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- = Associated Video
- = Required inputs. All other inputs are optional.
- = Light intensity measured in ppfd

Koot's - Organic Feed and BuildASoil 3.0 Soil Mix Chart

Updated 05/06/2026

With FoxFarm Soil → <https://kootmed.com/downloads/Feeding/ORGANIC-FEED-CHART-FoxFarm.pdf>

[Timing/Schedule]

Supplemental Top Feedings		Adjust the schedule below as needed
3.5 inch square pots used for seedling & clones		
Day 1 / Week 1	Microbe Mix	← Sprouts & Rooted Clones - 80-150 ppfd
Week 2	↑Optionally→	Apply/Include BuildASoil Beauveria Bassiana Plus
Vegetative Cycle		
Week 1	-----	←↓ plants 3.5-4 inches tall - 200-300 ppfd
Week 2	-----	
Day 15 / Week 3	Microbe Mix	← Transplant into 1/2-1 gallon pots
Week 4	-----	↑ Early Veg - 300-400 ppfd
Week 5	IPM *	← ↑ 2 weeks Before Transplant to Final Flowering Pot
Day 36 / Week 6	Topdress	← Transplant into Final Flowering Pot with Light Topdressing
Week 7	-----	↑ Water In with Microbe Mix Mid Veg - 400-500 ppfd
Week 8	IPM *	← ↓ Last 2 weeks Before Flip to Flower
Day 57 / Week 9	Topdress	← Late Veg Pre-Flower Topdress & MicrobeMix (Bio-Phos)
	↑Pre-Flower↑	↑ 1 Week Before Flip to Flower Late Veg - 500-600 ppfd
Flower Cycle		
Note: Defoliate & Lollipop 1-2 days Before Flip to Flower.		
Day 1 / Week 1	-----	← Flip to Flower - 600-700 ppfd (Week 1 of Flower)
Day 8 / Week 2	-----	← Weeks 2 & 3 of Flower - 700-800 ppfd
Day 15 / Week 3	Topdress	← Topdress & MicrobeMix (Bio-Phos)
Day 22 / Week 4	-----	← Selectively Defoliate & Lollipop (Days 22-29) - 800-950 ppfd
Week 5	-----	↑ (strain specific)
Day 36 / Week 6	Topdress ††	← Topdress & MicrobeMix (Bio-Phos) See Notes ††
Week 7	-----	↑ Selectively Defoliate/Tuck & Pluck (Days 36-43)
Week 8	-----	
Day 57 / Week 9	-----	← ↑ optionally reduce lights last 7-14 days - 700-800 ppfd
Week 10	-----	(↑ reduce Temps-Lights On to 72°F - 74°F / 22.2°C - 23.3°C) (↑ reduce Temps-Lights Off to 65°F - 68°F / 18.33°C - 20°C)

[Recipes/Inputs]

Seed & Clone Soaking Mixture	
1/4 tsp - BuildASoil Horticultural Aloe + 1/4 tsp - Coconut Water Powder - Raw Freeze Dried Organic / 8oz of water Soak seeds or clone cuttings in the above mixture 12-24 hours.	
Seedling Starting Soil Mix	
(ready to go) → BuildASoil Heady Start Seedling Soil	
or (homemade) → Mix 50% BuildASoil 3.0 Potting Soil (Screened 4.5mm or 3/16") + 50% Canna Coco Coir (May Also Be Used For Rooting Clones)	
One Time Root Inoculation	
Apply Upon 1st Transplant Into Soil	
1/16-1/8 tsp / plant - (BB) BuildASoil Beauveria Bassiana Plus - Powder (Direct Root Application)	
or 1/4-1/2 tsp / gal - (BB) BuildASoil Beauveria Bassiana Plus - Powder (Watered in with Microbe Mix)	
or 1/2-1 ml/gal - (BB) BuildASoil Beauveria Bassiana Water Soluble (Watered in with Microbe Mix &/or Foliar Sprayed)	
Veg & Flower Soil Mix	
BuildASoil 3.0 Potting Soil (1.0cf bag = approx. 7.5 gallons)	
optional:	→ 1-2 Tbsp/gal (pot size) or 1/2-1 cup/1.0cf bag - BuildASoil Craft Blend 3-5-2
Topdressing	
Apply topdressing every 3-4 weeks.	
Veg & Flower Stage: → 1-2 Tbsp/gal (pot size) - BuildASoil Craft Blend 3-5-2	
1/2-1 Tbsp/gal (pot size) - Clackamas Coots Gnarly Barley - Whole - ground up fine in coffee grinder or Milled Flour (beneficial enzymes)	
1/4-1/2 inch layer - BuildASoil Worm Castings or Colorado Worm Castings or in flower → BuildASoil Top Dress	
Lightly scratch topdressing into top layer of soil and add 1/4-1/2 inch layer of Earth Worm Castings or in flower → BuildASoil Top Dress on top. Water in with Microbe Mix. Keep top layer moist. See Week 6 of flower topdressing notes. ††	

Legend/Notes

[N] = nitrogen [P] = phosphorus [K] = potassium

Tbsp=Tablespoon tsp=teaspoon cf=Cubic Foot gal=Gallon ml=Milliliters oz=Ounce
5 ml = 1 tsp 3 tsp = 1 Tbsp 1 Tbsp = 0.50 oz 1 oz = 2 Tbsp 1 Cup = 16 Tbsp or 8 oz

kPa = kilopascal (unit of pressure) PPFD = Photosynthetic Photon Flux Density (light intensity)

* IPM = Integrated Pest Management

†† Week 6 of flower Topdressing **May Not** be required for **10 gallon pots or larger**. †

†† Week 6 of flower Topdressing **May Be** required for pot sizes **less than 10 gallons**. †

† Depending on pot size, plant size and specific strain/pheno needs.

