

Your Harvest Cheat Sheet

From "is it time?" to jars on the shelf. Keep it by the garden.

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1 Is it time? Read your trichomes

AUTOFLOWERS

About 8 to 10 weeks from seed

PHOTOPERIODS, OUTDOORS

Usually late September into October

These dates are a starting point. Let your trichomes make the final call.

Use a loupe. Check several **buds**, not the sugar leaves.



Clear

NOT READY YET

Still developing. Harvesting now means lower potency. Be patient and check again in a few days.



Cloudy

MY PICK

PEAK TIME

Milky white. Clear-headed and focused, great for daytime. I harvest at mostly cloudy with very little amber.



Amber

MORE RELAXING

Golden and aging. Often better for evenings, rest, and sleep.

Tip: you don't have to harvest it all at once. Take some at cloudy and let the rest go amber.

Backup clue: when most of the little hairs (pistils) turn orange or brown and curl in, check trichomes every couple of days.

2 Before you cut

- ☐ Jeweler's loupe or phone macro lens
- ☐ Clean, sharp snips + rubbing alcohol
- ☐ Hangers, twine, or a drying rack
- ☐ Mason jars + 58% humidity packs
- ☐ A hygrometer + a dark, airy drying spot
- ☐ A bowl for fan leaves you want to save

3 Watch for mold

Bud rot: a brown leaf inside a bud, mushy center, or gray fuzz. Cut it out.

Powdery mildew: chalky white patches on leaves that wipe off.

Frost or rain coming? Mostly cloudy is ready enough.

When in doubt, throw it out. Heat won't make moldy buds safe.

4 Harvest day, step by step

- 1 **Save the fan leaves.** Set the healthy ones aside for the kitchen.
- 2 **Cut the whole plant or by branch.** Save the roots for tincture.
- 3 **Rinse if you like.** Shake well, since extra water invites mold.
- 4 **Trim wet or dry.** Either way, save the sugar leaves for infusions.
- 5 **Hang upside down** in your dark, airy drying spot.

5 Drying

Temperature	64 to 68°F the whole time
Days 1 to 3	50% humidity
Days 4 to 7	Raise about 5% a day, up to 65%
Light	Keep it dark
Done when	Small stems snap instead of bend, usually 7 to 14 days

6 Curing + storage

Fill jars loosely, about **three-quarters full**.

Add **one 58% humidity pack** to each jar.

Burp 20 minutes every day for 4 weeks.

Then store sealed in a **cool, dark place**. My 2024 harvest is still going strong.

Smell check: hay or grass means keep burping. Musty or fuzzy means toss those buds.

7 Nothing goes to waste

Fan leaves

A leafy green. Wash well, then blend, juice, or make pesto.

Sugar leaves

The medicine leaf. Save for oils, butters, and tinctures.

Roots

Clean, dry, and use for a traditional root tincture.

A stem or two

Tuck into a bouquet with flowers from your garden.

Good to know: raw leaves won't make you feel high. Heat, like decarbing or making an infused oil or butter, is what activates them.

MY HARVEST LOG

Plant name	Harvest date	Jarred on	Cure done (+4 weeks)
Notes (trichome mix, how it made me feel)			