

# BCB GROW METHOD

#BCBGM V1

**BCBlondes**.com

KIND OF A BIG YIELD



Inside our Ebook you will learn the exact same method we use to pull 2.5-3.2lbs per light. We go through all the pertinent information and techniques that are responsible for keeping your plants green and extremely healthy. We cover everything from germination to drying and curing, as well as a whole chapter on our BC Blondes Power Vegging Method which will get your plants super strong and sturdy and ready for high light levels and massive buds in flower. Every hobbyist and Master Grower should have a copy of this on hand. Happy Growing!



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Book Design by HMDpublishing

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# THANK YOU FOR READING OUR EBOOK

If you have any questions regarding this book or the techniques that are described within, or any growing question, please join our FB group, where we will help you with your grow problems.

[Click Here For our FB Group Called](#)

[BC Blondes Grow School](#)

[\(learn to grow your 4\)](#)

# OVERVIEW

Our method of growing is hydroponic based as we use coco coir as our medium. We feel coco is more stable than rockwool and we get similar results in quality with it. It also doesn't hang on to nutrients like pro mix does so its easier to set our runoff PPMs and Ph.

We use smaller pots than most, we do this because we want to be able to soak the pot in order to achieve run off. If the pot is too big and we soak it, it stays wet for too long. The smaller pots also lends to keeping tighter node spaces, which is usually welcomed.

We try to ramp up the feed ppm as quickly as possible as once the plant is dark green(in veg) we want to start acclimating it to higher PPF(D(light) levels.

We find this cuts down on the time it takes to do this in early flower, which gives us an advantage. We also do a couple toppings in veg. This way the plant has way stronger branches to hold big buds and is just in general way healthier. It's a better start.

We go back to a more traditional feeding program when we transition to flower, and then bump up the ppm every week.

We like to grow a dense plant that can be spread with a scrog net more than real scrogging as we get more depth in our canopy this way.

We go over the common pitfalls like bugs and mildew and show you what to do to keep your buds free of problems

Drying & Curing is pretty standard, chop and hang for 10 days, hand trim.

We typically pull 2.5-3.2lbs from a 4x4 table with our BC Blondes Led Grow Lights, these results are achieved with CO2 Supplementation.

# EQUIPMENT YOU WILL NEED

- ✿ [BCBlondes.com](https://www.bcblondes.com) LED Grow Light for 4x4 or 5x5
- ✿ 4x4 or 5x5 Grow Tent 4 Photo Seeds
- ✿ 4 Beer/Solo Cups
- ✿ 4 2 or 3 gallon pots Bag of Coco & promix Runoff Tub
- ✿ PPM & PH Meter
- ✿ General Hydroponics 3 Part Nutrients or equivalent
- ✿ PH Up & Down
- ✿ Scissors and misc gardening tools
- ✿ You will need more than this as you go

# GERMINATION

- ✿ Put your 4 seeds in a cup of water and leave there for 18 hours
- ✿ Put seeds onto wet paper towel on a plate and cover with wet paper towel and cover with a plate, put in a empty dresser or desk drawer, check on them 1-2 times per day
- ✿ Once tap root emerges and is atleast 1.5cm they are ready to go into the dirt in a solo cup





# BC BLONDES POWER VEGGING METHOD #BCBPVM

Its no secret that we veg a little different than most people. We use high PPMs, High Ph's, we flood our plants, we use coco with smaller pots, and we try to get around 50% runoff each feed, and we log and monitor our runoff on a sheet of paper. This sheet is available for download in our FB group: [fb.com/groups/bcbgrowsyour4](https://fb.com/groups/bcbgrowsyour4)

As our LED lights became more and more powerful we noticed that it was taking too long in flower to acclimatize the plants to the high PPFD levels. So we devised an experiment, to see if we could get them used to high ppfd levels sooner in their life.

