

Template: Sustainable Cannabis Cultivation Checklist

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Based on Article: "Essential Guide to Sustainable Practices in Cannabis Cultivation"
Website: <https://theseedconnect.com>

A practical checklist for implementing sustainable practices in cannabis cultivation focusing on energy efficiency, resource conservation, and waste reduction.

Checklist Items:

- 1. Measure Energy Intensity**
Track electrical energy consumed per gram of finished flower in kilowatt-hours (kWh/g) to understand your operational costs and emissions.
Reference Section: Understanding Sustainability in Cannabis Cultivation
- 2. Monitor Water Usage**
Measure the liters of water used per gram for irrigation and post-harvest processes (L/g) to improve efficiency and comply with local regulations.
Reference Section: Understanding Sustainability in Cannabis Cultivation
- 3. Evaluate Waste Diversion**
Calculate the percentage of total waste diverted from landfill versus composting and recycling to enhance your environmental responsibility.
Reference Section: Understanding Sustainability in Cannabis Cultivation
- 4. Improve Nutrient Use Efficiency**
Assess how much of the applied nutrients are taken up by plants, aiming for higher assimilation rates to reduce costs and environmental runoff.
Reference Section: Understanding Sustainability in Cannabis Cultivation
- 5. Conduct a Carbon Footprint Assessment**
Estimate your greenhouse gas emissions per gram produced (kgCO₂e/g) to identify reduction opportunities and meet reporting requirements.
Reference Section: Understanding Sustainability in Cannabis Cultivation
- 6. Select Energy-Efficient Lighting**
Choose lighting fixtures with at least 2.6 μmol/J efficacy to maximize light production relative to energy consumption, thereby reducing operational costs.
Reference Section: Energy Efficiency Strategies
- 7. Optimize HVAC Systems**
Right-size HVAC equipment according to both sensible and latent loads, ensuring it can handle peak demands efficiently without excessive cycling.
Reference Section: Energy Efficiency Strategies
- 8. Implement Heat Recovery Systems**
Incorporate heat-recovery ventilators or heat pump loops to reclaim energy from exhaust, significantly cutting down on heating and cooling costs.
Reference Section: Energy Efficiency Strategies

9. Set Incremental Improvement Targets

Establish performance benchmarks and aim for a 5-15% improvement per quarter to systematically enhance sustainability metrics.

Reference Section: Understanding Sustainability in Cannabis Cultivation