

Blue Dream

Stage	Weeks	Light Cycle	Target EC (mS/cm)	pH	Notes
Seedling / Early Veg	0–2	18/6	0.8–1.2	5.8	Mild feed; strong aeration; keep RH ~65%.
Veg – Build Canopy	3–5	18/6	1.2–1.8	5.8–6.0	Top at 3–4 nodes, start LST/SCROG; root temp $\leq 22^{\circ}\text{C}$.
Transition (Stretch)	6	12/12	1.6–1.9	5.8–6.0	Strong stretch; keep canopy even.
Early Flower	7–8	12/12	1.8–2.0	5.8–6.1	First bud set; defoliate lightly.
Mid Flower	9–10	12/12	2.0–2.2	5.9–6.2	Heavy nutrient uptake; RH ~50%.
Late Flower / Ripen	11–12	12/12	1.8–2.0	6.0–6.2	Lower RH ~45%; watch trichomes.
Flush	13	12/12	0.4–0.6	6.0	Clean, pH-balanced water 7–10 days.

Critical Mass

Stage	Weeks	Light Cycle	Target EC (mS/cm)	pH	Notes
Seedling / Early Veg	0–2	18/6	0.8–1.0	5.8	Keep RH 65–70%; compact starter.
Veg – Build Frame	3–4	18/6	1.2–1.6	5.8–6.0	Encourage branching with topping.
Transition	5	12/12	1.6–1.8	5.8–6.0	Dense colas; control humidity.
Early Flower	6–7	12/12	1.8–2.0	5.8–6.1	Light defoliation for airflow.
Mid Flower	8–9	12/12	2.0–2.2	5.9–6.1	Peak nutrient demand; RH ~50%.
Late Flower / Ripen	10–11	12/12	1.8–2.0	6.0–6.2	Support branches; RH ~45%.
Flush	12	12/12	0.4–0.6	6.0	Flush 7–10 days.

White Widow

Stage	Weeks	Light Cycle	Target EC (mS/cm)	pH	Notes
Seedling / Early Veg	0–2	18/6	0.8–1.0	5.8	Hardy starter; tolerant of mistakes.
Veg – Structure	3–4	18/6	1.2–1.6	5.8–6.0	Bushy; good for SCROG.
Transition	5	12/12	1.6–1.8	5.8–6.0	Moderate stretch; easy canopy.
Early Flower	6–7	12/12	1.8–2.0	5.8–6.1	Resin starts early.
Mid Flower	8–9	12/12	2.0–2.1	5.9–6.1	Efficient feeder; avoid overfeeding.
Late Flower	10	12/12	1.8–2.0	6.0–6.2	Dense buds; RH 45–50%.
Flush	11	12/12	0.4–0.6	6.0	Flush 7–10 days.

Gorilla Glue (GG#4)

Stage	Weeks	Light Cycle	Target EC (mS/cm)	pH	Notes
Seedling / Early Veg	0–2	18/6	0.8–1.2	5.8	Strong early vigor.
Veg – Pre-stretch	3–4	18/6	1.4–1.8	5.8–6.0	Top once or twice; start LST.
Transition (Stretch)	5	12/12	1.6–1.9	5.8–6.0	Rapid stretch; watch height.
Early Flower	6–7	12/12	1.9–2.1	5.8–6.1	Sticky resin starts building.
Mid Flower	8–9	12/12	2.0–2.3	5.9–6.1	High demand; max airflow.
Late Flower	10	12/12	1.8–2.0	6.0–6.2	RH ~45%; support colas.
Flush	11	12/12	0.4–0.6	6.0	7–10 days flush.

Northern Lights

Stage	Weeks	Light Cycle	Target EC (mS/cm)	pH	Notes
Seedling / Early Veg	0–2	18/6	0.8–1.0	5.8	Compact starter; forgiving.
Veg – Short Build	3	18/6	1.2–1.5	5.8–6.0	Short veg; don't overgrow.
Transition	4	12/12	1.6–1.8	5.8–6.0	Mild stretch; tent-friendly.
Early Flower	5–6	12/12	1.8–2.0	5.8–6.1	Sites form fast.
Mid Flower	7	12/12	2.0–2.1	5.9–6.1	Fast finish; stable EC.
Late Flower / Ripen	8	12/12	1.8–2.0	6.0–6.2	RH 45–50%.
Flush	9	12/12	0.4–0.6	6.0	Flush 7–10 days.

Universal Reminders (All Strains)

- pH: 5.5–6.2 (sweet spot 5.8–6.0).
- Water Temp: 18–22 °C.
- EC Monitoring: Watch leaf tips for burn, don't chase numbers.
- Reservoir Change: Weekly.
- Humidity: 65–70% (seedling), 55–65% (veg), 50–55% (early flower), 45–50% (late flower).
- Air Stones: Keep roots pearl white with max dissolved oxygen.