I started really trying to see how much PPFD I could use in veg. I was using between 300-500 PPFD in veg, like most people, but I wanted to see if they could take more. I would turn up the light a bit, and next day the plants would look a bit sad, and look like they needed more food. So instead of doing the normal 1000-1200ppm feeds like most people do, I started incrementing the food PPM by 50 every time they looked pale green or like they needed more. I went from 1250 to 1300, to 1350, 1400 etc, all the way up to 1800.

The plants looked great, they were taking higher PPFD and they were not BURNT!

## BC BLONDES POWER VEGGING METHOD #BCBPVM

I was getting extremely strong stalks, dark green leaves, healthy looking plants, and with out deficiencies. I now knew that my veg game had changed for the better.

When I flowered these plants out, I started them at 75% light dim setting, and within 2-3 weeks I was at 100% and the plants looked amazing! Tiny buds showing at day 7, knuckle size buds at day 14, and twoonie(canadian \$2 coin) sized buds at 21 days.

The new BCB Power Vegging Method had helped transition my plants to high levels of PPFd faster than normal, we use it every time we veg now. Check the Pre Veg & Veg sections of this Ebook for more details



# PRE VEG (24H)

- ✿ Make sure there is holes drilled in the bottom of the cup
- ✿ Place your seeds with tap root facing down into the solo cup with pro-mix or sunshine #4 dirt
- ✿ Place 4 cups into Max Yield Bin, cover with lid
- ✿ Nutes will be 3 parts green, 2 parts brown, 1 part pink at 1000+ppm
- ✿ do not soak the cup right off the bat, first 2 weeks or so just small feedings (with food 1000ppm) about 4-6 table spoons per feeding every few days at 1000+ppm
- ✿ light is at 24" on 25% for the first week, then switch to 50%
- ✿ lights on temp 28-30c
- ✿ lights on RH 70%
- ✿ lights off temp 22-28c
- ✿ lights off RH 40%
- ✿ veg in solo cup for 3-4 weeks
- ✿ after week 1 feed at 1250+ ppm
- ✿ once plant is 1 foot tall you can start soaking the medium completely through and monitoring the runoff

# PRE VEG (24H) PICS



# VEG (16H)

- ✿ You can start with 18 hours of light but 16 makes it a bit easier to get to 600-1000ppfd
- ✿ Hang BCBlondes.com 680 GC 24"- above plants
- ✿ When plants are ready to be transed into the 2 gallon or 3 gallon pot, usually after 3-4 weeks of pre veg, or the plant is 12-18inches tall, trans them and feed at 1700PPM/3.4EC 7.0PH, soak the entire medium till runoff. We PH high after a trans because fresh coco runs off very acidic(about 1 whole point)
- ✿ Veg for 3-5 weeks or until you think your tent will be full remembering about stretch.
- ✿ Keep temp at around 28-32C(82-89F)
- ✿ Keep RH at around 50-65%
- ✿ Feed at 1700/3.4ec every time and monitor your run off to try to achieve a 6.0 runoff PH
- ✿ When plants are dark green, increase ppfd, assess this once a week.
- ✿ Top your plant when its vigorous and atleast 1-2 weeks after being transed.
- ✿ 2+ weeks later Pinch or top the new tops.
- ✿ Defoliate any time your plant is crowding it self or others, usually about every 2-3 weeks from veg-flower.
- ✿ Kick plant into flower when its dark green, vigorous, has been topped more than 10 days prior, and you've gotten it to 1000ppfd or as high as possible and the size/height is correct for your space

# VEG (16H) PICS



# GOT A GROW QUESTION?

Please join our Facebook Group to show off your plants and ask any and all questions.

Post pictures and ask grow questions in our group and we will do our best to get your problems solved.

