

Template: Cannabis Seedling Nutrient Checklist

Generated: 8/3/2026

Based on Article: "Nutrient Considerations for Cannabis Seedlings Post-Germination"

Website: <https://theseedconnect.com>

A practical checklist to guide growers on the nutrient considerations for cannabis seedlings after germination.

Checklist Items:

☐ 1. Observe Cotyledons

Check if the cotyledons (seed leaves) are healthy and green. If they are, delay feeding until the first true leaves appear.

Reference Section: What if your seedlings do not need nutrients right away?

☐ 2. Wait for True Leaves

Only consider feeding the seedlings once the first true leaves have opened and growth appears steady.

Reference Section: What if your seedlings do not need nutrients right away?

☐ 3. Start with Light Feeding

Begin feeding with a one-quarter-strength complete seedling mix only after the plant shows signs of needing more nutrition.

Reference Section: The first feeding window: what to give and what to skip

☐ 4. Monitor Growth Signals

Watch for signs such as pale new growth, slow growth, weak stems, or early fading of cotyledons to determine if feeding is needed.

Reference Section: What if your seedlings do not need nutrients right away?

☐ 5. Use Gentle Starter Mix

Choose a gentle starter mix that supports root development without overwhelming the plant with nutrients.

Reference Section: The first feeding window: what to give and what to skip

☐ 6. Avoid Overfeeding

Do not feed with full-strength nutrients or bloom boosters; keep the feeding mild and balanced.

Reference Section: The first feeding window: what to give and what to skip

☐ 7. Check Nutrient Composition

Ensure the nutrient mix includes necessary micro-nutrients like calcium and magnesium, which are crucial in early growth stages.

Reference Section: The first feeding window: what to give and what to skip

☐ 8. Adjust Feeding Based on Plant Response

If leaf tips darken or curl downward, pause feeding and use plain water. Gradually increase feeding only if new growth looks pale after several days.

Reference Section: The first feeding window: what to give and what to skip

☐ 9. Stay Patient

Allow the seedling time to establish itself before pushing for growth with additional feeding; strong starts come from restraint.

Reference Section: What if your seedlings do not need nutrients right away?