

GANJA FARMER

Cannabis cultivation—Indoor & Outdoor



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Introduction

Cannabis isn't a hobby for the faint-hearted, but a game of soil, light, and patience. Anyone who thinks they can simply plant a seed in the ground and roll a fat joint three weeks later has as much knowledge as a banker has of real work. Growing weed is an art, a science, and sometimes a battle against mold, heat, or the nosy neighbor.

It took Germany a long time to get off its ass and partially legalize cannabis. The bureaucracy still clings to our fingers, but at least we can now talk, grow, and consume with relative ease. No more hide-and-seek in the basement, no more whispering among stoners. The plant belongs out in the light—indoors under LEDs or outdoors in the sun.

This book isn't an esoteric fairy tale about "sacred medicine," nor is it a gardening manual for flower lovers. This is a damn practical guide for people

who are serious about growing weed—whether on a balcony in a big city, in a closet in a studio apartment, or out in the country.

I'll show you how to get from germination to curing without getting ripped off by myths, half-knowledge, or overpriced grow shops. You'll learn the difference between indica and sativa, why autoflowers are the best buddy for urban gardeners, and how to achieve harvests that not only get you high, but proud.

Why this book?

Because most books about cannabis sound like toaster manuals. Sterile, polished, soulless. This isn't about PowerPoint knowledge or dull spreadsheets, but real craftsmanship. Growing weed is dirt under your fingernails, sweat on your face, and the joy when the first buds develop resin and the air smells of the future.

The cannabis scene is full of myths, half-truths, and people trying to sell you some miracle cure in a grow shop. This book is the wrecking ball against all that bullshit. It's direct, practical, and written in a way that even your buddy with a blood alcohol level of 0.3 or eight joints in his head will understand.

I want to show you that growing cannabis isn't something elite, not a secret for nerds with high-tech grow tents. Anyone can do it – on the balcony, in the closet, or outdoors in the ground. You don't need a doctorate in botany, just enthusiasm, curiosity, and the will not to give up at the first sign of mold.

In short: This book is your toolbox. It provides you with the basics, the tricks, and the clarity so you no longer have to search forums for ghost tips for every problem. It's the book I wish I had when I started out—only now it exists. And for you.

Cannabis in Germany: Between legalization and bureaucracy

Germany loves rules. There are regulations for the size of cucumbers, the noise level of your washing machine, and the time you're allowed to mow your lawn on Sundays. So it was clear: When cannabis is finally legalized here, it won't be as free as a beer at the supermarket, but with forms, restrictions, and a touch of legal madness.

Partial legalization is progress – no question. Adults finally don't have to be treated like serious criminals just because they have a plant in their closet or smoke a joint on their balcony. But instead of freedom, we're back to German thoroughness: cultivation only in limited numbers, consumption only in certain quantities, possession only up to a ridiculous limit. The state is essentially saying: *"Yes, you can, but not too much."*

For us growers, this means we're somewhere between legal and "be careful you don't get into trouble again." Clubs and associations are springing up, politicians are celebrating themselves, and in the meantime, many are wondering: Should I officially grow three plants now, or should I continue to grow them undercover in my closet?

The fact is: legalization is just the beginning. We're still a long way from true normality, where weed is treated like beer or cigarettes. But at least the ice has been broken. And those who start learning about cultivation now will be at the forefront in the coming years. Because one thing is certain: the plant will stay, and the bureaucrats will change.

Chapter 1 – Cannabis Basics

What is cannabis actually?

Cannabis is more than just a plant. It's a damn beast with a history spanning thousands of years, used for rope, medicine, intoxication, and rebellion. Botanically speaking, cannabis belongs to the hemp family – *Cannabaceae*. Sounds harmless, almost staid. But anyone who has ever smelled a ripe blossom knows: There's more to it than any garden plant from the hardware store.

The plant originated in Central Asia, but has spread across the world like a vagabond. Wherever humans have been, cannabis has found its place: as industrial hemp for clothing and paper, as a medicinal plant, or as an intoxicant that has seduced kings, beggars, and poets alike.

There are three basic forms: Cannabis Sativa, Cannabis Indica, and Cannabis Ruderalis. Each has its own characteristics, and together they laid the foundation for what are now countless breeds, hybrids, and varieties. The plant is a chameleon: it adapts to climate, soil, and grower, growing tall like a tree or remaining small and bushy like a stray dog.

Cannabis is both simple and complex. Simple because, in the end, it's just one plant: seeds, soil, water, and light. Complex because the effects and characteristics of each strain vary – depending on its ingredients, how it was grown, and how you consume it.

For us growers, that's what ultimately matters: cannabis is a living organism that challenges and rewards you. When you see your plant grow, produce resin, and ultimately bear flowers full of trichomes, you know why millions of people around the world not only smoke this plant, but worship it.

THC, CBD & Co. – The active ingredients at a glance

Cannabis is not a boring plant like parsley. It is a damn chemistry lab. Its flowers contain tiny resin glands, the so-called **Trichomes**, and that's where the magic happens: This is where cannabinoids and terpenes are produced – the substances that make you high, relax you, or simply put a big grin on your face.

THC – the king

Tetrahydrocannabinol (THC) is the rock star among active ingredients. It's the molecule that gets you high, blows your mind, and causes fits of laughter, hunger pangs, or psychedelic thoughts. The higher the THC content, the stronger the effect. THC binds to the receptors of your endocannabinoid system—which is like the secret control panel for mood, pain perception, and appetite.

CBD – the calming influence

Cannabidiol (CBD) is the opposite. No high, no blackouts – just relaxation, less stress, and a clear head. CBD even has a dampening effect on THC, taking some of the edge off the high. Many use it medicinally, for pain, sleep problems, or anxiety. For growers, this means: A strain with high CBD can be just as valuable as a THC monster.

Other players

Besides THC and CBD, there are over a hundred other cannabinoids that mostly fly under the radar:

- **CBN (Cannabinol)**: is produced during the breakdown of THC and tends to make you tired and heavy.

- **CBG (Cannabigerol):** is considered the “mother” of all cannabinoids, is found mainly in young plants and is of medical interest.
- **THCV (Tetrahydrocannabivarin):** In higher doses, it can have a more energetic and clear effect – THC with a shot of caffeine, so to speak.

Terpenes – the character

Then there are the **Terpenes**— essential oils that are responsible for taste and smell. Whether your flower smells like lemon, diesel, earth, or bubble gum – these are the terpenes. But they do more than just smell: They also influence the effect. For example, **Myrcen** often for couch-lock, while **Limonen** rather has a mood-enhancing effect.

The interaction

The effect of cannabis is never just THC or CBD, but always a combination of everything – this is called the **Entourage effect**. This means that a strain with 18% THC can give you more than one with 25% if terpenes and other cannabinoids are in harmony.

In short: cannabis is an orchestra. THC plays the first violin, CBD holds the bass, and the terpenes provide the melody—and together they create the sound that either makes you fly or gently lulls you to sleep.

Indica vs. Sativa vs. Ruderalis – Differences, Effects and Areas of Use

Cannabis Indica – the rock in the couch

Indica is the strain that nails you to the couch as if you were stuck with superglue.

- **Look:** small, bushy, broad leaves, darker green.
- **Effect:** Body-focused, calming, sleep-inducing. That famous "couch-lock" feeling.
- **Mission:** Perfect in the evening, for sleep disorders, pain or simply when you don't feel like getting up at all.
- **Cultivation:** Shorter flowering time, robust, ideal for indoors and for people who want fast results.

Cannabis Sativa – the mind cinema

Sativa is the creative stimulant that makes you talk, laugh, and think until your head is buzzing.

- **Look:**tall, slender, long narrow leaves, lighter green.
- **Effect:**Cerebral, euphoric, stimulating. Sociable, but can also tip toward "too much"—paranoia included.
- **Mission:**During the day, for creativity, parties, or when you need to clean out the basement and need motivation.
- **Cultivation:**Long flowering period, sometimes temperamental. Great outdoors, but more of a test of patience indoors.

Cannabis Ruderalis – the outsider

Ruderalis is the ugly duckling that, to everyone's surprise, has proven useful. Smoked alone, it's not very effective—hardly any THC, rather weak. But it carries the gene that creates the autoflowering effect.

- **Look:**small, inconspicuous, almost like a weed.
- **Effect:**Minimal, hardly psychoactive.
- **Mission:**Actually, it only served as a genetic basis for autoflowering hybrids. And they revolutionized cultivation.
- **Cultivation:**Independent of light cycles. It blooms automatically after a few weeks – regardless of whether it receives 18 hours of light or not.