[Click Here for our FB Group Called  
BC Blondes Grow School \(Learn to grow your 4\)](#)

# CO2

- ✿ First off, the 2 liter bottle co2 canisters do not work. We have tested this in a 4x4 tent with 4 bottles, with the exhaust fan off, and the co2 rose by 200 ppm for 15 minutes, then dropped back down to baseline. They are a waste of money. I imagine its the same for the grow bags too.
- ✿ I've used co2 extensively for 20 years, it works great to increase grow rate.
- ✿ Normally I do not use it in veg or first 2 weeks of flower because it can induce stretching, I turn it on to 1500ppm at day 14-21 of flower, depending on the stretch of the cultivar. Usually closer to day 21 if I'm dealing with low ceilings.
- ✿ The best co2 to use is compressed co2 in a large metal cannister, they are extremely heavy, second best is the co2 burners but they produce a ton of heat.
- ✿ If you want to use co2 in a grow tent I would suggest the heavy cannisters with a controller, piped into the top of your tent. Co2 is heavy and will fall, make sure to have a circulatory fan in there to stir it up.
- ✿ Some people turn their co2 off with 1 or 2 weeks to go in flower, I've experimented with this, and running co2 to the very end seems to work the best.
- ✿ You don't have to ramp it up, I just turn it on
- ✿ Only needs to be run during lights on period, most controllers will have this functionality



# FLOWER (12H)

- ✿ 12 hours of light, 12 hours of darkness.
- ✿ Reduce PPFd down to 500
- ✿ Hang BCBlondes.com LED Grow Light 24" above plants, in week 5+ you can lower it 6-10 inches. (14" to 18" above plants).
- ✿ Water to atleast 50% runoff with nutes every feed. I typically feed a 3 gallon pot 3 gallons of feed with 1.5 gallons of run off. Ample run off washes out old salt.
- ✿ Change to transition nutes (equal parts, 222)
- ✿ Change PPM to 1200, increase by 50 per week, adjust according to build up in runoff and color of leaf
- ✿ Allow plants to grow into the light as they stretch. No more than 750 ppfd for first 14 days
- ✿ Set your ph by your last runoff, target runoff is usually 5.9-6.3
- ✿ Defoliate and prune around day 14-21, or anytime they are crowding themselves or others. Might want to reduce PPFd for a day or two after a defoliation
- ✿ Increase the light power level to 100% somewhere around 4 weeks(28 days) as long as there is no signs of light stress.
- ✿ Defoliate around day 35-42 if needed
- ✿ At this point you can lower you lamp to as close as 14-18"
- ✿ Start reducing lights off temps to sub 20C/68F to induce stress. I've gone as low as 14C/57F
- ✿ Strip all leaves off 2-3 days before harvest
- ✿ Feed pure water 3-10 days before harvest in order to reduce salt load (check and log runoff to learn what's going on in medium)
- ✿ Chop & hang.

# FLOWER (12H) PICS



# FLUSHING

- ✿ Start giving pure water 7-10 days before harvest.
- ✿ Continue to check your runoff and adjust your ph to target a 6.0 runoff PH.
- ✿ Tons of runoff is not needed with this step, just enough to check it so you can log it.
- ✿ PPM runoff below about 500-600ppm when checked with pure water is ok for harvest, you can go a bit lower but you don't need to.
- ✿ Alternatively you can flush the medium with massive runoff and start this 3-5 days from harvest.
- ✿ The amount of time you flush for is dependent on how much salt build-up you have, you do not want to be flushing for weeks and weeks with out enough nutrient in the medium trying to make it fade more etc, as that will just degrade the quality of your buds, you're simply trying to reduce the salt load in the medium, which will then do the same in the plant.
- ✿ Yes flushing matters, if you don't flush you will have weed that doesn't stay lit, makes your lips numb, tastes like crap, burns black etc

# FOLLOW OUR INSTAGRAM

Follow our Instagram!

[@BCBlondesGrowLights](#) [@BCBlondesLeds](#)

We post everyday and document our experiments and our every day grow chores. We have tons of videos showing how to check run off and how to do all the techniques in this ebook.

