



Sable Greens

Hydroponic Reference Cards



HYDROPONIC LETTUCE

Heating Mat: Y

pH 5.6-6.5

eC 0.8-1.2

PPM 560-840

Temp

45-70°F
Best at 66°F

Optimal Grow Method

Ideal for DWC, NFT, and ebb and flow systems

Nutrient Management (NPK)

8-15-36

Seeds per Cell & Spacing

4-6 seeds per cell planted 6-8" apart

Light Requirements

10-14 hours daily

Timeline to Harvest

30-60 days

Planting Considerations

Do not add nutrients unless EC readings fall below 0.8. Using distilled and purified water is ideal.

Harvest & Storage

Store at 32-35 F

Store your hydroponic lettuce in a refrigerator, or set it on the kitchen counter with the roots in water.

HYDROPONIC ARUGULA

Heating Mat: N

pH 5.5-6.8

EC 0.8-1.4

PPM 560-980

Temp 60-70°F

Optimal Grow Method

Ideal for DWC, NFT, and ebb and flow systems

Nutrient Management (NPK)

10-10-10

Seeds per Cell & Spacing

5 seeds per cell planted 8-10" apart

Light Requirements

10-16 hours daily

Timeline to Harvest

30-40 days

Planting Considerations

Start by germinating arugula seeds in a cool environment (around 65°F) for 7-10 days. Use a grow medium like rockwool or coco coir in a seedling tray. Consider growing 2 seeds

Harvest & Storage

Keep baby arugula in a cloth or plastic bag in the crisper drawer of the refrigerator. If you want your arugula to last longer, don't wash it until you're ready to eat it.

HYDROPONIC BASIL

Heating Mat: Y

pH 6.2-6.8

EC 1.6-2.2

PPM 700-1200

Temp 70-85°F

Optimal Grow Method

ideal for NFT or a deep water culture (DWC) hydroponic system

Nutrient Management (NPK)

10-10-10

Seeds per Cell & Spacing

3 seeds per cell planted 6-10" apart

Light Requirements

14-16 hours daily

Timeline to Harvest

50-60 days

Planting Considerations

Basil has high amounts of calcium and potassium in its leaves, and that is why it becomes essential to keep the quantity of both these nutrients relatively high than others

Harvest & Storage

Harvested basil stored at a cold temperature between 51°F to 58°F in a lightly wrapped packaging for retaining moisture.

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HYDROPONIC BELL PEPPER

Heating Mat: Y

pH 5.5-6.5

EC 2.0-2.5

PPM 1400-1750

Temp

73-78°F
65°F at night

Optimal Grow Method

Ideal for DWC, NFT, and ebb and flow systems

Nutrient Management (NPK)

10-5-14

Seeds per Cell & Spacing

3 seeds per cell planted 12-18" apart

Light Requirements

14-16 hours daily

Timeline to Harvest

50-80 days

Planting Considerations

A one step nutrient solution mix is good for the early parts of your pepper plants' lives. Around day 30ish, switch to a bloom nutrient solution formula with less nitrogen, and higher potassium and phosphorus

Harvest & Storage

After you harvest them, make sure they're clean and dry. Excess water on your veggies can make them expire sooner.

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HYDROPONIC BOK CHOY

Heating Mat: Y

pH 6.5-7.0

EC 1.5-2.0

PPM 1050-1400

Temp

55-75°F
Best at 66°F

Optimal Grow Method

Ideal for DWC, NFT, and ebb and flow systems

Nutrient Management (NPK)

8-15-36 or

10-13-32 (optimal)

Seeds per Cell & Spacing

2-3 seeds per cell planted 6-8" apart for baby bok choy and 12" for mature plants

Light Requirements

14-16 hours daily

Timeline to Harvest

30-45 days

Planting Considerations

Simply plop a couple of seeds in your growing medium. Bok choy seeds need slightly more warmth. They don't need light to sprout but give them light immediately after sprouting to prevent legginess and mold/mildew growth.

Harvest & Storage

Keep it unwashed in a breathable plastic bag in the crisper drawer of your refrigerator.

HYDROPONIC CABBAGE

Heating Mat: Y

pH 6.5-7.0

EC 2.5-3.0

PPM 1750-2100

Temp

40-70°F
Best at 66°F

Optimal Grow Method

Because cabbage is large & heavy),
best to use Ebb and Flow or Deep
Water Culture

Nutrient Management (NPK)

10-5-14

Seeds per Cell & Spacing

2 seeds per cell planted 12-24" apart

Light Requirements

12-14 hours daily

Timeline to Harvest

65-100 days

Planting Considerations

Maintain at optimal temperature of 60-85°F (15.6-29.4°C). Consistent warmth during this stage is key to prompt and uniform sprouting.