Hybrids – the mixed breeds

Almost all modern strains are hybrids. For decades, breeders have crossed indica and sativa, often including ruderalis, to create autoflowering strains. The result: endless variations in effect, size, flavor, and flowering time.

In short:

- Want to chill → Indica.
- Want to get off → Sativa.
- Want ease of cultivation → Ruderalis hybrid (autoflower).

Cannabis is like a toolbox. You choose the strain that best suits your lifestyle—whether it's for the night, for work, for partying, or simply for surviving everyday office life.

Hybrid varieties: The best of both worlds

The reality is: Pure indicas or sativas are almost extinct today. Most of the strains you see in seed shops are hybrids—mixtures of indica, sativa, and sometimes ruderalis. Why? Because breeders want to combine the best of all worlds: the power of sativa, the relaxed nature of indica, and the uncomplicated autoflowering characteristics of ruderalis.

Why hybrids?

- **Balance:** A joint that gets you high but doesn't completely knock you out.
- **Cultivation advantages:** Shorter flowering times, better resistance to mold and pests.
- **Flexibility:** Depending on the cross, you can find strains that are perfect for your everyday life – whether you want to work creatively or simply sleep.

Examples of hybrids

- **Indica-dominant:** More physical, faster growth. Typical for beginners because they're more robust and produce faster harvests.
- **Sativa-dominant:** More of a head high, a creative kick. Often for experienced users with patience.
- **50/50 hybrids:** The all-rounders. They'll make you laugh, but also relax you into bed.

Ruderalis in the mix – autoflower

Many modern hybrids contain Ruderalis genes. This creates autoflowering strains that bloom automatically, regardless of the light duration. This makes them ideal plants for small spaces, balconies, or beginners who don't want to mess with complicated light cycles.

Conclusion

Hybrids are the Swiss Army knife of cannabis strains. They offer power, flavor, flexibility, and ease of use all in one. This is why names like "White Widow," "Skunk," or "Bubblgum" have become legendary: They're not just plants, they're characters—and hybrids have given them their versatility.

Chapter 2 – Seeds, Varieties & Selection

Regular, feminized & autoflower – what's behind it?

If you want to grow weed, it all starts with the seed. It sounds obvious, but choosing the right seed determines whether you end up with a bountiful harvest or drown in mold, fungus, and frustration. Not all seeds are created equal—there are three main types you need to know.

Regular seeds – the old school

Regular seeds are nature in its purest form. About 50% of the plants will be female, the other 50% male.

- **Advantage:** You can breed with them, create new crosses, and they are robust.
- **Disadvantage:** Males are useless for consumption. They pollinate the females, and then the plant puts its energy into seeds instead of plump flowers. This means that anyone who wants to smoke has to mercilessly dispose of the boys.

Feminized seeds – the safe bet

Feminized seeds are manipulated to produce almost 100% female plants.

- **Advantage:** No stress with males, full energy in flowers, higher efficiency.
- **Disadvantage:** They're often a bit more expensive, and some hardcore growers consider them "cheating." But let's be honest: If you're not interested in breeding, feminized seeds are simply more relaxing.

Autoflower seeds – the revolution

Autoflowering strains originate from Ruderalis genes. They automatically flower after a few weeks, regardless of the light cycle.

- **Advantage:** Simple, uncomplicated, perfect for beginners or those with limited space. You can grow them on a balcony, windowsill, or closet. Short lifespan, quick harvest.
- **Disadvantage:** Autoflower plants tend to be smaller and produce slightly lower yields than regular or feminized photoperiod strains. But the simplicity outweighs this for many.

Which choice is the right one?

- Do you want to breed and experiment → Regular.
- Do you want big buds quickly and easily → Feminized.
- Do you want to start easily or grow hidden → Autoflower.

Ultimately, it depends on your goals: Do you want mass, quality, or simply peace and quiet? Each type of seed has its uses—the important thing is that you know what you're getting into.

The right variety for beginners & professionals

Choosing a variety is like choosing your first car. Don't start with a Ferrari if you haven't even passed your driver's license yet. Some varieties are tolerant, robust, and forgiving. Others are divas who immediately start acting up if you water them too much or too little.

Varieties for beginners – robust & fault-tolerant

- **Skunk #1:** The original classic. It grows steadily, is forgiving of minor mistakes, delivers solid yields, and a good high.
- **White Widow:** Easy to care for, very popular, balanced between head and body effect.
- **Lowryder / Autoflowering strains in general:** Small, inconspicuous, and quick to complete. Ideal for balconies, windowsills, or when you're short on patience.
- **Northern Lights:** Indestructible. Produces thick buds, is resistant to mold, and grows almost anywhere.

These varieties are your best friends if you don't have a green thumb yet. They don't need excessive nutrients and will grow well even if you make a mistake.

Varieties for advanced and professional users – challenging but rewarding

- **Haze variants:** Brutally long flowering times, requiring patience and good conditions. But when they're finished, they'll knock the roof off your head.
- **Satori (Mandala Seeds):** Challenging to grow, but with a clear, focused high – perfect for people who want to be creative, not just stoned.
- **Exotic hybrids (e.g. Zkittlez):** More sensitive to climate and fertilizer, but with unique flavors and effects.

What matters

- **Your place:** Balcony? Small box? Outdoors in the garden? → This determines whether compact indicas or tall sativas are more suitable.
- **Your patience:** Do you want to harvest after 8 weeks, or can you wait 14 weeks?
- **Your goal:** Do you want to relax on the couch or dance wildly around the apartment?

In short: Beginners need robust plants that can handle the occasional idiotic mistake. Professionals seek the thrill, the challenge, and the varieties that drive others to despair.

Why Autoflower (especially in the city) is often the best choice

Autoflower strains are like the street dog of cannabis plants: small, tough, unobtrusive – and yet they deliver what you need. Especially in the city, where space is tight and neighbors tend to poke their noses too deeply into other people's business, autoflowers are a blessing.

Advantages for the urban grower

- **Compact size:** Autoflowers stay small—often no taller than 40–80 cm. Perfect for the balcony, windowsill, or small indoor planter. Not a plant that grows over the edge of your balcony like a Christmas tree and immediately attracts the attention of half the street.
- **Fast harvest:** From germination to harvest, it often takes only 9–12 weeks. This is a dream for the impatient and minimizes the risk of someone catching you.
- **Light independent:** Whether you need 12 or 18 hours of light, autoflowers bloom automatically. So you don't have to worry about complicated light cycles. This is a huge advantage, especially for beginners or home growers without a high-tech setup.
- **Discretion:** Small, fast, and often less odorous than fat photoperiod varieties – this makes them an ideal choice in densely populated areas.

Disadvantages – yes, there are those too

- **Smaller yields:** Autoflowers aren't monster yield machines. Those who want big yields will need to grow multiple plants or stick to photoperiods.

- **Less control:**You can't extend the growing season. The plant decides for itself when to bloom—whether it's big enough or not.
- **Less “training time”:**You can only use LST, topping, or other techniques to a limited extent because their lifespan is so short.

Conclusion

If you live in the city, have limited space, and don't want to deal with the hassle of the neighbors or the police, then autoflowers are your best choice. They're the guerrilla fighters of strains: small, effective, and quickly disappearing.

And let's be honest – what's better than standing on the balcony after three months, harvesting your inconspicuous plant and knowing: This is your own grass, grown in the middle of the concrete jungle.

Lowryder – the legend for balconies and windowsills

If Autoflower was the revolution, then **Lowryder** her mother. This strain practically reinvented indoor and urban growing. Before Lowryder, it was said: plants take a long time, they grow large, they need plenty of space and light. With Lowryder, a dwarf suddenly entered the game that proved the opposite – small, fast, discreet, and still with fat buds.

Origin and special features

Lowryder was developed by Joint Doctor Seeds in the early 2000s. Based on a hybrid of Ruderalis, Northern Lights, and William's Wonder, it was the first strain to offer autoflowering cannabis that also produces smokable weed.

Characteristics

- **Height:**30–60 cm – so it fits on every windowsill, every balcony and in every shoebox.
- **Life:**Only 8–9 weeks from germination to harvest. It couldn't be faster.
- **Yield:**Of course, not record harvests, but absolutely solid for the size.
- **Effect:**Relaxed, body-heavy, pleasantly mild – perfect for after work and everyday life.

Why so popular?

Because Lowryder democratized cultivation. Suddenly, even people in tiny apartments could grow their own weed without half the neighborhood noticing that something was growing. The plant is practically plug & play: plant the seeds, water, harvest.

Today

Many modern autoflowering strains are descendants of the Lowryder. It's the grandma of all small, fast plants, so to speak. There may be stronger and more productive autoflowers today, but Lowryder remains a legend—the plant that showed you can grow weed on your windowsill while your neighbor thinks it's basil.

