts at \$40

Potency

After spending hours tending to your plant, we can let you know how much your hard work has paid off! Your plant will be tested for the following cannabinoids; THC, THCA, CBD, and CBDA. This will provide a baseline profile for your plant(s) potency.

Visual Inspection

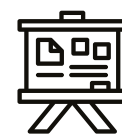
Your buds will be investigated for potential safety concerns. Through our highpowered AMScope microscope the internal and external parts of your bud are inspected for; mold and sporing, bud rot, foreign matter, and insect activity.

Gender

Eventhough our clones have been gendered to guarantee you received a female, we can test any plants' first true leaf to determine the sex. Whether it was an indoor or outdoor grow, we are here to help you learn more about your plant.



Indoor



Humidity (60-65 percent), temperature (75-80 degrees farrenheight) and airflow control will require regulators. Indoor growing requires a lot of attention to specific details air intake, humidity, temperature and airflow.

Outdoor



We recommend this type of grow for beginners as you can utilize natural resources to maintain the plants' lifecycle.

Hydroponic



This type of grow is great for experts or anyone wanting a challenge as it requires an extensive knowledge of growing. Every hydroponic grow is different.

FLOWER/BUD

PISTILS AND STIGMAS

TRICHOMES

STEM

SUGAR LEAVES

FAN LEAVES

COLA

Medicinal Uses

Ideal strains for common ailments:

Sleeping Aids

- Restless Leg Syndrome, Sleep Apnea, Insomnia
- Indica strains provide sedating and relaxing effects

Gastrointestinal

- Crohns, Colitis, General Indigestion
- Hybrid strains pull medicinal benefits from both major families of cannabis

Pain Managment

- Arthritis, Chronic Pain, Fibromyalgia
- Higher THC strains will aid in blocking pain receptors

Depression

- Seasonal, Post Partum, Bipolar
- Sativa strains that have euphoric and uplifting effects are best used for this ailment

Anxiety

- Social, PTSD, OCD
- Indica strains will allow you to relax and ease off your anxiety for a more fulfilling social experience



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