# DRYING & CURING

- ✿ When we are ready to harvest we remove all the leaves from the plant 2-3 days before chop, then we chop and hang, we tend to keep the whole plant together and just hang it upside down in a climate controlled tent or room.
- ✿ We try to keep a steady temp of 60F/16C, not always possible but cooler is generally better
- ✿ First 24 hours I run the dehumidifier on high(depends on size of room, and how much I'm drying etc), after that i set it at 60%
- ✿ Make sure branches aren't crowding themselves you don't want mold, spread them out if you can, this is one of the reasons we defoliate completely before harvest.
- ✿ Trim after buds are crispy on outside but also still moist inside. I find this usually to be around 10 days. Hand trim and place in jars/airtight containers for curing.
- ✿ In the first week burp jars once a day until they crisp up again, second week every few days, and third week once a week.

# CHECKING RUN OFF

- ✿ As soon as your plants are big enough to handle their container being flooded with nutrient you can start checking and logging run off.
- ✿ If you put the effort in to check and log your run off you will be able to spot plant problems well in advance, it makes it very easy to make sure your medium is on point both for PPM and for PH.
- ✿ At the end of this Ebook there is the RUN OFF PDF sheets that you can print off and keep in your grow area.
- ✿ Checking run off with a small amount of run off won't wash out old salt buildup. We tend to target about 50% run off.
- ✿ For a 3 gallon pot I routinely give it 3 gallons of nutrient and get a run off of 1.5 gallons. This gives me enough runoff to check, and enough that it helps wash out some of the old salt.
- ✿ If your buildup is bigger than 500ppm (ex: going in at 1500 running off at 2000+) you need to bring that down, I like around 200-300 build up.
- ✿ You can do that by running more nutrient solution through, or by lessening the ppm that you are going in with.
- ✿ Try to target a runoff PH of about 5.8-6.4, ideally around 6.0, adjust your PH going in accordingly, on transplants with fresh coco I routinely go in at 7.2 and runoff at 6.0 because the fresh coco is acidic, so watch out for that

# PH

- ✿ PH is set by monitoring the runoff and adjusting your PH going in to try to get your runoff PH in the 5.9-6.3 zone
- ✿ When doing a transplant with fresh coco, the PH will run off very acidic so I usually PH at 7.0+ for transplants because of this and continue PHing high until the medium is charged with nutes.
- ✿ Leaf tips that hook down at a 90 degree angle can mean low ph in the medium or a drastic change in the ph.
- ✿ Add your PH concentrate to your nute barrel with an eye dropper or dilute in water first, mix well
- ✿ Monitoring and logging your runoff should give you the data to eliminate any ph problems in the future
- ✿ Make sure to calibrate your PPM/PH meter once every 2-3 weeks
- ✿ Dont allow the bulb on your PH meter to dry out, use the provided cap.
- ✿ GH 3 part nutes when mixed up and left out tend to drift upwards on PH.
- ✿ The reason we target the 5.9-6.3 zone is because that is where the nutrients are most bioavailable.

# DEFOLIATE & PRUNE

- ✿ We have been aggressively defoliating and pruning since 2002. There is no question that it helps keep your plants free from bugs and powdery mildew as well as stimulates your plant to grow and gives you bigger & harder buds.
- ✿ It also allows your plant to concentrate on the branches and leaves that are getting the most light. You don't want to leave any branches or leaves that are not getting adequate light. Chop off the lower scraggly branches and remove all leaves other than the top 3-4 on each shoot.
- ✿ You should be removing weak branches every time you defoliate, the only time you might not do this is on the week 5-6 defol in flower, as the structure should be already set by that time. But don't be afraid to clean up branches if it needs it at this time either.
- ✿ Defoliate and prune every 2 weeks in veg, when you kick them into flower, between 2-3 weeks(14-21 day) and at the 5-6 week(35-42 day) marks, as well as 2-3 days before harvest where you will strip every leaf off.
- ✿ If one side of your plant is facing the tent wall you can call that the back of the plant and flat back it, where you remove more of the branches so the back is more flat and fits in the tent better, this step is not mandatory.
- ✿ You might want to reduce PPF/D for a day or two after a defoliation
- ✿ You can leave bud sites on your plant lower down, but be sure to remove the leaf that is feeding that site, this will force that bud to survive off the other leaves on the shoot and will actually get dense and a decent enough size. (If the top of that shoot is getting lots of light)