Chapter 3 – Indoor Growing

Choosing the grow room

Indoor growing is like a boxing match against nature. You're building your own little world where everything is under your control: light, air, water, temperature. This can be brilliant—or a total disaster if you screw it up. Before you even think about lights, fertilizer, and fans, you need to find the right spot.

Options for your grow room

- **Grow box/tent:**The most common option. Available in all sizes, from mini boxes for a single plant to tents that can house an entire small farm. The advantage: everything is compact, reflective, and controllable.
- **Cabinet/DIY setup:**For DIY enthusiasts: Old wardrobes or homemade boxes with reflective foil. Advantage: camouflage, because no one from the outside can see what's going on inside. Disadvantage: more work and tinkering.
- **Complete room:**For professionals or people with space. A basement, attic, or an entire room. Advantage: Maximum freedom. Disadvantage: Expensive, time-consuming, and if it gets discovered, you're stuck with both feet in the dirt.

Important factors in the choice

- **Place:** Think realistically about how many plants you want and how big they can grow.
- **Power & air supply:** Outlets must be nearby, and fresh air is a must. Without ventilation, your grow room will quickly become a sauna.
- **Odor control:** Grass smells. Period. If you don't want your hallway to smell like Amsterdam, you need space for an activated carbon filter and exhaust air.
- **Discretion:** The room should be unobtrusive. No box in the middle of the living room where every visitor will trip over it.

Avoid beginner mistakes

Many people make the mistake of starting too big. "More plants = more grass," they think. Nonsense. Start small. One or two plants are enough to learn the process. It's better to be clean, controlled, and successful than to descend into chaos.

Indoors is like a laboratory. It all depends on your setup. So choose wisely – the right space is the foundation. Without it, your entire grow will collapse faster than a house of cards in a storm.

Light: LED, NDL or sun from the socket

When you grow indoors, you are God. You decide when the sun rises, how brightly it shines, and when it sets again. Without good light, every plant is just a stunted vine—and you'll end up buying more tobacco than you harvest.

NDL – the old school

Sodium vapor lamps (NDL) have been the standard in indoor growing for decades.

- **Advantages:** Extremely effective, deep light penetration, good yields.
- **Disadvantages:** They consume electricity like a drunk guzzles beer, generate a tremendous amount of heat, and require ample ventilation. They also get incredibly hot—impractical in small spaces.

LED – the new generation

Modern LED lamps have revolutionized the market.

- **Advantages:**Energy-efficient, less heat, long lifespan, many models specifically for cannabis. LEDs are now so powerful that they can easily replace HPS.
- **Disadvantages:**They're more expensive to buy, and cheap LEDs from hardware stores are usually junk. Anyone who cuts corners here is just picking spinach.

ESL & other gadgets

Energy-saving lamps (ESL)Fluorescent tubes are only suitable for propagation and cuttings. They're simply too weak for flowering. Forget them if you're serious about buds.

Outdoor sun through the socket?

There are also mixed setups with additional UV or full-spectrum lamps that mimic the sun as realistically as possible. Nice, but basically, a powerful LED or HPS is completely sufficient. Everything else is a luxury, not a necessity.

Which choice for whom?

- **Beginners & Urban Growers:**LED. Less heat, less stress, cheaper in the long run.
- **Professionals with space & ventilation:**NDL can still make sense if you want mass.
- **Small projects/experimental enthusiasts:**LEDs with dimmers, small panels – perfect for flexibility.

In the end, only one thing matters: Without strong light, there are no strong flowers. Period. If you skimp on light, you might as well skip the whole project.

Soil, Hydro & Coco – different cultivation methods

There are many ways to grow grass. Some swear by traditional soil, others rely on high-tech systems using water and fertilizer. In the end, the only thing that matters is that each method has its own peculiarities, advantages, and pitfalls.

Earth – the classic

Earth is like the old pub around the corner: uncomplicated, forgiving of mistakes, and filling.

- **Advantages:** Simple, affordable, and error-tolerant. Soil buffers fertilization errors and ensures a stable pH level. Perfect for beginners.
- **Disadvantages:** Lower yields than high-tech systems. There's also a risk of mold or pest infestation if the work is sloppy.

Hydro – the high-tech solution

In hydroponic cultivation, the roots grow in water containing a nutrient solution. No soil, just liquid nutrients.

- **Advantages:** Explosive growth, massive harvests, complete control over nutrients. Those who can do it raise monsters.
- **Disadvantages:** Hydroponics doesn't forgive mistakes. A wrong pH level or a power outage – and your plants will die faster than you can say "shit." More for professionals or nerds.

Coco – the middle ground

Coco substrate (made from coconut fibers) is something like a hybrid of soil and hydro.

- **Advantages:** More control and faster growth than soil, yet more forgiving than hydroponics. Light, airy, and good water and nutrient uptake.
- **Disadvantages:** It needs to be well fertilized, as coco doesn't provide any nutrients itself. It's also a bit more expensive.

Which method suits whom?

- **Beginner:** Earth. Simple, robust, cheap.
- **Advanced:** Coco. More yield, more speed, but still manageable.
- **Professionals:** Hydro. Maximum performance, but only for people who know what they're doing.

Ultimately, the plant grows everywhere—soil, water, coconut. But the more control you want, the more responsibility you bear. And responsibility in growing means daily attention.

Climate, ventilation & odor control

You can have the best seeds and the most expensive light, but if the climate in your grow room isn't right, you'll end up growing compost instead of weed. Cannabis is sensitive. Too much heat, too little air circulation, or the wrong smell at the wrong time—and you've got problems.

temperature

- **Ideal:** 22–28 °C during the day, 18–22 °C at night.
- **Too hot:** Above 30°C it becomes critical, the plants suffer heat stress, leaves curl, buds remain fluffy.
- **Too cold:** Below 15°C, almost nothing grows. Persistent frost kills the roots.

humidity

- **Growth phase:** 50–70%. Young plants love humid air.
- **Flowering phase:** 40–50%. Lower humidity reduces the risk of mold in dense buds.
- **Shortly before harvest:** 30–40%. Dry air results in thick, resinous flowers.

ventilation

Cannabis needs fresh air like a chain smoker needs a lighter. Without air circulation, the climate stagnates, and your plants suffocate or are eaten by mold.

- **Exhaust air:** A fan with an activated carbon filter is a must. It sucks out stale air and filters out odors.
- **Supply air:** Passive or with a small fan – the main thing is that fresh air comes in.
- **Recirculation:** Several small fans in the tent keep the air moving and strengthen the stems.

Odor control

The smell of weed is like a traitor. By the time it's flowering, the whole apartment smells like Amsterdam.

- **Activated carbon filter:**Standard. Must match the size of the exhaust system. Without the filter, you might as well let your neighbors smoke with you.
- **Ozone & other gadgets:**Some use ozone generators or odor neutralizers, but activated carbon remains the most effective.
- **Pro tip:**Replace the fan and filter in good time – an old filter is as useful as a hole in a condom.

Conclusion

Indoor cultivation is a balancing act. Temperature, humidity, and smell have to be just right, otherwise your harvest will be ruined. If you have the climate under control, you've already got 80% of your success in the bag.

From germination to flowering – step by step

The life cycle of a cannabis plant is like a boxing match in rounds. Each phase has its rules, and if you violate them, you'll be knocked out. Before you know it, you'll have mold, nutrient deficiencies, or stunted buds. So, one thing at a time, step by step.

1. Germination – the starting signal

- **Method:**Place the seeds in a damp paper towel, place them in a container, and store them in a warm, dark place (20–25°C). The first roots will appear after 1–3 days.
- **Alternative:**Plant directly in soil, 1–2 cm deep, keep slightly moist.
- **Danger:**Never drown. Waterlogging is the death of any seedling.

2. Seedling phase – delicate babies

- **Duration:**Approx. 1–2 weeks.
- **Light:**18–20 hours a day.
- **Climate:**Warm and humid (60–70% humidity).

- **Care:**Water carefully, never too much. The plant is now as sensitive as a raw egg.

3. Growth phase – muscle building

- **Duration:**3–8 weeks, depending on the variety and desired size.
- **Light:**18 hours of light, 6 hours of darkness (photoperiods). Autoflowers simply stay on 18/6.
- **Nutrients:**Nitrogen-rich fertilizers for strong growth.
- **Training:**LST (Low Stress Training), topping or ScroG possible to optimize growth form and yield.
- **Goal:**The plant should be strong, bushy and healthy before it starts flowering.