Harvest & Storage

After harvesting your cabbage, store in a perforated plastic bag without washing to prevent mold and preserve freshness. Cabbage can be stored in the refrigerator (between 32-40°F for up to five months.

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HYDROPONIC CARROT

Heating Mat: Y

pH 6.0-6.5

EC 1.8-2.3

PPM 1150-1350 **Temp** 60-70°F

Optimal Grow Method

Ideal in wick, drip, ebb, and flow systems Best to make a mix of about 2/3 perlite with 1/3 vermiculite

Nutrient Management (NPK)

16-4-17

Seeds per Cell & Spacing

1 seed per cell planted 2-3" apart

Light Requirements

12-16 hours daily

Timeline to Harvest

60-90 days

Planting Considerations

Make sure to moisten the growing medium, and place seeds about half an inch beneath the surface. Plant more carrot seeds than you intend to grow. Carrots are a vegetable that needs to be thinned out after sprouting. Seeds germinate best around 65 degrees

Harvest & Storage

Store them unwashed, with the greens removed, in an airtight container or bag in the crisper drawer, away from ethylene-producing fruits www.sablegreens.com

HYDROPONIC CILANTRO

Heating Mat: Y

pH 5.5-6.7

EC 1.2-1.8

PPM 910-1260

Temp 50-72°F

Optimal Grow Method

Ideal in ebb and flow, DWC, NFT, drip irrigation, and aeroponics

Nutrient Management (NPK)

10-10-10

Seeds per Cell & Spacing

3 seeds per cell planted 6-8" apart

Light Requirements

12-16 hours daily

Timeline to Harvest

40-50 days

Planting Considerations

Spread the cilantro seeds evenly on a damp paper towel or cotton cloth. Roll up the paper towel or cotton cloth in an airtight plastic bag. Put the bag in a warm place away from direct sunlight

Harvest & Storage

For storage, place cilantro in a plastic bag or airtight container in the vegetable compartment or freezer of the refrigerator and use it as soon as possible to preserve freshness

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HYDROPONIC COLLARDS

Heating Mat: Y

pH 5.5-6.8

EC 1.6-2.5

PPM 1120-1750 **Temp** 65-75°F

Optimal Grow Method

Ideal in ebb and flow, DWC, NFT, drip irrigation, and aeroponics

Nutrient Management (NPK)

20-10-10

Seeds per Cell & Spacing

3 seeds per cell planted 8-18" apart

Light Requirements

12-16 hours daily

Timeline to Harvest

30-40 days

Planting Considerations

Start by germinating seeds in a seedling tray with a grow medium like rockwool or coco coir. Focus on a balanced nutrient solution with a higher nitrogen content (N) to promote robust leaf growth

Harvest & Storage

After harvesting your Collard Greens, store in a perforated plastic bag without washing to prevent mold and preserve freshness. Collard Greens can be stored in the refrigerator (between 32-40°F

HYDROPONIC JALAPENO

Heating Mat: Y

pH 5.6-6.5

EC 2.0-3.5

PPM 2100-2450 **Temp** 75-85°F

Optimal Grow Method

Because jalapeno spread wildly, the Ebb and Flow and Deep Water Culture are best.

Nutrient Management (NPK)

10-5-14

Seeds per Cell & Spacing

3 seeds per cell planted 18-24" apart

Light Requirements

14-18 hours daily

Timeline to Harvest

60-120 days

Planting Considerations

Germinating pepper seeds like temperatures a bit warmer than mature plants.

Harvest & Storage

After harvesting, store in a perforated plastic bag without washing to prevent mold and preserve freshness

HYDROPONIC KALE

Heating Mat: Y

pH 6.0-7.5

EC 1.8-3.0

PPM 1120-1750

Temp 45-85°F

Optimal Grow Method

Ideal in DWC, NFT, and vertical hydroponic towers

Nutrient Management (NPK)

20-20-20

Seeds per Cell & Spacing

4-6 seeds per cell planted 6-8" apart

Light Requirements

10-12 hours daily

Timeline to Harvest

60-90 days

Planting Considerations

Place the germination container at a suitable temperature, usually between 68-77°F. A warming pad or greenhouse environment can be used to provide a steady temperature.

