

## Grow Program: Hydroponics – Lettuce, Kale and Watercress

**The Nature's Source Difference:** Nature's Source plant foods are high efficiency nutrition formulated with oilseed extract, an all-natural and renewable source of plant nutrition. The low salt formulations enhance nutrient uptake by the plant.

### Feeding Recommendations

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**Float-Deep Water Program:** Beginning from day of transplanting, feed with Nature's Source 10-4-3 or 10-4-5 at 100 ppm nitrogen. Maintain 100 to 150 ppm nitrogen by monitoring EC through to harvest.

**NFT Program:** From day of transplanting, feed Nature's Source 10-4-3 or 10-4-5 at 150 ppm nitrogen. Monitor reservoir EC to keep within 125 to 175 ppm nitrogen.

**Hydroponics in General:** Dissolved oxygen should be monitored and held above 3 ppm. Standard solution pH optimum is 5.8. A water sanitation protocol must be developed, review the equipment and materials summarized at: [www.watereducationalliance.org](http://www.watereducationalliance.org)

**Nature's Source Benefits:** The highly refined oilseed extract base has a very low salt index which tends to buffer solution pH and have a minimal impact on the solution's dissolved oxygen.

*Many Growers report no supplemental nutrition is necessary due to the immediately available natural balance of Nature's Source.*

#### Referenced Products

Nature's Source® Professional Plant Food 10-4-3

Nature's Source® Nursery & Landscape Special Plant Food 10-4-5

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