4. Flowering phase – Showtime

- **Duration:**7–14 weeks (depending on the variety).
- **Light:**12 hours of light, 12 hours of darkness (photoperiods). Autoflowers bloom automatically.
- **Nutrients:**Less nitrogen, more phosphorus and potassium for thick buds.
- **Climate:**Humidity down (40–50%), daytime temperature 22–26 °C.
- **Control:**Check buds for mold, increase ventilation.

5. Rinse – the final cleaning

- **When:**1–2 weeks before harvest.
- **How:**Only give clear water, no more nutrients. This way, the grass tastes cleaner and doesn't scratch your throat.

6. Harvest – the climax

When the trichomes are milky white and a few are amber, it's ready. But that's worth a whole chapter in itself.

Conclusion

From germination to flowering, it's all about patience, discipline, and sensitivity. Cannabis doesn't grow according to your calendar, but according to its own. Those who understand this won't harvest stems, but buds that shine like sugar.

Chapter 4 – Outdoor Growing

Location: Garden, balcony, forest & meadow

Outdoor growing is the ultimate and, at the same time, the most rustic version of cultivation. Here, you have no power outlets, no filters, and no tents – just sun, rain, soil, and your wits about you. The location determines victory or defeat.

Garden – paradise (if you have one)

- **Advantages:** Direct access, full control, water within reach.
- **Disadvantage:** Neighbors. If the hedge is too low or the postman is curious, things can get tight. Discretion is key.
- **Pro tip:** Mixed cropping – plant tomatoes, sunflowers, or pumpkins next to them. This provides camouflage and protection.

Balcony – the city version

- **Advantages:** Easily accessible, you can care for plants like your geraniums. Autoflowers and small indicas are unbeatable here.
- **Disadvantage:** Visibility. A two-meter-tall sativa tree on the balcony is about as inconspicuous as an elephant in the bedroom.
- **Pro tip:** Use balustrades, privacy screens or camouflage plants such as basil and chili.

Forest & meadow – guerrilla grow

- **Advantages:** No space problems, full sun, maximum freedom. You plant plants in nature and let them do their work.
- **Disadvantage:** Risk. Walkers, foresters, wild animals—anyone can ruin your harvest.
- **Pro tip:** Choose the spot carefully: remote, good soil, access to water. It's better to have a few good plants than many that get discovered.

Greenhouse – the mix of both

- **Advantages:** Protection from rain and mold, better climate, longer season.
- **Disadvantage:** Conspicuous in the garden, acquisition costs.
- **Pro tip:** Don't forget ventilation, otherwise it will become a stalactite cave.

Conclusion

Whether it's a balcony, garden, or forest, your location needs to provide three things: sun, privacy, and water. If you take these into account, you've already done half the job. Everything else—fertilizer, variety selection, training—is secondary. Without the right spot, you're screwed from the start.

Soil & nutrients for outdoors

Outdoors means your plants are firmly grounded in reality. No controlled grow box, no perfect climate—just what nature provides. The foundation for this is the soil, and what you put in it makes the difference between spindly and bushy.

The right soil

- **Standard garden soil:** Better than nothing, but usually too dense and lacking air space. Improve it with perlite, sand, or coconut fiber.
- **Pre-fertilized soil:** Grow shops offer soil that contains everything a plant needs in its first few weeks. Ideal for beginners.
- **Own mix:** For enthusiasts and professionals alike, a popular mix is compost, worm castings, perlite, and a little lime—airy, nutrient-rich, and pH-stable.

Nutrients in outdoor growing

Cannabis is voracious. It wants more than most other plants.

- **Nitrogen (N):** For growth, strong stems, and leaves. Especially important during the growing season.
- **Phosphorus (P):** Promotes flowering and root growth. A must during the flowering phase.
- **Potassium (K):** For stability, resin production and thick buds.
- **Micronutrients:** Calcium, magnesium, iron – small amounts, big impact.

Organic vs. Mineral

- **Organic:**Compost tea, guano, worm castings. Slow but sustainable. Your grass will taste more natural in the end.
- **Mineral:**Liquid fertilizer from a bottle. It works quickly and precisely, but is also more prone to errors. If you over-fertilize, the plant will burn.

Outdoor specials

- **Rain & Washout:**Outside, rain washes away nutrients. This means more frequent fertilization.
- **Water:**Always check that the spot doesn't dry out. Waterlogging is just as deadly as drought.
- **Mulch layer:**A layer of leaves or bark mulch retains moisture and protects the roots.

Conclusion

Outdoor plants need a stable foundation. Soil isn't just "dirt," it's half the battle. Anyone who skimps or is sloppy here won't have a chance of juicy buds later on. A plant is only as strong as the soil in which it is rooted.

Protection from pests, weather & prying eyes

Growing outdoors means you're not alone. Nature, the neighbors, the animals—everyone wants a piece of your plant. If you're not careful, all you'll end up with is an empty stem and the realization that the world is merciless.

Pests – the little bastards

- **Spider mites:**Tiny, they suck the sap from the leaves, leaving yellow spots and fine webs.
- **Aphids:**Sucking pests that cripple leaves and spread disease.
- **Caterpillars & snails:**Eating through your buds like it's an all-you-can-eat buffet.
- **Measures:**Neem oil, nettle manure, or beneficial insects like ladybugs provide biological relief. Chemicals are taboo—you don't want to smoke poison.

Weather – your unpredictable opponent

- **Rain:**Persistent rain shortly before harvest = mold. Protect the buds with plastic wrap or grow under cover.
- **Wind:**Strong winds can knock plants over. Support them with bamboo canes or nets.
- **Cold:**Things get bad below 10°C. Late outdoor grows require robust varieties.
- **Heat:**Above 30°C, the soil dries out like an oven. Water regularly and use a layer of mulch.

Curious glances – the most dangerous pests

- **Neighbors:**One curious glance is enough and the gossip next door immediately calls the police.
- **Stroller:**Guerrilla grows in the forest are risky. One dog that wanders too far—and hey presto, your plant is discovered.
- **Measures:**
 - **Camouflage:**Place other plants next to it – tomatoes, sunflowers, pumpkins.
 - **Odor:**Choose varieties that don't smell too bad, or grow mixed crops.
 - **Discretion:**No selfies with the plants on Instagram. No friend needs to know.

Conclusion

Outdoor growing is war. Not with weapons, but with caution and common sense. Your task: protect your plants without anyone noticing they're there. Smart people camouflage, support, and nurture them—and still end up harvesting fat buds, while the rest of us wonder why our balcony flowers have died again.

Harvest time outdoors

Harvesting outdoors is an art. You're not the only one waiting for the perfect moment—mold, animals, and curious humans also have an eye on your plant. If you harvest too early, it'll taste like roadside weed. If you're too late, fungi will eat your buds.

Recognizing signs of maturity

- **Trichomes:**The most important signal: Under a magnifying glass, you can see small resin glands.
 - Clear = plant is not ready yet.
 - Milky = peak effect, the perfect high.
 - Amber = more couch-lock, heavy stoned.
- **Flower hairs (pistils):**Initially white, later brown or orange. When 70–80% is discolored, it's time.
- **Leaves:**The large fan leaves turn yellow toward the end. This is normal—the plant is extracting its last nutrients.

Timing outdoors

- **Indicas:**Usually ripe from late September to mid-October.
- **Sativas:**Often lasts until November. Risky in colder regions, because rain and cold invite mold growth.
- **Autoflowers:**More flexible. Ready in just 8–10 weeks, no matter when you plant them – ideal for multiple harvests per year.

Minimize risk

- **Weather:**When weeks of rain threaten, a slightly earlier harvest is often better than losing everything.
- **Mold:**Check the buds regularly. If an area looks gray or mushy, remove it immediately before it affects the rest.
- **Camouflage during harvest:**Don't drive a wheelbarrow through the garden. Harvest discreetly, preferably early in the morning or in the evening when no one's staring.

Conclusion

Harvesting outdoors is a nerve-wracking experience. Don't wait stubbornly by the calendar; instead, keep an eye on your plants. They'll tell you when they're ready—you just have to listen. Those who get the timing right will be rewarded: with buds that smell of sun, earth, and freedom.

Chapter 5 – Care & Problems

Watering, fertilizing, defoliating – the basics

A cannabis plant isn't a cactus, but it's not a mimosa either. The basics of care are simple – and yet many people mess them up. If you drown your plant, burn it, or let it drown in nitrogen delirium, you shouldn't be surprised if all that's left is stalks.

Watering – less is more

- **Finger rule:** Only water again when the top 2-3 cm of soil is dry.
- **Crowd:** It's better to take it infrequently and thoroughly than in constant small sips. The roots should grow deep, not beg for drops at the surface.
- **Mistake:** Waterlogging = death. Roots need oxygen. A pot without drainage is a mass grave.

