

Template: Cannabis Seed Germination Lighting Checklist

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Based on Article: "Understanding the Best Lighting Conditions for Cannabis Seed Germination"

Website: <https://theseedconnect.com>

A practical checklist to ensure optimal lighting conditions for cannabis seed germination.

Checklist Items:

- ☐ **1. Choose the Right Container**
Select a small, opaque container that blocks harsh light and retains humidity without trapping heat.
Reference Section: A simple germination setup that keeps light under control
- ☐ **2. Prepare the Growing Medium**
Moisten the medium to the consistency of a wrung-out sponge. Avoid saturation to prevent drowning the seeds.
Reference Section: A simple germination setup that keeps light under control
- ☐ **3. Maintain Consistent Temperature**
Place the container in a warm area where the temperature remains steady between 70-80°F.
Reference Section: What do cannabis seeds actually need from light to germinate?
- ☐ **4. Control Light Exposure**
Keep lighting sources at a distance to provide ambient light without directly shining on the seeds during germination.
Reference Section: Bright light is not the goal during germination
- ☐ **5. Monitor Humidity Levels**
Ensure the growing medium remains evenly damp. Avoid letting the surface dry out, which can stress the seeds.
Reference Section: A simple germination setup that keeps light under control
- ☐ **6. Utilize Indirect Light or Darkness**
Use soft indirect light or keep the seeds in darkness to prevent the medium from drying out too quickly.
Reference Section: Bright light is not the goal during germination
- ☐ **7. Check Seed Progress Regularly**
Monitor the seeds for signs of sprouting without frequently lifting the lid or exposing them to direct light.
Reference Section: A simple germination setup that keeps light under control
- ☐ **8. Adjust Lighting After Sprouting**
Once the sprouts emerge, gradually introduce stronger light to support photosynthesis and growth.
Reference Section: Bright light is not the goal during germination