

# Indoor Gardening Checklist



## Environment:

- Keep Environment Clean:** Helps prevent contaminating plants and a clean space is easier to work in.
- Temperature:** Day **70°-75°F**, Night **55°-60°F** is optimum for most plants
- Humidity:** **40%-60%** is ideal for most growing. Check walls and ceilings regularly for mold or condensation.
- Air Circulation and Ventilation:** Proper circulation will prevent dead zones of bad and/or cold air at lower levels and hot layers of air near the ceiling.
- Check top and underside of leaves** for likely signs of disease, insects or nutrient deficiency.
- Prune regularly.** Promptly remove and dispose of any dead, dying or diseased foliage in the growing area. Conduct any necessary shaping, training, or stressing of branches and ensure foliage is properly supported (via string, netting or stakes).

## Lights:

- Check Lights:** Maintain lamps **12-36 inches** above plants! Check timer is correctly programmed for the given phase of growth. Check electrical connections/plugs.
- Check for signs of leaf burn** on foliage closest to the lamp.
- Rotate or turn plants** as needed to get uniform growth. Ensure oscillating fans are covering all foliage, especially those closest to the lamp.
- Check for signs of insufficient light**, e.g. sparse, spindly foliage. Ensure foliage is not being unduly shaded by other plants.

## Nutrient Solution:

- Check/adjust **E**lectrical-**C**onductivity. For recirculating systems, **add top-up water** as needed.  
(Use EC meter to measure the strength/concentration of the nutrient solution to keep adequate concentration level.)
- Check pH:** Ideal pH for most plants is between **5.5** and **6.5**
- Check nutrient solution temperature;** ideal is between **18-21°C (64-70°F)**.
- Check for plumbing leaks;** pooling in trays/channels/pots.
- Check drainage** and/or feed outlets (drippers) are not being blocked by roots.
- Check roots/medium** at various points for signs of disease, rotting or molding materials, insects or over/under watering.
- Check pumps and timers** to ensure they're working properly. Ensure nutrient schedule appropriate for the current phase of growth.
- Recirculating systems: **Discard and replace old nutrient** every **7-14 days**.
- Conduct optional foliar spraying and apply optional additives, e.g. compost tea.

