

Template: Practical Soil Health Checklist for Cannabis Cultivation

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Based on Article: "Understanding the Importance of Soil Quality in Cannabis Cultivation"

Website: <https://theseedconnect.com>

A step-by-step checklist to assess and improve soil quality for optimal cannabis growth.

Checklist Items:

- 1. Test Soil pH**
Measure the pH of your soil using a soil pH meter. Aim for a range between 6.0 and 7.0 for optimal nutrient availability.
Reference Section: [What Is Soil Quality for Cannabis?](#)
- 2. Check Electrical Conductivity (EC)**
Use an EC/PPM meter to assess nutrient concentration. For the vegetative stage, target EC should be between 0.8–1.4 mS/cm, and for flowering stage, between 1.2–2.0 mS/cm.
Reference Section: [What Is Soil Quality for Cannabis?](#)
- 3. Measure Organic Matter Content**
Aim for 3-8% organic matter in your soils. You can perform a loss-on-ignition test or send a sample to a lab for analysis.
Reference Section: [What Is Soil Quality for Cannabis?](#)
- 4. Evaluate Soil Texture**
Conduct a simple squeeze test: Grab a handful of moistened soil and squeeze it. If it forms a ribbon longer than 2 inches, it is clay-heavy; if it falls apart, it's sandy.
Reference Section: [How Does Soil Quality Work? \(Mechanisms\)](#)
- 5. Inspect Drainage Rate**
Perform a percolation test by watering the soil and observing how quickly excess water drains. Good soil should drain freely while retaining moisture.
Reference Section: [What Is Soil Quality for Cannabis?](#)
- 6. Assess Soil Compaction**
Check for soil compaction by trying to penetrate the soil with a penetrometer or digging a hole. Compacted soil restricts root growth.
Reference Section: [How Does Soil Quality Work? \(Mechanisms\)](#)
- 7. Look for Biological Activity**
Check for signs of healthy soil biology, such as the presence of earthworms and robust root systems. Healthy soil life is crucial for nutrient cycling.
Reference Section: [What Is Soil Quality for Cannabis?](#)
- 8. Implement Amendments if Necessary**
Based on test results, amend the soil with organic matter or coarse materials to improve aeration and nutrient availability.
Reference Section: [How Does Soil Quality Work? \(Mechanisms\)](#)

9. Monitor Plants for Signs of Stress

Regularly check your plants for signs of nutrient deficiency or stress, such as yellowing leaves or stunted growth, and adjust care accordingly.

Reference Section: How Does Soil Quality Work? (Mechanisms)