



Universal Feeding Schedule

For normal feeding of full sun plants in soil, soil-less and hydroponics
For lettuce and shade crops reduce amounts by 50%



Week	Phase	Light Hours	Z ⁷ Enzyme Cleanser (per 4 litres of water) Root Feed	Elite Micro (per 4 litres of water) Root Feed	Elite Grow (per 4 litres of water) Root Feed	Elite Bloom (per 4 litres of water) Root Feed	On Schedule Root Feed	Flora Extract (per 4 litres of water) Root Feed	USB (per 4 litres of water) Root Feed
1	Rooted Cuttings *	18	0.5ml each part	1g (200ppm)	0.5g (50ppm)	0.5g (50ppm)	--	0.25ml	0.5ml
2	Vegetation **	18	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	--	--	0.25ml	0.5ml
3	Pre Bloom	18	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	--	15ml/litre † 0.33ml/4 litres ‡	0.25ml	0.5ml
4	Transition to Bloom	18	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	15ml/litre † 0.33ml/4 litres ‡	0.25ml	0.5ml
5	Early Bloom	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml
6	Early Bloom ***	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml
7	Mid Bloom ***	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml
8	Mid Bloom	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml
9	Late Bloom	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	1g - 2g (100ppm-200ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml
10	Late Bloom ****	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)	1g - 2g (100ppm-200ppm)	1g - 2g (100ppm-200ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml
11	Pre-Harvest §	12	0.5ml each part	1g - 1.5g (200ppm-300ppm)	0.5g - 1g (50ppm-100ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml

0.5g = ½ teaspoon | 1g = ¼ teaspoon | 1.5g = ¾ teaspoon + ½ teaspoon | 2g = ½ teaspoon

* As an option, maintain 50ppm/0.1EC of the above recipe for every inch of plant height until the feed target has been achieved.

See plant food label for more information.

** Repeat Week 2 for Extended Vegetation time.

*** Add Cal Mag eXtreme if plant leaves turn prematurely yellow.

**** Repeat Week 10 for Extended Bloom time.

§ Run only Z⁷ and Flora Extract for the last 3 days before harvest.

† Spray On Schedule on plant leaves and stems once a day. (Foliar Feed)

‡ Add On Schedule to every feeding and watering. (Root Drench)

These recipes supersede any recipe on the product labels.

IMPORTANT INFORMATION: It is never good to feed the plant too much plant food. Doing so can reduce the plant's ability to bring in water and minerals and physically harm the root. Start with the lower dosage and increase if plants look pale or under-energised. This feeding schedule is written to show the minimum to the maximum amount of fertiliser usage in each week of plant growth. Smaller plants in smaller pots may do better using the minimum dosage while larger plants in larger pots will likely benefit from the higher dosage. All references to ppm (parts per million) in TDS (total dissolved solids) is based on 500ppm to every 1.0 EC (electrical conductivity) measurement.



Alternate Feeding Schedule

For normal feeding of full sun plants in soil, soil-less and hydroponics

For lettuce and shade crops reduce amounts by 50%



Week	Phase	Light Hours	Z ⁷ Enzyme Cleanser (per 4 litres of water) Root Feed	Elite Micro (per 4 litres of water) Root Feed	Elite Grow (per 4 litres of water) Root Feed	Elite Bloom (per 4 litres of water) Root Feed	On Schedule Root & Leaf Feed	Flora Extract (per 4 litres of water) Root Feed	USB (per 4 litres of water) Root Feed	Cal Mag eXtreme (per 4 litres of water) Root Feed
1	Rooted Cuttings *	18	0.5ml each part	1g (200ppm)	0.5g (50ppm)	0.5g (50ppm)	--	0.25ml	0.5ml	--
2	Vegetation **	18	0.5ml each part	2g (400ppm)	2g (200ppm)	--	--	0.25ml	0.5ml	--
3	Pre Bloom	18	0.5ml each part	2g (400ppm)	2g (200ppm)	--	15ml/litre † 0.33ml/4 litres ‡	0.25ml	0.5ml	--
4	Transition to Bloom	18	0.5ml each part	2g (400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	15ml/litre † 0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
5	Early Bloom	12	0.5ml each part	2g (400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
6	Early Bloom ***	12	0.5ml each part	2g (400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
7	Mid Bloom ***	12	0.5ml each part	2g (400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
8	Mid Bloom	12	0.5ml each part	2g (400ppm)	1g - 2g (100ppm-200ppm)	0.5g - 1g (50ppm-100ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
9	Late Bloom	12	0.5ml each part	2g (400ppm)	2g (200ppm)	1g - 2g (100ppm-200ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
10	Late Bloom ****	12	0.5ml each part	1.5g - 2g (300ppm-400ppm)		1g - 2g (100ppm-200ppm)	0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)
11	Pre-Harvest §	12	0.5ml each part				0.33ml/4 litres ‡	0.25ml	0.5ml	2.5ml - 5ml (200ppm-400ppm)