SEED CONNECT

Template: Cannabis Strain Selection Checklist

Generated: 2/12/2026

Based on Article: "Understanding Cannabis Genetics: Choosing the Right Strains for Your Grow"
Website: https://theseedconnect.com

A practical checklist to guide you in selecting the right cannabis strains for your growing conditions.

Checklist Items:

☐ **1. Understand Cannabis Genetics**
Study core concepts of cannabis genetics to know how strain traits affect growth, aroma, and potency.
Reference Section: Cannabis genetics 101 — Core concepts you need

☐ **2. Evaluate Strain Labels**
Carefully read strain labels to identify key characteristics and avoid misleading information about genetics.
Reference Section: Reading strain labels — What to look for and what to distrust

☐ **3. Choose Seed Type**
Decide on the type of seeds (autoflowering, feminized, or regular) that best match your growing goals and conditions.
Reference Section: Types of seeds and what they mean for genetics

☐ **4. Match Goals with Strain Genetics**
Align your cultivation goals (such as yield, flavor, or flower time) with the genetic traits of potential strains.
Reference Section: Match your goals to strain genetics

☐ **5. Assess Seed Quality and Supplier Credibility**
Research suppliers that provide reliable information about seed germination and lineage to ensure quality.
Reference Section: Evaluating seed quality and supplier credibility

☐ **6. Run a Mini Test Grow**
Conduct a small test grow using your chosen strains to validate expected outcomes in your specific environment.
Reference Section: Conclusion

☐ **7. Document Strain Performance**
Keep detailed logs of strain behavior, potency, and yields to inform future selections and adjustments.
Reference Section: Conclusion

☐ **8. Choose Verified Varieties for Scaling Up**
Once the test grow is complete, select one or two promising strains that performed well for larger cultivation efforts.
Reference Section: Conclusion

☐ **9. Keep Experimenting**
Continue to experiment with different strains and conditions while refining your checklist based on real outcomes.
Reference Section: Conclusion