

How to use plant hormones in cannabis cultivation

In this blog post, we take a look at the complex world of plant hormones, talking about the wide range of effects they have, and how they control and regulate almost every aspect of our plants' lives.

It's important to always use seeds from **organic agriculture** for our SSTs, to avoid the possibility of introducing any trace of chemical pesticides and other undesirable compounds into our garden. The organic aisle in the local **supermarket or health store** is often the most convenient place to source seeds for sprouting, usually providing us with all the seeds listed above, alongside a range of other seeds that we could try out for ourselves at home.

What will we need to make SST?

- 28g (1oz) of your chosen seeds, beans or grains
- 1/4 tsp Kelp meal
- Clean water
- Sieve
- Glass jar
- Cheesecloth & elastic band
- Blender/food processor



Everything you'll need to make a seed sprout tea

How do we make SST?



Thoroughly rinse the seeds in clean water to remove any dirt, dust or contamination. This is best done using a sieve under a running tap. This also helps to remove any abscisic acid, promoting



Soak the seeds overnight in clean water. Adding a quarter-teaspoon of kelp meal at this point will infuse the water with growth-



Drain and rinse the seeds in clean water after soaking for at least 8 hours and put

a growth-inhibiting hormone that occurs on the outer shell of many seeds.

phytohormones and help to accelerate the germination process. In this case, we've used the soluble kelp powder Alga Plus from Jumus.

them back into the jar. They should be wet enough so that the seeds will adhere to the sides of the jar, but not sitting in water. Cover the jar mouth with cheesecloth and fix with a rubber band. This gives ventilation while stopping any insects, or dust falling in. Placing the jar on its side allows for a greater surface area of the seeds to be in contact with the air.



Rinse and drain the seeds at least twice a day until the sprouting tails are as long as the seeds themselves. This usually takes a few days. Then blend the sprouted seeds in a food processor along with a cup or so of water. In our experience, the "Nutri-Bullet" type of blender is best, but pretty much any kind of food processor will do the trick to a satisfactory level.



Separate the liquid from the seed pulp using the sieve, straining the resulting liquid into a container. The pulp can be composted or added directly to the soil surface as an enzyme-rich top-dressing.



Dilute the resulting liquid in 10 litres water before using it to irrigate your plants. In the case of alfalfa SST, which is much more potent, use 20 litres to dilute or, alternatively, start with half the quantity of seeds.

What can we do now?

At this stage, some growers like to "bubble" or aerate the SST for 12-24 hours in a bucket with an air pump, while others will add molasses to the tea and **ferment** it to preserve it for a longer time. Here at Alchimia, **we recommend diluting and using any SST right away for maximum freshness and effectiveness**, it's easy and cheap enough to make a new batch next time you need some more.

If you'd like to boost the SST with more **micro and macronutrients, amino acids** and other essential elements, you can mix in some more organic, natural ingredients. For example, you could mix in some Nettle Flour, which is ideal for the growth period, or an infusion of dried Comfrey leaves for a nutritional and health boost during the flowering phase.

While SSTs may not be a replacement for the **scientifically formulated, high-precision** stimulants and boosters used by many cannabis cultivators, there's no question that, when used correctly, they can be a powerful tool for the **self-sufficient organic grower**, not only giving great results but also rewarding the grower with the satisfaction of having created their own plant stimulators in a natural way.

We hope this article has been of interest to you, please don't hesitate to leave a comment with your own experiences, suggestions or any questions you may have.

Happy sprouting!