Fertilize – eat, but don't overeat

Cannabis is hungry, but not omnivorous.

- **Growth:** High nitrogen (N) – for leaves, stems and root strength.
- **Blossom:** High phosphorus (P) and potassium (K) – for buds and resin production.
- **Danger:** Too much fertilizer kills faster than too little. Burnt leaf tips are the first warning sign. Flushing often saves the day.

Defoliation – air to breathe

Many beginners let their plants grow until they look like a jungle. The problem is that without light and air inside, the buds rot.

- **Defoliation:** Target large leaves that block light.
- **Lollipoping:** Prune lower branches without light. This way, the plant will put its energy into the buds, which will become truly something.
- **Timing:** Don't overdo it—every cut stresses the plant. This is easier to handle during the growth phase than during flowering.

Conclusion

Care means balance. Don't drown it, don't let it die of thirst. Don't overfertilize it, don't let it starve. Don't prune it like a bonsai, but don't let it grow into a

jungle either. Cannabis is like a good dog: Give it what it needs—water, food, air—and it will thank you with loyalty and abundant flowers.

Common diseases & pests

Cannabis is a tough beast, but still prone to a host of problems. If you're not careful, your green beauty can quickly turn into a sickly stick with brown spots, sticky cobwebs, or mushy buds.

Diseases

- **Mold (Botrytis):**The final boss of the flowering stage. Buds turn gray, mushy, and smell musty. If you see it, immediately cut away and discard any affected parts. Prevention is key – air circulation, low humidity, and not harvesting too late.
- **Mildew:**White coating on the leaves. Looks like flour, but eats away at your plant. Combat with sulfur preparations or a milk-and-water spray.
- **Root rot:**It's caused by waterlogging. Roots suffocate, plant topples over, game over.

Pests

- **Spider mites:**Tiny but deadly. They suck leaves, leaving yellow spots and fine webs. Neem oil or predatory mites help.
- **Thrips:**Small, elongated creatures that leave silvery marks on leaves. Control with yellow tablets and neem oil.
- **Aphids:**They suck sap and transmit diseases. Ladybugs or soapy water work wonders.
- **Fungus gnats:**Annoying as hell. Their larvae eat roots. Yellow tablets and drier watering help.
- **Caterpillars & Snails (Outdoor):**Turn buds into Swiss cheese. Collect them, set up nets, or use biological agents like *Bacillus thuringiensis*.

Prevention – better than therapy

- **Cleanliness:**No dirt in the grow room, no old leaves lying around.
- **Climate:**The right temperature and humidity are half the battle.
- **Control:**Check your plants regularly. The earlier you detect an infestation, the easier it is to stop.

Conclusion

Most problems arise because growers are too lazy or too blind. Anyone who checks their plants will notice changes immediately. Cannabis doesn't shout its problems in your face—but it whispers them. You just have to listen.

Identify and correct deficiencies

Cannabis speaks to you—not in words, but in leaves. If the color changes, the leaves droop, or curl, it's not an "artistic expression" but a cry for help. Those who read the signs can fix problems before the plant dies.

The most common defects

- **Nitrogen deficiency (N):**Leaves turn light green, then yellow, especially from bottom to top. Plant grows more slowly.
 - **Solution:**More nitrogen during the growth phase (e.g. grow fertilizer, guano, compost tea).
- **Phosphorus deficiency (P):**Leaves turn dark green to purple and appear dull. Buds remain small.
 - **Solution:**Apply flowering fertilizer with phosphorus. Check the pH level, otherwise the plant will block the substance.
- **Potassium deficiency (K):**Leaf edges become brown and dry, plants look burned.
 - **Solution:**Potassium-rich fertilizer. Especially important during flowering.
- **Calcium deficiency (Ca):**Brown spots, often irregular, leaves appear deformed.
 - **Solution:**Use CalMag products or tap water with a higher lime content.
- **Magnesium deficiency (Mg):**Yellow leaves with green veins – the classic “zebra pattern.”
 - **Solution:**Epsom salt (magnesium sulfate) in the irrigation water.
- **Iron deficiency (Fe):**Young leaves turn yellow while the veins remain green.
 - **Solution:**Check the pH value in the substrate, iron is often blocked, not really gone.

pH value – the secret boss

Often, the problem isn't a lack of a nutrient, but rather that the plant can't absorb it. This is called nutrient blockage.

- **Ideal:** Soil pH 6.0-7.0 | Hydro/Coco pH 5.5-6.5
- **Too high or too low:** Certain nutrients are “blocked” – you can add as much fertilizer as you want, but the plant will still starve.

Conclusion

Deficiencies aren't catastrophes, but warning signs. Recognizing them allows you to intervene. Panic and overfertilizing are the biggest mistakes. Cannabis needs balance—not a nutrient frenzy, but the right amount.

Stress, hermaphrodites & other disasters

Cannabis is a tough plant, but if you stress it too much, it'll give you the middle finger. Stress can ruin your harvest, fray your nerves, and, in the worst case, turn a dream plant into a problem child.

Stress factors

- **Light stress:** Light and darkness are sacred. If light suddenly enters the tent in the middle of the night during the flowering phase, the plant can go berserk. The result: hermaphrodite or stopped flowering.
- **Heat and cold stress:** Persistently above 30 °C or below 15 °C – the plant goes into survival mode and hardly grows anymore.
- **Overfertilization:** Plants aren't garbage disposals. Too much fertilizer = burned roots, stunted leaves, stressed plants.
- **Water shortage/waterlogging:** Extreme drought or drowned roots push every plant to its limits.

Hermaphrodites – the uninvited guests

Sometimes plants respond to stress by becoming hermaphrodites—that is, developing male and female sexual characteristics at the same time.

- **Result:** Your beautiful buds full of seeds instead of resin.
- **Cause:** Genetics, stress or light leaks during the dark phase.

- **Solution:**Act immediately. Either discard the plant or meticulously remove all pollen sacs before they burst open.

Further disasters

- **Atrophy:**The plant remains small and doesn't grow. Usually due to poor soil, too few roots, or the wrong climate.
- **Bud Rot (mold in buds):**The horror of the flowering stage. Everything looks pretty on the outside, but the inside is muddy and gray. Immediately prune off the affected buds and save the rest.
- **Emergency bud harvest:**Sometimes you have to harvest early because the weather or the police leave you no choice. The grass isn't perfect, but it's still better than nothing.

Conclusion

Stress is part of it, and so are disasters. A problem-free grow is as rare as a bar without alcoholics. The key is to stay calm, identify causes, and react quickly. Cannabis forgives a lot – but it never forgets.

Chapter 6 – Harvesting, Drying & Curing

When is the right time to harvest?

Harvesting is the culmination of every grow. Weeks of watering, fertilizing, and worrying lead to this one moment: scissors in hand, buds cut. But many growers make the biggest mistake right here—they harvest too early or too late. The result: weak weed, harsh smoke, or moldy buds.

Signs of ripeness

- **Trichomes:**The gold standard. Look with a magnifying glass or a microscope:
 - Clear → Plant is not ready yet.
 - Milky → Maximum potency, strong high.
 - 20–30% amber → Heavy, body-heavy stone.
- **Pistils (flower hairs):**Initially white, later orange/brown. When approximately 70–80% is discolored, it's ready.

- **General look:** Leaves change color, and the plant appears "old." This isn't a mistake, but rather a natural sign that it's ready.

Harvest early – the classic

- **Disadvantage:** Buds are small, the effect is weak, and the taste is grassy.
- **Result:** You smoke a product that tastes like half-finished beer – it works, but it's disappointing.

Harvesting too late – also shit

- **Disadvantage:** THC breaks down, the effect becomes sluggish and sedative. The risk of mold growth also increases.
- **Result:** Instead of a clear effect, you end up with heavy couch lock and mushy buds.

Optimal time

The truth lies somewhere in the middle. Most growers harvest when the trichomes are predominantly milky, with a small portion amber. This delivers a balanced mix of head high and body stone.

Conclusion

The right harvest time isn't a date on the calendar, but a matter of observation. Your plant will tell you when it's ready—you just have to watch closely. Those who show patience will be rewarded with buds that not only work but also taste as they should.

Reading trichomes like a prophet

Trichomes are the crystals that make your buds look like they're coated in sugar. In reality, they're tiny resin glands that contain all the gold: THC, CBD, and terpenes. They're your plant's oracle—if you read them correctly, you'll know exactly when the perfect time to harvest is.

What are trichomes?