± Longer flowering strains may require additional Topdressings & MicrobeMix/Feedings.

*** Use Cautiously when Top Watering During Vegetative Stage as Burning May Occur.

Works Best when Applied Separately as a Foliar Spray with Quillaja wetting agent.

Watering/Feeding Notes

All Waterings & Microbe Mix applications should be applied with **Minimal to No Runoff**.
Feed 5%-10% per volume-pot size for established plants. Feed less for seedlings & young clones.

Feed straight water or coconut water the last 7-14 days of flower.

Videos & Downloads

- Feed Chart Explained: <https://youtu.be/vk2Y3esNgfU>
- ppfd Light Intensity: <https://youtu.be/VcLKjqCwvc>
- Seedling Starting Mix: <https://youtu.be/qBbCAi86FCA>
- Topdressing & Microbe Mix: <https://youtu.be/Nw6lx4B1e5g>

VPD Charts : <https://www.kootmed.com/VPD-Charts.html>

Microbe Mix

(Apply After Transplanting, Topdressing and Once/Month or Optionally Every 2 Weeks or Once/Week)

	Seedlings/Clones Week 1	Vegetative Veg Begin Week 2	Pre-Flower 7 Days Before Flip	Bloom/Stretch Flower Weeks 1-4	Full Bloom ± Flower Weeks 5-8	Ripening + Flower Weeks 9 & 10
Rootwise Bio-Catalyst Enzyme:	1 tsp/gal	1 tsp/gal	1 tsp/gal	1 tsp/gal	1 tsp/gal	-----
Rootwise Mycrobe Complete:	1 tsp/gal	1/2 tsp/gal	1/2 tsp/gal	-----	-----	-----
Rootwise Bio-Phos:	-----	-----	1/2 tsp/gal	1/2 tsp/gal	1/2 tsp/gal	-----
Use One Of The Following Wetting Agents:	Therm X-70: 1/2 tsp/gal	Therm X-70: 1/2 tsp/gal	Therm X-70: 1/2 tsp/gal	Therm X-70: 1/2 tsp/gal	Therm X-70: 1/2 tsp/gal	-----
	Quillaja 60: 1/8 tsp/gal	Quillaja 60: 1/8 tsp/gal	Quillaja 60: 1/8 tsp/gal	Quillaja 60: 1/8 tsp/gal	Quillaja 60: 1/8 tsp/gal	-----
	Quillaja 20: 1/2 tsp/gal	Quillaja 20: 1/2 tsp/gal	Quillaja 20: 1/2 tsp/gal	Quillaja 20: 1/2 tsp/gal	Quillaja 20: 1/2 tsp/gal	-----

Optional Supplemental Feeding

(applied with Microbe Mix above)

BuildASoil BuildAVeg 11-0.8-2.6:	-----	1/2-1 tsp/gal ***	1/2 tsp/gal	1/4 tsp/gal	-----	-----
BuildASoil BuildABloom 2-10-5:	-----	-----	1/4 tsp/gal	1/2 tsp/gal	1/4 tsp/gal	-----
BuildASoil Coconut Water:	-----	1/2-1 tsp/gal	1 tsp/gal	2 tsp/gal	3 tsp/gal	4 tsp/gal
BuildASoil Horticultural Aloe:	1/4 tsp/gal	1/4-1/2 tsp/gal	1/2 tsp/gal	-----	-----	-----
BuildASoil BIG 6 Micronutrients:	-----	1/8-1/4 tsp/gal	1/4 tsp/gal	1/4 tsp/gal	1/4 tsp/gal	-----
Yah-Whey Holy Cow:	1 tsp/gal	1/2-1 Tbsp/gal	1 Tbsp/gal	1 Tbsp/gal	-----	-----
(1x Inoculation) Beauveria Bassiana:	See Dosage Chart Above **	-----	-----	-----	-----	-----

Top Feed with **Minimal to No Runoff** (5%-10% per volume-pot size) *

± Weeks 5-8 feedings may be extended or reduced depending on total flowering time required. + Final Ripening last 7-14 days of flower.

Optimal VPD

Koot's Preferred Temps ↓

Lights On @76°-79°F / 24.4°-26.1°C

Lights Off @68°-72°F / 20°-22.2°C

(To increase VPD: Lower the relative humidity or increase the temperature. | To decrease VPD: Increase the relative humidity or lower the temperature.)

(Vapor Pressure Deficit)

Veg: 0.9-1.1 kPa (target 1.0 kPa)

Veg: 0.9-1.1 kPa (target 1.1 kPa)

Koot's Preferred RH ↓

Flower: 1.2-1.5 kPa (target 1.4 kPa (RH 55-58%))

Flower: 1.2-1.5 kPa (target 1.2 kPa (RH 46-53%))