

## k33Ftr33z;

**Post #26** I could do this side by side, have done it too many times inadvertently by not staying on the defoliating. The leafy clone will rapidly outpace the defoliated one after that first pluck. The leafy one will get 3-5" node spacing once it achieves it's 6th or 8th set of leaves, and be oversized for this kind of compact endeavor.

**Post #44** I want to stress to those interested yet uninitiated that you MUST prepare the plant in Veg. If you just placed some plants in 12/12 and you now decide to try this, you will be sorely disappointed.

### **Post #83**

The point with defoliating is it creates a compact plant. If I were not trying to fit a 10oz finished plant into 32" cubed I could leave the leaves but with leaves left on this plant will be far too large for that allotted space. So yes the yield may come out the same but the leafy plant will end up twice the size of the defoliated one. Therefore indoors with limited space you can produce more weight per square foot on smaller plants by defoliation. I'm using whatever possible for "growth control" I'd rather call it taming.

**Post #91** The idea with the bending is to keep the buds within the zone of most intense light. In my tunnel that is at about the height of the netting which is about 16-20" below the lamps. If they are allowed to extend up into the reflector they quickly shade out the light from all directions. No good. Everything about this method is to maximize the quantity of bud that can be manipulated into this zone and to eliminate all shading so that those buds can produce their highest yield.

**Post #94** . I let them put on about 6-8 pairs of leaves or 8" height before I remove them. Don't let them get too big though. Also nipping the leader in that first week is a good idea unless the variety you have is a natural shrubster.

2. I remove all leaves all the time. To be more specific...in clone I remove all but the little cluster at the top, in veg I remove the few pairs when they get 6-8" tall. I remove again when those releaf i less than a week and again after that, by then they are likely ready to flower if I have a slot for them. if not they will veg a while longer and get defoiled as often as necessary to keep thing neat. I despise leafiness. I crave buddiness.

3. I remove the leaves with my thumbnail with a pinch to the index. This is way too tedious to use scissors. I work fast like a tea leaf picker. Both hands alternating...pluck,pluck,pluc k,etc. I nip wherever my thumbnail reaches. Not important where on the peristem, just pluck it.

Your questions are valued. Keep them coming if I am not clear. If one focuses on the fact that this is a process from the beginning then there is no best time to start. It is underway.

I repeat that the results I have achieved are because this has been done from day one and plants are plucked thoroughly. I have no qualms about stripping a plant to the bone. I would even get busy with the nippers on the budsites but that would be too much work and those leaves are not shading anything. We are removing shade. If it is flat and green and shading, remove it.

**Post #153** Several posters have suggested that they would like to see a side by side. Unfortunately it is not as easy as that. Defoliation allows plants to intertwine. It is not advisable to defoliate and train one and allow the neighboring plant to leaf out and get tall. The leafy one will shade out direct and reflective light and the comparison would be invalid.

Anyway, this is not some kind of horse race for height or cola size. It's a way to maximize production in a limited amount of artificially lit space.

**Post #171** No problem. Do check out my GroTunnel thread or Album. They are super easy to build and incorporate everything necessary to support the media-free garden: aeration, circulation, CO2, ClimeControl. The Tunnel is 5'x8' with about 40" of clearance from base to bulb. I keep the plants about 32" to allow full light dispersion above the tops. The tunnel has 3 lamps, 2x600 at the ends and 1x400 in the middle. The translates to 40w/sq ft. Yields are typically about 1.2gpw and rising gradually. The six plant layout(32" spacing) in this Tunnel is recent and exciting. The previous 12 plant layout (24"centering) was still far too crowded. The 6x layout now equals and promises to surpass the 100-plant SOG yields of days past.

**Post #182** My rule of thumb is if it is standing straight up more than about 6" it's time to bend it horizontal. Usually the bi-weekly schedule has all previously bent shoots back upright and showing 3-4 nice removable

fans. It's the continual bending that shapes these plants to fill all the space so evenly. Plants this large do not do this on their own.