Tiny mushroom-shaped resin glands sit on the flowers and leaves. With the naked eye, you only see glitter. Under a magnifying glass, you can see the heads, which look like small mushroom caps. That's where the magic happens.

Tools for reading

- **Magnifying glasses (30x–60x):** Cheap, enough for a start.
- **USB microscopes:** Show razor-sharp images on the screen – perfect when you want to know exactly what's going on.
- **Handheld microscopes:** Mobile, affordable, practical.

The colors as prophet

- **Clear:** Trichomes are transparent like glass. This means the plant is immature and the THC content isn't fully developed yet. If you harvest now, you'll get weak buds.
- **Milky:** Trichomes are cloudy white. This indicates that the plant has reached its THC peak. Effect: strong, energetic, euphoric high.
- **Amber:** Trichomes turn golden brown. THC converts to CBN, and the effect becomes heavier and more body-focused. Perfect for couch-lock.

The mix decides

- **70% milky, 30% amber:** Balanced high and stoned.
- **Almost only milky:** More head high, more creative kick.
- **Many amber:** More body weight, ideal for sleeping or medical purposes.

Conclusion

Those who harvest solely by the calendar are wasting their potential. The trichomes are your prophet, your guide. They tell you the truth—if you can read them. Everything else is a gamble.

Drying: the way to perfect consistency

The harvest is done, the buds are gone – and this is exactly where most growers screw up. Many growers are impatient, wanting to taste right away, so they throw their fresh buds in a bag or put them on the heater. The result: harsh smoke, zero flavor, and wasted weeks of work. Drying is half the battle – if you do it right, your weed will be smooth, aromatic, and potent.

Why dry?

Freshly harvested grass still contains 70–80% water.

- Without drying: risk of mold, musty taste, hardly any effect.
- With proper drying: clean burning, full aroma, perfect high.

The process

1. **Trim:** Remove large leaves. Whether you trim "wet" (immediately after harvest) or "dry" (after drying) is a matter of preference.
2. **Hanging:** Hang whole branches or individual buds upside down in a dark, well-ventilated room.
3. **Climate:**
 - Temperature: 18–22 °C
 - Humidity: 50–60%
 - No direct sun, no radiators, no sauna!
4. **Duration:** 7–14 days. They're ready when small stems crack when bent instead of bending.

Mistakes you must avoid

- **Dried too quickly:** Grass becomes brittle and smells like hay. A typical beginner's mistake.
- **Dried too slowly:** Risk of mold. Always ensure air circulation.
- **Open windows:** Light destroys cannabinoids. Keep everything dark.

The quick-and-dirty test

Roll a joint. If it burns evenly without crackling, you're on the right track.

Conclusion

Drying isn't a side step, but the first part of the finishing process. If you're sloppy here, you can save yourself the weeks of work beforehand. Your buds deserve peace, darkness, and time – then you'll get smoke that caresses, not scratches.

Curing in a glass – patience is rewarded

Many people think after drying: *Done, into the bag.* Wrong thought. Now comes the curing, or post-aging process. It's like with fine wine or whiskey: time transforms a good product into a great one. Those who show patience here will harvest buds that smell, taste, and look like something out of a picture book.

Why cure?

- **Taste:**Chlorophyll and residues break down → less scratching, more aroma.
- **Power:**Cannabinoids and terpenes stabilize, the effect becomes more rounded.
- **Durability:**Properly cured weed can be stored for months or even years without deterioration.

The process

1. **Prepare glasses:**Airtight mason jars. Plastic bags are rubbish – they ruin the taste and aroma.
2. **Filling buds:**Layer loosely in the glass, about 2/3 full. Allow air circulation.
3. **Humidity:**58–62% is ideal. Boveda packs or small hygrometers help keep the temperature inside the glass stable.
4. **Airing (“burping”):**
 - First 1–2 weeks: Open the jar 1–2 times daily for 10–15 minutes. This allows any remaining moisture to escape.
 - Afterwards: Ventilate every few days until no more moisture escapes.

Length of time

- **Minimum:**2 weeks – then it tastes much better.
- **Ideal:**4–8 weeks – full flavors, smooth smoke.
- **Luxury:**Some people cure for six months or longer. It's like vintage wine—pure gold.

Conclusion

Curing is a game of patience and reward rolled into one. If you're serious about it, treat your buds like gourmet food, not fast food. Every day in the glass makes the difference between weed that scratches and weed that smokes like silk.

Chapter 7 – Consumption & Culture

Joint, bong, vaporizer – ways to smoke

You've grown, dried, and cured your buds—now you want to enjoy them. The only question is: **How?** Each consumption method has its own culture, impact, and peculiarities. Ultimately, it's a matter of taste, but you should be aware of the differences.

The joint – the classic

- **Description:** Tobacco or pure, rolled in paper. The campfire of stoner culture.
- **Advantages:** Simple, sociable, belongs to grass like beer belongs to football.
- **Disadvantages:** Tobacco makes it unhealthier; pure smoke requires more weed. Combustion destroys terpenes and cannabinoids faster.
- **Conclusion:** For many, the “true” way – ritualized, social, old school.

The bong – the slap in the face

- **Description:** Hookah, usually made of glass or acrylic. One bowl, one hit – and you're somewhere else.
- **Advantages:** Fast, powerful effect. Less weed needed than with a joint.
- **Disadvantages:** Hard on the lungs, often causing a cough. No better for your health than a joint, just more direct.
- **Conclusion:** Not for wimps. Bong smokers don't want to do things by halves.

Vaporizers – the future

- **Description:** Devices that vaporize weed instead of burning it. Terpenes and cannabinoids are gently heated (160–220 °C).
- **Advantages:** Significantly healthier, full of flavor, no combustion products. Efficient – you get more from less weed.
- **Disadvantages:** Devices are expensive and require maintenance. Not as “social” as a joint.
- **Conclusion:** Ideal for connoisseurs and health-conscious individuals. Anyone who truly wants to experience the pure taste of their buds can't go past the vaporizer.

Fine equipment

Whether it's a rolling machine, a high-end bong, or a powerful vaporizer—everyone develops their own preferences at some point. But in the end, regardless of whether it's a joint or a vaporizer, the quality of the weed is what matters. Shitty buds are still shitty buds, no matter how you consume them.

Edibles: Cooking and Baking with Grass

Smoking is the fast way to get high. But if you really want to experience another dimension, eat your weed. Edibles have a different effect, stronger and longer lasting—and if you do it wrong, they're also mercilessly unpredictable.

Why edibles?

- **Health:**No smoke, no lungs suffer.
- **Effect:**Much more intense, often more psychedelic, can last 6–10 hours.
- **Discretion:**No smoke, no smell – a brownie is less noticeable than a bong.

The golden rule: decarboxylation

Fresh weed won't get you high if you eat it. Only heat converts THCA to THC. This is called decarboxylation.

- **Here's how:**Chop the buds and heat them in the oven for 30–40 minutes at 110–120°C. They are then "activated" and ready for butter or oil.

Cannabis butter & oil – the basis

- **Cannabutter:**Add the grass to melted butter and let it steep at low heat (approx. 70–80°C) for 2–3 hours. Then strain.
- **Cannabis oil:**The same principle with olive or coconut oil.
- With both, you can cook and bake anything – brownies, cookies, pasta, even pizza.

Dosage – hell or heaven

- **Rule of thumb:**0.2–0.5 g of weed per serving for beginners.
- **Problem:**Edibles take 30–120 minutes to take effect. Many beginners eat more, thinking nothing will happen—and then the impact hits twice as hard.
- **Truth:**Less is more. Always wait at least two hours before refilling.

Effect

- **Joint:** Immediately, 1–2 hours.
- **Edibles:** Slow but relentless. Kicks in after 1–2 hours, lasts 6–10 hours, sometimes longer.

Conclusion

Edibles are the pinnacle of the genre. Those with the knack for it can conjure up entire dinner menus with weed. Those who overdo it will find themselves in bed with palpitations, vowing never to eat anything with a green glow again.

From Cheech & Chong to Snoop Dogg – Cannabis in Pop Culture

Cannabis is more than a plant—it's a symbol. For decades, weed has been a constant thread throughout music, film, and art. And no matter how much politicians tried to demonize it, cannabis has long since won the pop culture spotlight.

Cheech & Chong – the pioneers of stoner cinema

In the '70s, Cheech Marin and Tommy Chong made smoking weed socially acceptable—at least in the movies. Films like *Up in Smoke* and *Nice Dreams* were chaotic, crazy road trips filled with joints, bongos, and piles of weed. They showed that smoking weed isn't just a subculture, but also a comedy. Without them, there would be no stoner comedies today.