# IPM (SPRAYING FOR BUGS)

- ✿ We use Bug Be Gone 2-3 times a week every 2nd week in veg. Bug Be Gone is a Pyrethrin based insecticide, it is approved for indoor house plants, available in most garden centers and big box stores.
- ✿ Spraying 2-3 times over the course of 7-10 days, helps break the life cycle of the bugs.
- ✿ If you spray on a schedule in veg and the first week in flower, you should not run into any problems with bugs in flower.
- ✿ Starting around 3 weeks into flower The plant will use its own insecticide, its own resin, which will help keep bugs at bay as well.
- ✿ The best time to spray is after a defoliation, keep up with your defol's, when ever the plants are crowding.
- ✿ If you take a proactive approach to bugs you will have much higher chance of success. Spray on a schedule instead of waiting to see bugs then spraying.
- ✿ Spray the tops of the leaves and the underside of the leaves, mites live on the underside.
- ✿ Pick out any leaf debris from your medium that may have fallen, this will act as food for bugs.
- ✿ If you are fighting knats than put 1 inch of peat moss(#4/promix) on top of your coco, knats like coco more than they do peat moss. Also dry out your medium a couple times in a row, knats like it wet.
- ✿ Stir up the top 1" of medium every once in awhile, this will detur bugs that live in the medium and attack your roots.
- ✿ Vacuum your tent floor often.
- ✿ You can use beneficial bugs after your last spray.

# POWDERY MILDEW

- ✿ The best remedy for powdery mildew is prevention.
- ✿ A properly dialed in environment will help repel PM.
- ✿ I like to keep my lights off humidity under 45%
- ✿ I like to have adequate air flow in my tent or room during lights on and lights off.
- ✿ Defoliate on a regular basis and it will lessen your chances of getting PM
- ✿ A healthy strong plant that has the EC/PPM and PH dialed in on its medium will repel PM better than a sick under/over fed plant.
- ✿ Don't let your lights off temps get below 22C/71F PM likes it cold.
- ✿ Weak branches that aren't getting light(on the back of a plant or shaded by another) will be most susceptible to getting PM, these should be pruned off.
- ✿ Branches touching a cold exterior wall can get PM, it often starts in a cold corner
- ✿ Don't crowd your plants, defoliate them when necessary.
- ✿ Water PH'ed to 8+ can be used as a spray to hold it back

# FEED PPM INFO

## PRE VEG

321 Veg nutes

First 2 weeks

150-200PPFD

Solo Cup

1000 ppm first feed

1250 second feed

1350 third feed

Stay at 1350

Weeks 3-4

250 PPFD

Solo Cup

Can soak cup all the way through for runoff starting around day 21 or 12”  
tall

1550 ppm First feed

Stay at 1550

# FEED PPM INFO VEG

321 Veg Nutes

Weeks 1-6

Start at 250PPFD

Increase PPFD by 50-100+ Once per week as long as plants are dark green

2 or 3 gal

1700 ppm first feed

1800 2nd Feed

Stay at 1800

# FEED PPM INFO

# TRANSITION FROM VEG

# TO FLOWER

Equal part nutrients 222

First 14 days of 12/12

Start at 500 PPFD

Increase PPFD by 100+ Once per week as long as plants are dark green

2 or 3 gal

1250 ppm first feed

Stay at 1250

# FEED PPM INFO FLOWER

321 Flower Nutes

Start at 1300PPM

Increase PPM by 50 once per week until you reach 1400- 1600  
depending on runoff buildup and plant health etc.

Change from 500 to 700 PPFD

Increase PPFD by 100+ Once per week  
1300 ppm first feed

# BCB CONTACT INFO

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BCB FB GROUP

BCBLONDES.COM Website

Located Near Kelowna BC Canada

# PPM & PH LOG

Plant	Date	IN		OUT	
		PPM	PH	PPM	PH