**Post #240** My efforts at training are driven by a desire to have as many of the buds as possible finish out in the zone of premium light. That zone I will define as loosely 12"-30" beneath the lamps. Even shallower with 400w. The objective is to train all the bud to have an unobstructed exposure within that zone. Allowing plants to get much taller than about 3' only allows too much bud to fall below this zone and widens the zone populated by the buds. By widening this production zone and outstretching the lower bud, diminished returns can occur. It seems that to create the sweet spot by structuring plants to spread out horizontally within this shallow zone of premium light can increase overall production and eliminate either poorly developing buds or the regressive method of removing producing sites. I call this regressive because too many producing sites is a sure sign of over-vegging.

#### **Post #245**

Quote:

Originally Posted by !!! 

*OK so to recap.. the basic procedure is:*

*At 6 inches tall, pluck off some leaves.*

*Do this periodically (every 2-3 weeks or when leaves get shady)*

*Stop and let leaves grow out before flowering and until stretch ends.*

*After stretch, defoliate severely (and then again after 2-3 weeks or when leaves get shady)*

*I have some questions but first - is the above correct?*

That's basically it. You didn't mention how long you are planning a veg. How large a plant you want to finish. What is your spacing, lighting, headroom. These are important in forming a beginning to end strategy. The stretch is usually 2-3 weeks anyway so don't add too many steps or complicate things. Once you have prepped a veg plant for this treatment by a couple of deleaf cycles, your subsequent growth, whether in veg or bud will demand deleafing attention regularly. I'll scope some of your pics to get some better idea.

#### **Post #254**

Quote:

Originally Posted by !!! 

*Thanks for the reply. I'm confused about something.*

*Why are we defoliating in veg at all if we'll need the leaves during the stretch? Why not have the first defoliation when stretch ends? Is it just so we don't stress the plant by having one mass defoliation after stretch, or are the benefits of deleafing in veg separate from deleafing in flowering?*

*i.e., we defoliate in veg for better circulation, and defoliate in flower for better bud development (along w/ better circulation)?*

*That cardboard clamp I whipped up is definitely not safe. I don't update my albums frequently and it is currently not being used. I have a new drain table, tent, 600w (w/ a proper reflector), fan and other toys on the way. Waiting on those before flowering.*

*All the plants I'm flowering soon will be bushes, but I'm switching to a perpetual cycle with more (smaller) plants on a drain table. For this upcoming setup, I will veg until close to 1'.*

*In the limited space I have, I'm confident that defoliating will increase yield because the LSTd 5 gallon buckets being inches apart is unkempt - a lot of shading going on (no pics of it in my album atm.)*

The most common misconception with defoliation is that you may be sacrificing leaf mass or something, especially in veg. This is only true for the very first leaf removal. After that the plant will have more branches, more sites and thus more leaves. These new leaves will not be like the primary fans but they ultimately add up to more leaf area as the plant grows. All this fuss over whether removing too much leaf and at what time or interval is much ado over nothing. In practice, you will quickly find out that what you

have created is a leaf producing monster and for every leaf is more bud. These are not primary mainstem fan leaves being created. These are the secondary branch and bud leaves that actually build the new budsites. I caution again on beginning this at the stage you are at. Start with one plant like you said but in the meantime start to prep some in veg. Never switch up a basically successful formula completely in your learning cycle.

I have cautioned before that if plants are not absolutely in aggressive growth form, DO NOT DO THIS. How can I describe this better. That they are bulletproof, dependable, and charging with deep flat green leafing and no softness paleness, or droop to them. Peristems should nip off nice and clean with a thumbnail. All this is an indication of overall health. The ability to releaf in a matter of days. So go cautiously.

If your first trial plant does not pass this test. Do not proceed on the others.

#### **Post #255 LOL**

My leaves meet that test and stand out stiffly horizontal like an erection. They nip off with little force and no twisting. The peristems are juicy and luscious. here is little to no discoloration, spotting or rust. The top growth clusters are thick with deeply furled new emergence.

