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

[ 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
<b>Vegetative Cycle</b>		
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
<b>Flower Cycle</b>		
		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) <b>See Notes ††</b>
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)

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/VcLKjqJcWvc>

Seedling Starting Mix: <https://youtu.be/qBbCAi86FCA>

Topdressing & Microbe Mix: <https://youtu.be/Nw6lx4B1e5g>

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

# Koot's - Organic Feed and FoxFarm Soil Mix Chart

Updated 05/10/2026

With BuildASoil 3.0 Soil → <https://kootmed.com/downloads/Feeding/ORGANIC-FEED-CHART-BuildASoil3.0.pdf>

[ 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% FoxFarm Ocean Forest 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**  
**FoxFarm Ocean Forest (1.5cf bag of Potting Soil)** (used as base)  
 2-3 Tbsp/gal (pot size) or 1.25-2 cups/1.5cf bag - **BuildASoil Craft Blend 3-5-2**  
 5-10 Tbsp/gal (pot size) or 3-6 cups/1.5cf bag - **BuildASoil Worm Castings or Colorado Earthworm Castings**  
 2-3 Tbsp/gal (pot size) or 1.25-2 cups/1.5cf ba - **BuildASoil Pumice** (improves aeration & drainage, provides growth area for microbes)  
 optional: → 2-3 Tbsp/gal (pot size) or 1.25-2 cups/1.5cf bag - **Basalt Rock Dust Flour** (improves soil structure)  
 optional: → 2-3 Tbsp/gal (pot size) or 1.25-2 cups/1.5cf bag - **BuildASoil Bio-Char Charged** (provides maximum growth area for microbes)

**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 → **BuildAFlower 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 → BuildAFlower Top Dress on top.*  
*Water in with Microbe Mix. Keep top layer moist. See Week 6 of flower topdressing notes. ††*

<b>Microbe Mix</b>						
<i>(Apply After Transplanting, Topdressing and Once/Month or Optionally Every 2 Weeks or Once/Week)</i>						
	Seedlings/Clones	Vegetative	Pre-Flower	Bloom/Stretch	Full Bloom ±	Ripening +
	Week 1	Veg Begin Week 2	7 Days Before Flip	Flower Weeks 1-4	Flower Weeks 5-8	Flower Weeks 9 & 10
Rootwise Bio-Catalyst Enzyme:	1 <b>tsp</b> /gal	1 <b>tsp</b> /gal	1 <b>tsp</b> /gal	1 <b>tsp</b> /gal	1 <b>tsp</b> /gal	-----
Rootwise Mycrobe Complete:	1 <b>tsp</b> /gal	1/2 <b>tsp</b> /gal	1/2 <b>tsp</b> /gal	-----	-----	-----
Rootwise Bio-Phos:	-----	-----	1/2 <b>tsp</b> /gal	1/2 <b>tsp</b> /gal	1/2 <b>tsp</b> /gal	-----
Use One Of The Following Wetting Agents:	Therm X-70: 1/2 <b>tsp</b> /gal Quillaja 60: 1/8 <b>tsp</b> /gal Quillaja 20: 1/2 <b>tsp</b> /gal	Therm X-70: 1/2 <b>tsp</b> /gal Quillaja 60: 1/8 <b>tsp</b> /gal Quillaja 20: 1/2 <b>tsp</b> /gal	Therm X-70: 1/2 <b>tsp</b> /gal Quillaja 60: 1/8 <b>tsp</b> /gal Quillaja 20: 1/2 <b>tsp</b> /gal	Therm X-70: 1/2 <b>tsp</b> /gal Quillaja 60: 1/8 <b>tsp</b> /gal Quillaja 20: 1/2 <b>tsp</b> /gal	Therm X-70: 1/2 <b>tsp</b> /gal Quillaja 60: 1/8 <b>tsp</b> /gal Quillaja 20: 1/2 <b>tsp</b> /gal	-----

<b>Optional Supplemental Feeding</b>						
<i>(applied with Microbe Mix above)</i>						
BuildASoil BuildAVeg 11-0.8-2.6:	-----	1/2-1 <b>tsp</b> /gal ***	1/2 <b>tsp</b> /gal	1/4 <b>tsp</b> /gal	-----	-----
BuildASoil BuildABloom 2-10-5:	-----	-----	1/4 <b>tsp</b> /gal	1/2 <b>tsp</b> /gal	1/4 <b>tsp</b> /gal	-----
BuildASoil Coconut Water:	-----	1/2-1 <b>tsp</b> /gal	1 <b>tsp</b> /gal	2 <b>tsp</b> /gal	3 <b>tsp</b> /gal	4 <b>tsp</b> /gal
BuildASoil Horticultural Aloe:	1/4 <b>tsp</b> /gal	1/4-1/2 <b>tsp</b> /gal	1/2 <b>tsp</b> /gal	-----	-----	-----
BuildASoil BIG 6 Micronutrients:	-----	1/8-1/4 <b>tsp</b> /gal	1/4 <b>tsp</b> /gal	1/4 <b>tsp</b> /gal	1/4 <b>tsp</b> /gal	-----
Yah-Whey Holy Cow:	1 <b>tsp</b> /gal	1/2-1 <b>tsp</b> /gal	1 <b>tsp</b> /gal	1 <b>tsp</b> /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 ↓ (Vapor Pressure Deficit) Koot's Preferred RH ↓  
 Lights On @76°-79°F / 24.4°-26.1°C Veg: 0.9-1.1 kPa (target 1.0 kPa) Flower: 1.2-1.5 kPa (target 1.4 kPa (RH 55-58%))  
 Lights Off @68°-72°F / 20°-22.2°C Veg: 0.9-1.1 kPa (target 1.1 kPa) Flower: 1.2-1.5 kPa (target 1.2 kPa (RH 46-53%))  
 (To increase VPD: Lower the relative humidity or increase the temperature. | To decrease VPD: Increase the relative humidity or lower the temperature.)