



Albuquerque Hydroponics and Lighting
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Starting Seeds in Rockwool Starter Cubes

To promote germination, soak the seeds in hydrogen peroxide (food grade 35%) for up to an hour before planting, then rinse them in water.

Place a seed in the pre-punched hole in the center of each cube. Always sow twice as many seeds as the number of plants desired. Some may not germinate; some may grow in sickly.

Keep the starter cubes moist during the germination process. Water by misting to keep them saturated but not flooded. The cubes should sit in a 1/4" depth of water/nutrients-no more! Covering the cubes with plastic wrap or a dome lid will help keep heat and moisture in.

For best results keep bottom heat level between 75 and 80 degrees Fahrenheit.

Ventilate the cubes for a few minutes each day to prevent fungus and mold from developing.

After the seeds germinate and are established:

Start a regular fertilization procedure with a dilute nutrient solution.

Keep seedlings in full light for at least 16 hours a day.

Vary the heat according to the needs of the specific plant.

Thin plants, keeping the healthiest seedling in each hole. To thin them, use scissors to cut the unneeded seedlings off at the base of the stem. Do not pull them out by the roots or you may damage the roots of nearby seedlings.

Transfer the seedlings to the hydroponic growing medium:

Dig out an area of growing medium and place the cube in the hole. Make sure it is deep enough that the growing media covers the entire cube and part of the stem up to the first set of leaves. The stem will develop root hairs and the plant will be stronger.

Irrigate the system with nutrient solution. Maintain a regular watering cycle to allow the roots to establish themselves properly in the hydroponic system.