

Nourish to Flourish

FRAMEWORK

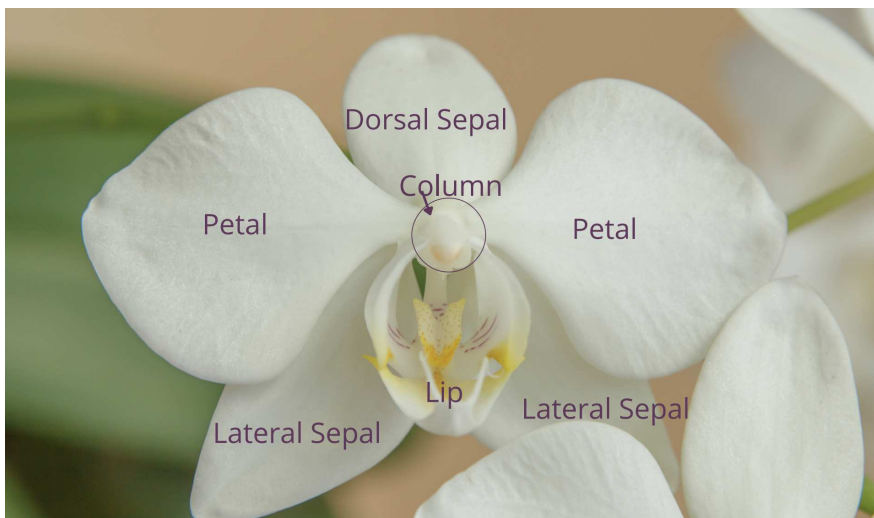
A GUIDE TO WATERING &
FEEDING ORCHIDS



Point to Ponder: How do orchids feed my soul? _____

Orchids are incredible plants. In fact, they are the largest flowering plant family. Here are four ways to easily identify orchids. The fifth element requires a microscope.

1. The **column** is a fusion of both female and male flower parts. In other flowers, these would be the stamen and pistils.
2. **Zygomorphic flowers (bilateral symmetry)** mean that one side of the orchid flower is a mirror image of the other - similar to a face.
3. **Monocots** are floral parts in multiples of 3 (3 petals; 3 sepals)
4. **Pollinia** are sticky, waxy seed packets.
5. The **protocorm** is a mass of cells formed by orchid seedlings. Under a microscope, it looks a little like a cluster of misshapen green grapes.



Extra notes:

Benefits of Properly Feeding and Watering with the Nourish to Flourish Framework:

- Result #1: Vigorous roots
- Result #2: Robust leaves
- Result #3: Abundant flowers
- Result #4: Grow fully developed, healthier healthy orchids

The effort and results are WORTH it!

Three strategies to properly fertilize:

- Strategy #1: If something is working, keep doing what you're doing.
- Strategy #2: Whenever possible, do something measurable.
- Strategy #3: Keep trying and don't give up!

How to determine pH:

- Acidic = below 7
- Neutral = 7
- Basic = above 7
- **Just right = 5.5-6.5**

Why does pH matter:

Too high or too low = orchids are unable to absorb nutrients, resulting in an orchid that is smaller and weaker and generally less healthy than it could be.
Just right = Grow fully developed orchids with robust leaves, vigorous roots, and abundant flowers.

Answer to finding pH:

pH strips or pH drops

How to adjust pH:

Buy pH Up and Down and follow the manufacturer's instructions.

Extra Notes:

Note: pH strips and pH Up and Down can be found at pet stores in the fish section and at garden centers in the hydroponic section. And, of course, at Amazon.com.

Note: Your water's pH will change after adding fertilizer. Be sure to measure pH for water with and without fertilizer.

Note: The pH scale is logarithmic. This just means that each number below 7 is 10x more acidic (4 is 10x more acidic than 5) and each number above 7 is 10x more basic (8 is 10x more basic than 7).

Action Plan. What will I DO to improve my water's pH? _____

Extra Notes:

Point to Ponder: What adjustments am I willing to make to properly feed my orchid?

TDS Notes

- TDS stands for "Total Dissolved Solids."
- Use a fertilizer with a low TDS if you have hard water.
- Use a fertilizer with a higher TDS if you are using pure water (rainwater, RO water).
- **Optimal TDS - 175-400**

How to know if you have hard water

- You are using well water
- You notice mineral deposits around your faucets
- Your dishes, especially glass, have spotting
- Call your water conservation district
- Look it up on the internet
- Buy a water hardness strip kit (similar to a pH test) super easy

Ways to purify hard water (lower your TDS)

Dilute hard water with distilled water.

Use a water filtration system.

Collect rainwater.

Extra Notes:

Best feeding practices for best results:

- The most important time to feed your orchid is when it is actively growing.
- Feeding mantra: Weekly Weakly. Feed your orchids 3 out of 4 weeks.
- On the fourth week, flush fertilizer salts with plenty of water.
- Heavy Feeders: The same dose, more frequently
- Protect the buds. Feeding your orchid during the bud development stage can lead to bud loss.

When NOT to feed your orchid:

- When your orchid is resting (dormant)
- For example, no new growth, winter
- Brown/black leaf/root tips
- Potting media breaking down

Action Plan. What will I DO to test and modify my water, if needed? _____

Extra Notes:

Point to Ponder: Why are healthy roots the backbone of successfully growing orchids?

Healthy roots are the foundation of solid orchid care. To fully achieve the benefits of the Nourish to Flourish Framework, start with healthy orchid roots, growing in a healthy potting mix, customized to your orchid and its growing environment.

Detecting an unhealthy potting mix

- The potting mix has decomposed (You notice what looks like coffee grounds when you water your orchid)
- The potting mix retains water (It takes a long time for the potting mix to dry out between watering)
- The potting mix has absorbed fertilizer salts (The orchid's leaf and root tips are turning brown or black)

Nourish to Flourish Framework Review:

Optimal pH - 5.5-6.5 (use pH strips + pH adjuster)

Optimal TDS - 175-400 (look for signs of mineral deposits, use a water hardness strip kit)

Feed your orchid during active growth - Weekly - Weakly

Water, then, water again with fertilizer

Know when to take a break from fertilizing

RePot every year or two

Extra Notes:

Point to Ponder: What was the #1 most helpful thing I learned today?

A shameless plug for my premium class, Optimized Potting because I KNOW how this class will transform your orchids.

Combine the Nourish to Flourish Framework with Optimized Potting and you'll be an orchid-growing force to reckon with.

I'll show you how to customize your orchid's potting mix and pot, based on YOUR orchid, YOUR orchid's growing space, and YOUR care style.

This step-by-step video-based class explains all the obvious and not-so-obvious best practices of potting orchids. Again, coupled with the Nourish to Flourish Framework (which you already have, right here), this class will seriously enhance your orchids. You'll get personal satisfaction and the joy of showing off your orchid babies to everyone who stops by.

In your email you'll find a special link to join Optimized Potting, for a limited time discount.

Extra Notes:
