

<b>SPARTAN REGIMEN</b>	Seed or Clone	Early Vegetative	Mid Vegetative	Late Vegetative	Early Flowering	Mid Flowering	Late Flowering	Flush
<b>MEDUSA'S MAGIC</b>	5 ml	10 ml	10 ml	10 ml	10 ml	10 ml	10 ml	--
<b>GAIA MANIA</b>	5 ml	10 ml	15 ml	15 ml	15 ml	15 ml	10 ml	--
<b>HERCULEAN HARVEST</b>	--	5 ml	5 ml	5 ml	30 ml	60 ml	30-60 ml	15-30 ml
<b>ZEUS JUICE</b>	5 ml	5 ml	5 ml	5 ml	5-10 ml	5-10 ml	5-10 ml	--
<b>OLYMPUS UP - HADES DOWN</b>	pH 6.3	pH 6.1-6.3	pH 6.1-6.3	pH 6.2-6.4	pH 6.3-6.8	pH 6.3-6.8	pH 6.3-6.8	pH 6.4

**“We named this regimen after the Spartans because they believed in keeping it simple, and we believe there is great power in simplicity. With just these four nutrients many gardeners have had great success creating healthful and abundant gardens, and we believe you can too.”**

This feeding regimen reflects the collective knowledge and experience of countless Nectar for the Gods gardeners.

This feeding regimen is a good starting point, but every gardener and every garden are different. As you become more familiar with these nutrients you can develop your own feeding regimen that works for you and your garden.

The amounts listed in the feeding regimen are the amount you should use for each gallon of water in your feeding mixture.

By their nature these nutrients settle very quickly. It is important to shake the bottles thoroughly before pouring and to stir the feeding mixture throughout the mixing and feeding process.

1. Mix all of the nutrients with water in the order they are listed on the chart from top to bottom.
2. When all the ingredients are mixed with the water use a pH meter to measure the pH level. Continuously stir mixture as you're taking your reading.
3. Once you have your pH reading, compare it to the range indicated on the bottom row of the feeding schedule and use Olympus Up or Hades Down to adjust the pH to within that range.
4. Slowly pour the mixture into the soil at the base of your plant.

**Detailed instructions, how-to videos and helpful information are available at our website. Go to: [www.oregononly.com/howto](http://www.oregononly.com/howto)**

#### **Notes:**

**PH is critical.** Nectar for the Gods is a calcium based line that is most available to the plant in a pH range of 6.2-6.8. Other nutrient lines rely on nitrogen, phosphorous and potassium to deliver nutrition into the plant and when utilizing those elements they are most available in the range of 5.7-6.2. But since calcium is a reactive element, it will bind and carry other nutrients into the root system for your plants to utilize. It is critical with Nectar to check and adjust your feed nutrients before watering.

**Start with good soil.** The most important component in every garden (besides the nutritional program you choose) is the potting medium that you choose. Not all soils are created equal. We encourage you to test your soil's pH and PPM (parts per million) values before planting.

We recommend doing a "slurry test". This test will explain what is going on around the root zone. To do this test take 2 ounces of medium as well as 2 ounces of pH neutral water and let them sit together in a container until the medium is fully saturated. Then insert your pH and PPM meters directly into the slurry and document those numbers. Nectar for the Gods performs best when the medium is in the pH range of 6.3-6.8 and the PPMs are between 300-500. If your soil comes out with a lower pH and/or a higher PPM, a pre-planting flush with Herculean Harvest and/or Olympus Up will help correct these issues before planting.

**When in doubt, flush it out.** If you are noticing signs of deficiencies in calcium, potassium, magnesium or nitrogen, do not run out and buy a bottle of pretend cures! Nine out of ten times deficiencies will directly be related to your soil's PPMs and pH numbers being out of whack. This would be a good time to do the "slurry test" and react accordingly. The calcium sources in Herculean Harvest and Olympus Up will help tie up excessive salts and neutralize the acids to bring your pH back into range.

**If you have any questions or comments go to [www.oregononly.com](http://www.oregononly.com). We can and will help.**