

Template: Sustainable Cannabis Cultivation Checklist

Generated: 12/10/2025

Based on Article: "Challenges and Solutions in Implementing Sustainable Cannabis Cultivation"
Website: <https://theseedconnect.com>

A practical checklist to implement sustainable practices in cannabis cultivation, focusing on energy efficiency, water management, and waste reduction.

Checklist Items:

- 1. Assess Current Baselines**
Evaluate your current energy, water, and waste metrics by reviewing meter readings, water bills, and waste logs to establish a benchmark.
Reference Section: Understanding the Sustainability Challenges in Cannabis Cultivation
- 2. Implement LED Grow Lights**
Replace traditional lighting with energy-efficient LED grow lights to reduce energy consumption and optimize light spectrums for plant growth.
Reference Section: What You'll Need (Prerequisites)
- 3. Optimize Irrigation System**
Adopt a drip irrigation system to ensure precise delivery of water, minimizing nutrient runoff and waste while maintaining plant health.
Reference Section: Water and Nutrient Management
- 4. Introduce Composting Practices**
Set up a composting system to recycle organic waste, which can be used as an amendment for your growing media, thus reducing landfill contributions.
Reference Section: Waste Reduction, Circularity and Packaging
- 5. Monitor Environmental Conditions**
Daily track readings of PPFd, temperature, and relative humidity (RH) to ensure optimal growth conditions and detect issues early.
Reference Section: What You'll Need (Prerequisites)
- 6. Implement Integrated Pest Management (IPM)**
Develop a plan that focuses on preventive measures and monitors plant health, reducing reliance on chemical pesticides and promoting biodiversity.
Reference Section: Integrated Pest Management and Reduced-Chemical Strategies
- 7. Transition to Biodegradable Packaging**
Replace single-use plastics with biodegradable packaging options for seed handling and product distribution to reduce environmental impact.
Reference Section: Waste Reduction, Circularity and Packaging
- 8. Conduct Regular Media Tests**
Test soil or growing media weekly for pH and electrical conductivity to ensure proper nutrient availability and prevent over-application.
Reference Section: Water and Nutrient Management

9. Pilot Small Changes

Implement and test small operational changes, such as adjusting irrigation schedules based on plant demand, before scaling widely.

Reference Section: Understanding the Sustainability Challenges in Cannabis Cultivation

10. Measure and Report Outcomes

Keep detailed records of all inputs, changes made, and the resulting outcomes to monitor progress toward sustainability goals.

Reference Section: Monitoring, Reporting, and Scaling Sustainable Practices