#### **Post #260**

Quote:

Originally Posted by **one Q**

*i think it's important to be careful when pulling leaves before/during stretch tho. I noticed that the branch with leaf removed doesnt shoot up as fast as the one WITH the leaf. Just be selective with what gets removed before stretch is over.*

*in a way you have to use your imagination to see how what you trim effects growth pattern. ie, if you strip only one side of the plant your plant maybe "heavier" on the side you left alone. not in terms of flowers but just mass.*

*just some pennies for thought.*

Some of us are removing leaves to do exactly that, control stretch. There is nothing desirable about stretch if you have limited headroom. I am not sure why anyone would want a plant to stretch unless you are outdoors.

Your description of the effects of leaf removal during stretch is spot-on and that is why I do it. Your caution is warranted to those desiring stretch.

The fact that there is a direct correlation between limiting stretch and leaf removal seems to indicate that the fans are primarily responsible for structural growth. Though in saying that, it is not like my plants are lacking structure. I have never grown such beefy stems as recently with this size individual. So are big leaves only to serve stretch. Not likely, but they are certainly dispensable in my formula.

I use defoliation in conjunction with intensive branch training and they would seem to mutually complementary. Removing leaves is done mainly to allow light penetration so the natural extension of that effort is to bend the branches out radially for even more exposure.

#### **Post #280**

Quote:

Originally Posted by **Richard Gozinya**

*Just one question, when you prune off the big fan leaves, do you make any adjustment in feeding schedule?*

Have no feeding schedule. This is recirculating hydro...feed all the time until it's time to flush. No change to nutes either. Healthy plants releaf quickly and suck up plenty of food while they're at it. Ppm is kept about 1200-1500.

I'm not a nut about daily adjustments. Every third day is good enough for me. ph=hi5

#### **Post #284**

"so what do you think about leafing while topping?"

Forgot to address that...

I only top once, if at all, at the 5th or 6th node(approximately) depending on the height and structure of a given clone. I also deleaf them at this time. The only plants that get more topping than that are because they had clones taken from them. I don't usually keep dedicated mothers, instead, I just clone the clones and cycle everything through.

### **Post #360,361 and 363**

**Post #366 Are you growing diesel, k33f? I think this is the only post that mentioned the strain you were growing.**

### **Post #367,368,369 Recap**

### **Post #390**

Quote:

Originally Posted by **darrmann** [↗](#)  
*ok im totally with you on everything, just one question. Do you have to bend them or can this technique of defoliation work without bending?*

Bending is not mandatory. It is part of my strategy to have most of the productive structure arranged into a horizontal plane. My compartment is designed for this and yours may not be.

I'll be doing a thread in time about grow compartment design that will go deeper into this and why it makes sense over tall plants. Basically light diminishes as a factor of distance in a vertical column. If you allow plants to stretch you leave the lower and mid behind as you raise the light. My strategy is to keep the light as low and as close as possible to get the most out of the wattage and thus I must bend and shape to keep things from going vertical. Just as shading leaves are undesirable so is excess height. So bending is a part of the process and should be explored as a part of the strategy to maximize yield.

**Post #394** My veg unit runs 2 x 70 watt hps cheapo(<\$40) home depot outdoor lights. Sometimes I can get by with just the one 70w. This little unit provides as large and hefty a clone as necessary. By setting only six plants instead of a hundred in 40sq' the work is plenty easier. Whether those clones take a week(SOG) or a month(SCROG) to get to their appropriate size is inconsequential. The reason being that once the extra veg time has been factored into the overall timeline it becomes routine. Clones are just taken earlier back in the timeline.

I find it far easier to prepare large plants instead of small ones. The margin of error in getting uniformity and filling the grow space full of finished buds is just more forgiving with large trained plants. As long as a plant is of a proper minimum size it will fill the space in nugs.

SOGging at hi densities requires tight scheduling and reliable launches of many individuals. I'm not saying it cannot be done. I've done it and had consistently 1.2gpw and sometimes better. Good SOGGers are a testament to tight growroom management.

This is another subject to thread. I know it has been discussed at length, but perhaps not recently.