Bob Marley – the Prophet

Hardly any other face is as closely associated with weed as Bob Marley. For him, marijuana was part of his religion, not just a recreational drug. His music flooded the world with the soundtrack of being high—Peace, Love, Unity. Today, his poster hangs in half of shared apartments—not because of religion, but because weed and reggae have been inextricably linked ever since.

Cypress Hill – Hits from the Bong

In the '90s, Cypress Hill came along and declared: "Insane in the Brain." Their tracks celebrated weed so openly that they ended up on blacklists in the US – and simultaneously became the anthem of an entire generation. The bong was no longer just a glass, but a statement.

Snoop Dogg – the King of Kush

Snoop is weed. Period. Whether in music videos, on stage, or in interviews – he pushed cannabis from subculture into the mainstream. Today, he doesn't just smoke, he has his own strains, his own brands, and his "blunt in hand" image is legendary. Snoop is living proof that you can actually make a career out of weed.

Pop culture today

From Seth Rogen in Hollywood to German rappers with their own weed lines, cannabis has long been a pop product. Netflix series, memes, T-shirts with hemp leaves—weed is everywhere. What was once taboo is now a lifestyle.

Conclusion

Cannabis is more than just getting high—it's a cultural symbol. From rebellion to religion to lifestyle and commerce: the hemp leaf is now one of the most recognizable symbols in the world. And pop culture has cemented it in concrete.

The new weed society: From stigma to lifestyle

Smoking weed used to be stigma-ridden. Anyone caught was immediately labeled a "junkie," regardless of whether they had a joint on the weekend or a syringe in their arm. For decades, users were criminalized, stigmatized, and cornered. But times are changing. Today, cannabis is on its way from being a bogeyman to a lifestyle product.

From sleazy image to normality

- **Yesterday:** Joint in the park = police on your tail. "Pothead" was synonymous with lazy, stupid, and criminal.

- **Today:**Weed is a topic of discussion in the Bundestag, specialty stores are opening, and doctors are legally prescribing cannabis. The consumer is no longer the "loser in the basement," but rather the average neighbor, colleague, or boss.

Lifestyle instead of subculture

- **Cannabis clubs:**Meeting places where weed is not hidden but enjoyed openly.
- **Merchandise & Fashion:**T-shirts, caps, jewelry – the hemp leaf has long been a symbol like the Nike swoosh.
- **Wellness & Medicine:**CBD oils, hemp tea, massages with hemp oil – weed has also arrived in the wellness sector.

The contradiction

Of course, not everything is gold. Bureaucracy still clings to every bud, and the rules are often still absurd. But the fact is: cannabis has become socially acceptable. Politicians are talking about it, companies are investing, and the media are reporting soberly rather than hysterically.

Grass as a generational change

The new weed society is young, urban, and digital—but also down-to-earth. Parents now openly tell their children they smoke weed. Doctors discuss medicinal strains. And retirees take CBD oil for joint pain.

Conclusion

Cannabis is no longer a derogatory term, but has become a central part of society. What was once rebellious is now a lifestyle. But whether for medicinal purposes, spiritual purposes, or as an after-work joint: in the end, it's still the same plant – and the freedom to enjoy it is a form of lived self-determination.

Chapter 8 – My Favorite Varieties

White Widow – the classic



White Widow isn't just a name, it's a legend. Since the 1990s, this strain has conquered countless coffee shops and epitomizes what modern breeding is all about: potency, flavor, yield—a complete package.

Origin

Bred in the Netherlands in the early 1990s, this strain was a cross between a Brazilian sativa and an Indian indica. The result was a strain that has shaped the market like no other.

Characteristics

- **Look:**Dense, fat buds that look like they're coated in sugar - hence the name "White".
- **Growth:**Medium-sized, stable, and robust. Works both indoors and outdoors.
- **Yield:**Solid to very high, especially indoors under good conditions.
- **Flowering time:**Approximately 8–9 weeks – not too long, not too short.

Effect

White Widow doesn't hit you like a hammer, but rather sneaks in. First, a euphoric, sociable high that makes you laugh and talk. Then comes the indica side: a relaxed, warm body feeling. Perfect for evenings with friends or simply to unwind.

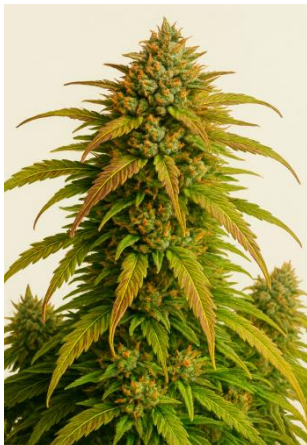
The taste

Earthy, spicy, with a slight sweetness on the finish. No overly fruity aroma, just classic, honest weed.

Conclusion

White Widow is like an old rock song: timeless, powerful, never boring. For many, it was the first joint they smoked in a coffee shop—and it remains a strain that can be grown and smoked again and again. Once you've had it, you'll never forget it.

Orange Bud – fruity, fresh, timeless



Orange Bud is a classic from the '80s, born in the Netherlands, and still one of the most popular Skunk varieties. The name says it all: orange-colored buds, a fruity-sweet aroma, and an effect that gently but firmly kicks you out of your everyday routine.

Origin

Bred from pure Skunk genetics—at a time when stability and yield were more important than fancy names. Orange Bud is a piece of cannabis history.

Characteristics

- **Look:**Dense buds with bright orange pistils – the name is absolutely deserved.
- **Growth:**Robust, easy to maintain, and very beginner-friendly. Works indoors and outdoors.
- **Flowering time:**8–9 weeks – pleasantly manageable.
- **Yield:**Tall, stable, reliable. A true workhorse strain.

Effect

Orange Bud delivers a balanced, sativa-dominant high. It makes you euphoric, sociable, and creative without sending you into delirium. Perfect for daytime joints or relaxed evenings with friends.

The taste

Sweet and fruity with a clear citrus note. Many compare it to a fresh orange or tangerine – light, tangy, simply delicious.

Conclusion

Orange Bud is a strain every stoner should try at least once. Easy to grow, amazing aroma, and pleasant effects. Not a crazy exotic, but a timeless classic – like a good orange: fresh, juicy, always perfect.

K2 – strong and inconspicuous



K2 is something of a silent killer among strains. No big marketing, no pop culture hype, no posters in shared rooms – but anyone who's ever smoked it knows: This stuff packs a punch. The name comes from the second-highest mountain in the world – and that's exactly what the effect feels like: steep, massive, uncompromising.

Origin

A hybrid of predominantly indica genetics, bred in the Netherlands. Named after Mount K2 because the effect is as monumental as climbing 8,611 meters—except you won't freeze to death here.

Characteristics

- **Look:** Compact plants, dense buds, lots of resin.
- **Growth:** Relatively easy to care for, robust, and suitable for beginners. Particularly stable indoors.
- **Flowering time:** 7–9 weeks – so pretty quick.
- **Yield:** Tall, impressive for the short flowering period.

Effect

K2 is predominantly indica and will knock you into the couch. Its strong, body-focused effect leaves you deeply relaxed, almost sedated. Ideal for pain sufferers or simply when you don't have plans to get up anytime soon.

The taste

Earthy, spicy, sometimes with a hint of sweetness. No explosion of aromas – K2 thrives on its effect, not its fragrance.

Conclusion

K2 is like an unassuming guy at the bar who suddenly blows everyone away in an arm wrestling match. No show, no bling—just full power. Growers will harvest dense, potent buds that live up to their name: high, straight to the point.

Bubblegum – sweet and sticky



Bubblegum is exactly what it sounds like: a strain that tastes sweet, smells intense, and gives you a high that's almost playful. A classic from the USA that came to Europe in the 90s and immediately achieved cult status in Amsterdam.

Origin

Originally bred in the USA, later perfected by Dutch seed banks like Serious Seeds and TH Seeds. The name says it all: The aroma and flavor are reminiscent of bubble gum—a truly unique selling point.

Characteristics

- **Look:** Compact, resinous buds with pink-orange hairs. Often slightly sticky—resin production is strong.
- **Growth:** Medium-sized plants, well-suited for indoor use. Slightly more delicate than Skunk or White Widow, but still solid.

- **Flowering time:**8–9 weeks.
- **Yield:**Average, but the quality more than makes up for it.

Effect

Bubblegum has a happy, slightly euphoric high. It's not a couch potato, but more of a party buddy: it makes you sociable, creative, and in a good mood. At the same time, it relaxes you without knocking you over – a very balanced hybrid feeling.

The taste

Sweet, fruity, almost artificial—like pink bubble gum. A taste you'll instantly recognize and never forget.

