



**PENINSULA HYDROPONICS'**



# THE BUZZ



We'll help you grow!



## TOP NEWS OF THE MONTH

### VEGETABLES TO PLANT IN OCTOBER



#### GIVE ME THE DIRT

IF YOU HAVEN'T ALREADY STARTED YOUR OURDOOR FALL GARDEN, THESE ARE THE MOST IDEAL VEGETABLES TO SOW IN ZONES 7B AND 8A (HAMPTON ROADS): **LETTUCE, BABY SALAD GREENS, MUSTARD, RADISH, SPINACH, COLLARDS, CARROTS, BEETS, CABBAGE, CAUIFLOWER, & BROCCOLI.**

#### EXTRA! EXTRA! WEED ALL ABOUT IT!

Mark your calendars: it's about that time of the year for our HIGHLY anticipated Fall Event! This year, please join us on **Black Friday -- November 24, 2023.** More details to come in next month's newsletter and on social media.



### BLACK FRIDAY SEED GIVEAWAY & SALES EVENT

# HARVEST TIME

WHEN IS YOUR OUTDOOR CANNABIS PLANT READY TO HARVEST?

## ➤➤➤ GROW WITH THE FLOW

Outdoor gardens are typically sown in the Spring and harvested in early Autumn. While, on paper, this seems straight-forward, outdoor cannabis gardens are at the mercy of nature. As such, outdoor harvests are often dependent upon weather. There are many weather-related phenomena that may curtail an outdoor grow cycle, such as diminished sunlight, cold rainy weather, and freezing nights. In addition, larger outdoor cannabis plants are often harvested in stages -- the removal of the first harvest allows the secondary, smaller buds to receive more sunlight and increase in size.

**NOW IS THE TIME TO STOCK UP ON THE ESSENTIALS FOR DRYING AND CURING.**

**Stop by the store and grab everything you need to ensure a successful harvest: trim bins, pruning shears, Grove bags, Boveda packs, drying racks, Cannatrol Cure Box, etc.**

## ➤➤➤ WEED THE FINE PRINT

- Trichomes and pistils are the best visual indicators of when to harvest as both change in color and shape as the plant matures.
- Trichomes gradually change in color from clear to milky-white, and, lastly, amber, as the plant matures.
- Slender, white pistils change color and take on a brown or orange hue as the plant reaches maturity.
- Stop fertilizing plants in the last two weeks or so, prior to harvest, in order to prevent a harsh taste and “nutrient residual” from overtaking your bud.
- Harvest early in the morning, when cannabinoid content is at it's peak level.



# INDOOR GROWING PAINS

## FUNGUS GNATS

### ➤➤➤ PESKY, LITTLE FLIES

Have you noticed some pesky, little flies in your grow tent? Those aren't fruit flies -- they are Fungus Gnats, a pest that primarily affects indoor house plants. Adult Fungus Gnats are attracted to damp, decaying vegetation, algae, and fungi. They lay their eggs (up to about 200) near the soil surface/growing medium. While completely harmless to humans, Fungus Gnats (larvae, in particular) can present a problem for indoor plants, especially as their population grows exponentially. Larvae feed on the root systems of indoor plants, resulting in poor plant health.

### ➤➤➤ PATHOGENIC POTENTIAL

Adult Fungus Gnats and their larvae can spread plant pathogens and likely promote plant disease in greenhouses, nurseries and grow tents. Fungus Gnats have been connected in the transmission of plant fungal diseases, such as Fusarium wilt, Botrytis blight, Verticillium wilt, Pythium blight, and black root rot. The spread of such pathogens will ultimately result in damping off and inevitable death of seedlings if the roots are extremely damaged.

### ➤➤➤ PREVENT INFESTATIONS

- Keep it clean! Be mindful of the cleanliness of your tent or grow room, supplies and tools.
- Avoid over-watering and provide good drainage. Allow the surface soil to dry between watering.
- Do not over-fertilize.
- Do not allow algae to grow.
- Decrease your humidity.
- Cover air intakes with screens.
- Sprinkle GreenGro Pride Lands Defense as a top dressing.
- Set yellow-sticky tape traps.
- Biological Control Agents, such as Microbe-Lift BMC.

## OUR MONTHLY PICK



**Microbe-Lift BMC (2 oz)**

# APRIL'S GARDEN RECIPES

## CHERRY TOMATO PASTA SAUCE

### ➤➤➤ UNSURE OF WHAT TO DO WITH YOUR CHERRY TOMATO BOUNTY?

This cherry tomato pasta sauce is meant for your cookbook. While simplistic, it will quickly become a family favorite. First, you will need four cups of halved cherry tomatoes, cooked down in Olive Oil for 5-10 minutes. You will then add the tomatoes to a bowl that includes: 1/2 cup Olive Oil, 15-20 chopped Basil Leaves, 1 tbsp Minced Garlic, and 1 tsp Chili Flakes. Let marinate for one hour to one day. When you're ready to enjoy, reheat in skillet for 5-10 minutes and toss in your pasta for a delicious vegan dish! Optional: add grilled chicken and top with your favorite Parmesan or Mozzarella Cheese. Viola -- dinner is made!

### INGREDIENTS:

*4 Cups of halved Cherry Tomatoes,  
Olive Oil,  
15-20 Basil Leaves,  
1 tbsp Minced Garlic,  
1 tsp Chili Flakes;*

*Pasta,  
Grilled Chicken (optional)  
Parmesan or Mozzarella Cheese*



# EMPLOYEE OF THE MONTH

BEAU

## »»» EVERYONE'S FAVORITE EMPLOYEE

Beau has been with us since before Day 1 and he has never missed a day of work! He has taken Employee of the Year for the last 8 years in a row! Beau works for food, treats and daily walks. He has a background in horticulture, including: digging, wetting/fertilizing plants, and taste testing ALL produce. Beau specializes in customer service, immediately greeting everyone who walks through the door and retrieving materials for them before they've even asked! He even assists our USPS, FedEx, and UPS Delivery Drivers as he brings in all mail and packages. Beau has been a huge asset to the team, acting as everyone's personal therapy dog.

## »»» THE GOODEST BOY

When he's not at the shop, you can find Beau swimming in ANY body of water (even if it's a puddle on the side of the road), making sand angels at the beach, or adventuring with his Mom and Dad! Come see us, next month, and wish Beau a 'Happy Birthday' on Small Business Saturday!



## »»» BEAU'S HOT PICK

Beau says, "RUN, don't walk!" -- our Pepper Jelly and Candied Jalapenos are back for a limited time! The Holidays will be here before you know it, so come grab a jar...or four (he won't judge)!

