

How to Grow Cannabis from a Seed

1. Choosing the Right Seeds

Start by selecting seeds that match your growing goals. Feminized seeds produce only female plants, which are the ones that yield buds. Autoflower seeds are easier for beginners and don't require light cycle changes.

2. Germination

Germinate seeds using the paper towel method: Place seeds between moist paper towels inside a container. Keep them warm and dark. Within 2-7 days, they should sprout small taproots.

3. Planting Sprouted Seeds

Once the taproot appears, plant each seed in a small pot or starter plug with the root facing down. Cover lightly with soil and keep the area moist and warm.

4. Seedling Stage

Seedlings need 18-24 hours of light per day. Use a low-intensity grow light and keep humidity around 60-70%. Avoid overwatering-let the topsoil dry slightly between waterings.

5. Transplanting

Once your seedlings develop a few sets of true leaves, they're ready for a larger pot. Be gentle during transplanting to avoid damaging roots. Use nutrient-rich soil and make sure the pot has good drainage.

6. Vegetative Stage

As the plant grows, it will need more light and nutrients. Maintain 18 hours of light daily, and start feeding with a balanced veg-stage fertilizer. Monitor for pests and keep airflow steady.

7. Flowering Stage

Switch to a 12/12 light cycle to trigger flowering. Use a bloom-specific fertilizer and keep humidity lower (40-50%) to prevent mold. Plants will stretch, then develop buds over 6-10 weeks.

How to Grow Cannabis from a Seed

8. Harvesting

When most trichomes on your buds are milky or amber, it's time to harvest. Cut branches and hang them upside down in a cool, dark place for 7-14 days.

9. Curing for Quality

Once dry, trim your buds and place them in glass jars. Open the jars daily for the first week to release moisture, then cure for 2-4 weeks to enhance flavor and potency.

10. Final Tips

Always monitor your plant's health, adjust based on their signals, and document your grow for future improvement. Growing cannabis from seed takes patience-but the payoff is worth it.