Coast of Maine®

STONINGTON BLEND™
ORGANIC & NATURAL
GROWER'S MIX

Successful cannabis plants begin with the best organic soil that growers can buy!

Over the last decade, we keep developing Stonington Blend™ Organic & Natural Grower's Mix for knowledgeable organic growers concerned with where and how their mediums are made. We are confident that this is the best compost blend we have produced in nearly twenty years of composting marine residuals along the coast of Maine.

Our "Super Soil" grows big, healthy buds. Just add water!

OMRI listed for organic use, **Stonington Blend™ Organic & Natural Grower's Mix** is a complex **"super soil"** that was designed completely with cannabis in mind. It is rich in nutrients, and formulated with amendments designed to boost budding, blooming and root development. Stonington Blend™ also provides the ideal balance between water retention, soil texture, drainage, and aeration in a consistent growing medium. This blend is a rich mixture of horticultural grade sphagnum peat, coco fiber (coir), lobster compost, composted dark bark, dehydrated hen manure, perlite, worm castings, and a mixture of meals (kelp, alfalfa, fish bone), mycorrhizae, and dolomitic limestone to adjust pH.
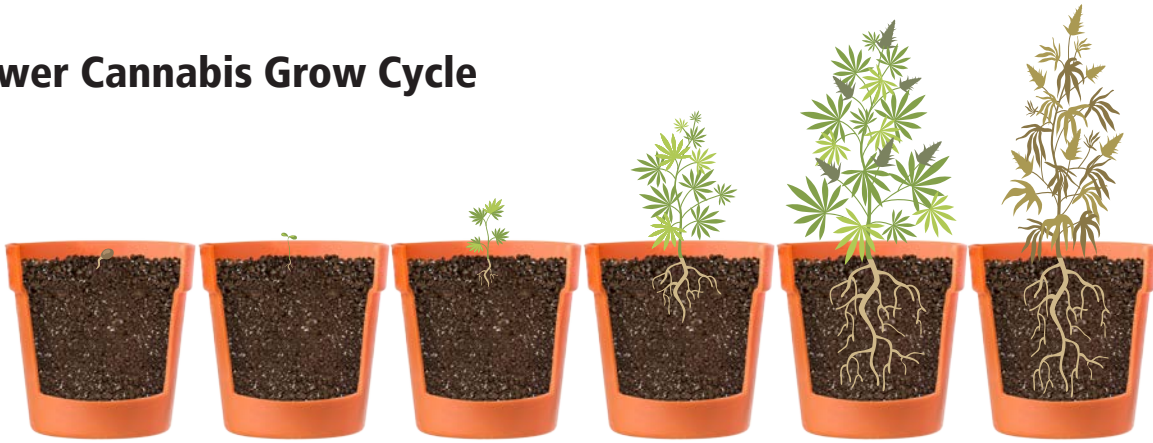
At Coast of Maine, we know cultivators want to harvest the cleanest cannabis possible. The diversity and density of the amendments we incorporate in Stonington Blend™ Grower's should enable a cannabis plant to grow to its fullest potential when planted in a 15-gallon container using a water only method. No flushing needed!

Choosing the right container for your cannabis plant

When it comes to pots, your cannabis wants one thing and one thing only: a safe, healthy place for root development. Without healthy roots, your cannabis will never thrive. Roots are in charge of water retention, nutrient absorption, anchoring the plant, and also facilitate vegetative growth. All of these functions must be considered when choosing a container.
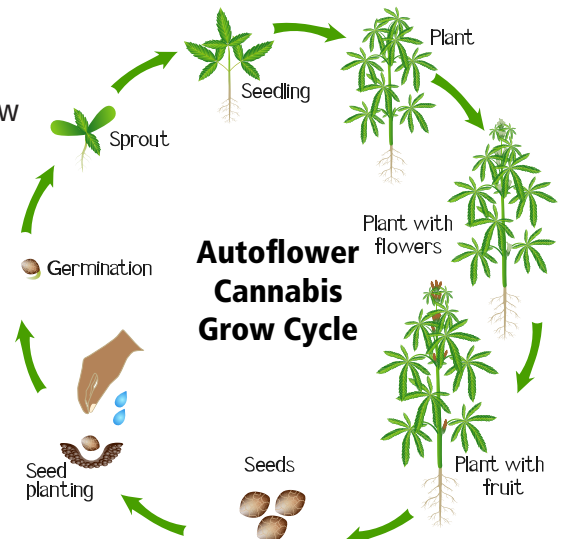
Autoflower Cannabis Grow Cycle

For a root system to develop and thrive, it will need the following:

- Drainage: Water retention is paramount for healthy plants—without it, your cannabis will wither and die. But too much water will waterlog your plant and lead to root rot, killing roots.
- Oxygen: Plant roots require oxygen to function properly. Choose a container that facilitates enough oxygen for root development without overexposing them to the elements—containers do this though various styles of perforation.
- Nutrients: Roots require optimal conditions for nutrient absorption to occur. This includes pH balance, optimal temperatures, and nutrient availability.
- Space: Roots need plenty of space to branch out. A container that is too small will cause it to become rootbound and choke the plant.

Why choose autoflowers over the regular plants? Autoflowers are small, they grow fast, produce big yields, and have amazing resistance to mold, pest and insects, plus they can flower under any light cycle.

Apart from the short strains, there are also bigger, heavier auto strains that will still flower automatically, and these are called the **"SUPER"** autoflowering plants.

- Typically auto plants are going through veg cycle weeks 1-3 or 4
- Typically flowers between weeks 5-8 or sometimes 12 depending on strain

Autoflower Cannabis Grow Cycle

Germination → Sprout → Seedling → Plant → Plant with flowers → Plant with fruit → Seeds → Seed planting → Germination

Veg Feeding
3-10 gallon pots = 1/4 cup Stonington plant food once, at start of week 3
15-20 gallon pots = 1/2 cup Stonington plant food once, at start of week 3

Add **Stonington Blend™ Organic Plant Food** then scratch or scrape into the top few inches of the soil and provide moderate water.

Flower Feeding
3-10 gallon pots = 1/4 cup fish bone meal once at start of week 5 or 6, if you go 12 weeks provide a second feed at start of week 9 or 10
15-20 gallon pots = 1/2 cup fish bone meal once at start of week 5 or 6, if you go 12 weeks provide a second feed at start of week 9 or 10

Add **Fish Bone Meal** then scratch or scrape into the top few inches of the soil and provide moderate water.