Harvest & Storage

Kale will store for two to three weeks at 32° to 34°F (0°-4°C) and 90 to 95 percent humidity (moist) with some air circulation. Wrap leaves in a moist cloth or paper towel and store them in a perforated plastic bag

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HYDROPONIC MICROGREENS

Heating Mat: N

pH 5.8-6.0

EC 1.0-1.5

PPM 50-100

Temp 70-75°F

Optimal Grow Method

Ideal in 1020 tray

Nutrient Management (NPK)

2-0-3

Seeds per Cell & Spacing

Recommended 6 to 8 large seeds per square inch of tray or 10 to 12 small seeds per square inch

Light Requirements

0 hours daily

Timeline to Harvest

4-10 days

Planting Considerations

You can also grow microgreens on seeding mats. One advantage of using seeding mats is that harvested microgreens are cleaner than when growing in potting soil

Harvest & Storage

Can be stored in cold storage for short periods. Research shows that storing at 41°F in dark storage can increase shelf-life up to 10-14 days. Keep as dry as possible (avoid washing)

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HYDROPONIC OKRA

Heating Mat: Y

pH 5.8-7.0

EC 2.0-2.4

PPM 1400-1680 **Temp** 75-95°F

Optimal Grow Method

Ideal in DWC, NFT, and vertical hydroponic towers

Nutrient Management (NPK)

15-5-10

Seeds per Cell & Spacing

3 seeds per cell planted 12-18" apart

Light Requirements

12-14 hours daily

Timeline to Harvest

40-50 days

Planting Considerations

Place the seeds in a 1020 tray. Keep the tray moist and warm. Once the seedlings have grown to about 2-3 inches tall, transplant them into the hydroponic system

Harvest & Storage

Use a sharp knife or scissors to cut the pods from the plant. Don't let the Okra sit too long as the vegetable will grow tough and string

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HYDROPONIC OREGANO

Heating Mat: N

pH 6.0-6.8

EC 1.5-2.0

PPM 1260-1610

Temp 55-70°F

Optimal Grow Method

Ideal in nutrient film technique (NFT) or vertical hydroponic towers

Nutrient Management (NPK)

6-15-30

Seeds per Cell & Spacing

4 seeds per cell planted 12-18" apart

Light Requirements

12-16 hours daily

Timeline to Harvest

30-45 days

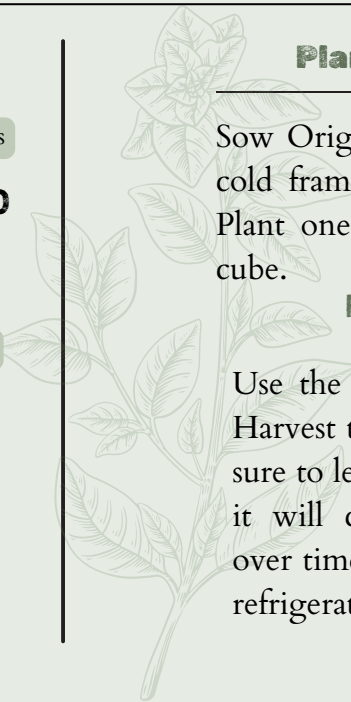
Planting Considerations

Sow Origanum seed in containers in a cold frame in autumn, or at 50-55°F Plant one or two seeds per rockwool cube.

Harvest & Storage

Use the cut and come again method. Harvest the longest branches, but make sure to leave 3 inches at the base so that it will continue to grow vigorously over time Store unwashed leaves in the refrigerator in a sealed bag

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HYDROPONIC SPINACH

Heating Mat: Y

pH 5.8-6.0

EC 1.8-2.3

PPM 1260-1610

Temp 60-68°F

Optimal Grow Method

Ideal in ebb and flow, DWC, NFT, drip irrigation, and aeroponics

Nutrient Management (NPK)

8-15-20

Seeds per Cell & Spacing

2 seeds per cell planted 4-5" apart for baby and 10-12" for mature plants

Light Requirements

10-14 hours daily

Timeline to Harvest

30-45 days

Planting Considerations

Seeds take only a few days to germinate. Spinach seeds are especially sensitive to dry environments while they are in the germination phase.

Harvest & Storage

Place unwashed spinach in paper towel lined plastic bag and vacuum seal

HYDROPONIC TOMATO

Heating Mat: N

pH 5.8-6.5

EC 2.0-3.5

PPM 1400-3500 **Temp** 65-77°F

Optimal Grow Method

Ideal in ebb and flow, DWC, NFT, drip irrigation, and aerponics

Nutrient Management (NPK)

4-18-38

Seeds per Cell & Spacing

3 seeds per cell planted 12-24" apart

Light Requirements

12-16 hours daily

Timeline to Harvest

50-100 days

Planting Considerations

Most tomato seeds take 10-14 days to germinate. Use a growing medium like rockwool or coco coir. With coco coir, pair with clay pebbles. Soak seeds before putting in your growing medium. Just don't leave them in more than a day or two

Harvest & Storage

Turn tomato upside down and store unwashed on paper towel lined out of direct sunlight at room temperature