Conclusion

Bubblegum is a strain with character. No monster yields, no hardcore effects—but an incomparable taste and a balanced high. A strain that shows you: weed can also be fun.

Skittlez Automatic – colorful, fruity and easy



Skittlez Automatic is proof that modern autoflowering strains can be not only practical but also incredibly delicious. The name is no coincidence – this strain tastes like a bag of candy, colorfully mixed, fruity and sweet, yet pleasantly mild in its high.

Origin

A cross between the famous Skittlez (known for its fruity flavor) and Ruderalis genetics, bringing the autoflowering effect into play, resulting in a strain that is fast, compact, yet intense.

Characteristics

- **Look:** Compact plants with colorful buds that can also show purple or pink tones depending on the phenotype.
- **Growth:** Small to medium-sized, perfect for balconies or small indoor boxes. Very easy to handle.
- **Flowering time:** Complete from germination to harvest in about 8–10 weeks.
- **Yield:** Average, but more than decent for an autoflower.

Effect

Slightly euphoric, mood-lifting, and creative. Not a brutal knockout, but more of a "happy weed" strain. Ideal for daytime use, listening to music, being creative, or laughing with friends.

The taste

Like a bag of Skittles: sweet, fruity, colorful. Citrus, berries, sometimes tropical notes—a real firework for the palate.

Conclusion

Skittlez Automatic is the strain for those who want to grow quickly, discreetly, and still aromatically. It's uncomplicated, fun to grow, produces great buds, and tastes so damn good that you'll almost forget it's "just" an autoflower.

Lowryder #1 – small but beautiful



Lowryder #1 is the ancestor of all autoflowering strains—the strain that revolutionized indoor and guerrilla gardening. Before it came onto the market, there was no autoflowering strain. Lowryder proved that small doesn't mean weak—and thus made cannabis cultivation in small spaces or on balconies possible for the first time.

Origin

Bred by Joint Doctor Seeds. The basis was a Ruderalis, Northern Lights #2, and William's Wonder. The result: a plant that automatically flowers after 2–3 weeks, completely independent of the light cycle. A game changer.

Characteristics

- **Look:** A tiny, bushy plant, usually 30–50 cm tall. It looks almost like a bonsai—perfect for discreet cultivation.
- **Growth:** Extremely robust, hardly susceptible to stress. It only needs light, water, and a little fertilizer.
- **Flowering time:** From seed to harvest in just 8–9 weeks – ultra-fast.
- **Yield:** It's certainly not a monster, but it yields 20–45 g per plant. Considering its size, that's absolutely respectable.

Effect

Lowryder #1 delivers a classic indica feeling: relaxed, calm, and pleasantly body-focused. Not a psychedelic firework, more of a chilled after-work smoke. Ideal for winding down without immediately slipping into a coma.

The taste

Earthy, mild, and occasionally slightly spicy. Not a burst of flavor like modern hybrids, but solid and pleasant.

Conclusion

Lowryder #1 isn't the strongest or most aromatic strain—but it's a piece of history. It put autoflowering on the map and made cultivation accessible to beginners, urbanites, and discreet growers. Small, unassuming, but with a huge impact: the windowsill revolution.

Skunk – the mother of all varieties



Skunk is the dinosaur among modern strains—and also their mother. Almost every famous strain has Skunk genes somewhere in it. The name says it all: intense in aroma, strong in effect, robust in cultivation. Skunk was the first to make growing accessible to the masses in Europe in the 80s and 90s.

Origin

Bred in the USA in the 1970s from a cross of Afghani (Indica), Acapulco Gold (Sativa), and Colombian Gold (Sativa). Later brought to Holland, where it became a staple in coffee shops.

Characteristics

- **Look:** Compact, bushy plants with dense buds that produce resin like crazy.
- **Growth:** Easy to cultivate, stable and resilient – ideal for beginners and professionals alike.
- **Flowering time:** Short, about 7–9 weeks.
- **Yield:** Tall, reliable, solid bud machine.

Effect

Skunk is notorious for its powerful, fast-acting high. A mix of head and body buzz that first makes you euphoric and then sends you into a deep, relaxed state. For some, it's almost too strong—it's not called "skunked out" for nothing.

Taste & smell

Intense, penetrating, unmistakable. Skunk smells so strong that even a small amount can permeate an entire apartment. The aroma is earthy, musky, with sweet and spicy undertones. Some love it, others hate it – but everyone recognizes it.

Conclusion

Skunk isn't a strain; Skunk is an institution. It's the basis of many modern hybrids and has made cannabis history. Anyone who claims to know weed must have grown or smoked Skunk at least once. It's the mother of all modern strains—loud, strong, uncompromising.

Satori – for a clear head



Satori isn't a mainstream strain, but rather an insider tip for connoisseurs. While many strains simply get you stoned or couch-locked, Satori brings clarity. The name comes from Zen Buddhism and means "enlightenment" – and that's exactly what the high feels like: focused, alert, creative.

Origin

Bred by Mandala Seeds, a breeding legend known for stable and exceptional genetics, Satori was specifically developed to deliver a strong, clear high without head fog.

Characteristics

- **Look:** Slender, sativa-dominant plants that like to reach high.
- **Growth:** Robust, resistant to heat and pests, she's more forgiving of beginner's mistakes than other sativas.
- **Flowering time:** 9–10 weeks – relatively fast for a sativa.
- **Yield:** Tall, with long, resinous buds.

Effect

Satori delivers a high that's clear, energetic, and mind-expanding. No couchlock, no head-scratching—just a kick for creativity, conversation, and productive sessions. Many say it's almost "psychedelic," but without the loss of control.

The taste

Spicy, earthy, with a hint of fruit and herbs. Not a candy-like weed, but a strain with character.

Conclusion

Satori is the weed for thinkers, musicians, artists—or simply anyone who wants to get high without leaving their mind at the cloakroom. A strain that doesn't paralyze you, but drives you forward. For clear minds and big ideas.

Haze – psychedelic fireworks



Haze is the epitome of sativa—wild, strong, psychedelic. A strain that has been both infamous and beloved for decades. Anyone who smokes Haze knows: this isn't an "after-work joint." It's a rocket launch into the universe, and sometimes also a spin cycle through one's own psyche.

Origin

Originating in California in the 1970s from a wild mix of various sativas (including Mexican, Colombian, Thai, and South Indian). Later brought to Europe, where it became a legend, Haze is the mother of many well-known hybrids such as Amnesia Haze, Super Silver Haze, and Lemon Haze.

Characteristics

- **Look:**Tall plants, thin leaves, elongated buds.
- **Growth:**Demanding. Long flowering period (12–16 weeks!), sensitive to climate and nutrients. Not for beginners.
- **Yield:**Mediocre – but the quality makes up for it.
- **Outdoors:**Only useful in warm regions, otherwise it often ends in mold and disappointment.

Effect

Haze is a psychedelic bomb. It delivers an intense, heady high—clear, energetic, sometimes almost too much. Perfect for creative bursts, long conversations, or nights when sleep isn't even a concern. But beware: For some, it's too strong, paranoia included.

The taste

Spicy, fresh, sometimes with citrus notes. The incense-like aroma is typical, making Haze unmistakable. Not a sweet, candy-like strain, but pure, honest sativa fireworks.

Conclusion

Haze is cult, myth, and challenge all in one. Those with the patience and know-how to grow it will harvest buds that will transport you to other dimensions. For many, it's the queen of all sativas—but definitely not for the faint of heart.

Closing words

From hobby to philosophy

In the beginning, it was just a plant. A small seed, a pot, a bit of light. But the longer you grow, the more you realize: cannabis is more than botany. It's patience, responsibility, respect—and ultimately, a way of life. Growing weed teaches you that everything has its own rhythm. You can't force anything, you can only guide it. This makes cultivation a philosophy: You grow with the plant.

Why farming is more than just harvesting grass

Sure, at the end of the day, you want to hold thick buds in your hand and sit back on the couch, stoned and content. But growing is more than harvesting. It's self-sufficiency in a world that serves you everything ready-made. It's independence while politicians are still trying to impose rules on every breath you take. It's your own piece of freedom—and nothing tastes better than weed you grew with your own hands.

A plea for freedom, personal responsibility and a good bag

Cannabis is not an enemy. It's a plant, a gift that we've demonized for decades. Now it's up to us to show that we can handle it responsibly. No black market, no stress—just home cultivation, enjoyment, community.

The future of cannabis lies not in political debates, but in the hands of growers. In your hands. Grow, learn, enjoy – and when you're sitting with friends, opening a jar full of fragrant buds, and rolling a bag, you'll know: This is freedom.

imprint

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