



SOIL FEEDING SCHEDULE

U.S. Metric Conversions

1 Teaspoon	5.0 ml	0.167 Oz
1 Tablespoon	15.0 ml	0.50 Oz
1 Ounce	30.0 ml	1.0 Oz
1 Quart	946 ml	30 Oz
1 Gallon	3750 ml	128 Oz

For the proper maintenance of indoor soil gardening, you will need to know the pH of your soil. As a general rule, the ideal level for optimum growth is a range of 500 to 1400 ppm and a pH range of 6.3 to 6.8. Use Age Old Organics Growing Soil when transplanting clones, and seedlings into larger containers. Daytime tempature should be 70°-80° F and night temputures should not go below 60°F to reduce stress. Humidty is recommend 50-60% untill the last two weeks of bloom cycle. At this time reduce the humidty as low as possible for larger fruit set. In between feedings use non-chlorinated water when watering crops. Foliar feed when lights are off to prevent burning. During transplanting use Age Old Organics Root Rally to promote healthy root development. Age Old Organics Grow Formula can be added during week one, water with non-chlorinated water. This step can be repeated during week 5 with Age Old Organics In Full Bloom. This is just a suggested feeding schedule, consult your local indoor gardening store or published literature for recommended levels for the crop you are growing.

GROW CYCLE

BLOOM CYCLE

Nutrient levels for each gallon of RO water.

Nutrients	Veg Stage 4 to 6 Weeks	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Age Old Grow	Established Clones / Seedlings	1 Tbsp	1 Tbsp	1 Tbsp	1 1/2 Tbsp						
Age Old Bloom						1 Tbsp	1 Tbsp	1 Tbsp	1 1/2 Tbsp	1 1/2 Tbsp	1 1/2 Tbsp
Age Old Kelp		1/2 Tbsp	1 Tbsp			1 Tbsp		1 Tbsp	1/2 Tbsp	1/2 Tbsp	1/2 Tbsp
Age Old Humic		1/2 Tbsp			1 Tbsp	1 Tbsp			1 Tbsp	1 Tbsp	1 Tbsp
Ca-Libur			1/2 Tbsp	1/2 Tbsp	1/2 Tbsp	1/2 Tbsp			1/2 Tbsp		
Help		1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp	1/2 Tsp
Soluble Mycorrhizae		1 Tsp			1 Tsp	1 Tsp			1 Tsp		
Light Cycle			18 hours on 6 hours off				12 hours on 12 hours off				