SOG is certainly a HI-Yield technique and defoliation was a part of my SOG routine. There is simply no case for me to produce a hundred clones when half dozen will do.

In short, Same yield, less work.

**Post #400** My "floor" is the top of the buckets because they are inserted through the tabletop(floor). It's lined with B/W poly. I want the light to hit the bright white plastic. I want the light to reach the reflective doors and ends too. This creates as much reflective light as possible from all directions. Removing leaves allows this pass through and everyone is happy.

### **Post #420**

Quote:

Originally Posted by **Aksala**   
*Also....is there anything lost on the quality of smoke? taste? ect...*

Have never seen any reduction in quality. It is strictly a structural change. If there was ever any ill effect of any kind I would never had carried this technique to the extremes that I do.

**Post #489** You can defoliate any time you think it looks overly leafy. Deleafing can be used to control stretch and prevent them getting too tall. Spread them apart radially from the center by bending. Post a pic for a better analysis. Not sure if you want stretch, but only reason to allow uncontrolled stretch may be to fill up empty space. Otherwise focus on managing crowding. Build a net and start bending.

**Post #501** It is important to read this whole thread to get the process clearly .

**Post #526** I find roots progress just fine during what would be a stretch period but stunted by defoliating. It takes 3 times in veg over about a month to get the kind of plant that is ideal for a 32" footprint and yielding 10-12oz. The prepped plant is about 16" max and sporting at least 8 or more nice tightly-noded branches.

**Post #535**

In no way are any of the posters putting their harvests in my hands. I never pushed this on anyone beyond posting my own results. Now there is corroboration from others who both have been doing it for years and a few just trying and and not disappointed. They accepted the risk and now have some more knowledge.

You are absolutely correct that this is not for seedling starts. They have a completely different structure until reaching mid veg. It is for cloned starts and preparing a plant to be branchier and shorter than normal. Both desirable for indoor environments.

**Post #609**

I nip off wherever I can reach, Sometimes blindly by feel. The unit is 5' wide. I just work as fast as possible without worry for any details. Most remaining stubs dry out and fall off before harvest.

After a thorough deleafing it's time for bending out radially to expose the center secondary branching. If still have the main leader or the side branches are getting woody, they can still be bent with care and force. I crush, literally crush the stem between the thumb and side of the index finger. It sometimes requires as much force as you can muster on maturing stems. It must be crushed in order to train without breaking it. After crushing they can be twisted like rope, this strengthens the stem just as twisting rope is the reason miles of it stay together. Once crushed and twisted it can be trained any way you want without extending strings every which way. A net comes in handy as branches can then be laid down on the net after a proper bend n' twist. Some see a tighter and more hardware net as the appliance to force this kind of spreading, but I find a minimal net of as few strings as possible as preferable and far more functional to support the fully deconstructed and rearranged framework of stems.

**Post #677 & 678**

pinching is defined differently by different growers. Some say pinch and actually mean nip. To pinch literally is squeezing but not cutting. Nipping would be cutting stem at the very top. I pinch and bend. That is, rather, crush and bend. I don't think pinching or nipping branches has anything to do with getting thicker or going sideways. That would be the result of bending and training.

One "nip" on the main leader early in veg(immediately post-rooting) is the only cutting of any branch necessary at anytime. From then on, there should be plenty of branching to enable training out radially. Resist the urge to cut branches to encourage further branching. Old school and ill-advised. A plant can be made to branch without cutting the leader by simply defoliating early pre-stretch.

**Post #692**

Quote:

Originally Posted by **Animal Mother** 

*I'm on my third trim, about to go into veg, got some purple kush going and I trimmed them nearly bare 3 times and they recover faster each time with a huge amount of new growth, and serious branching. My question is, once into flower, how do you keep the plants nice and trimmed of leaf without fucking up the buds, once you're into flower? I have 12 plants in a 4x4 ebb n flow table.*

*I was moving them so could get to the leaf and then put it back in it's place in the table but during flower I don't think it would be good to move them like that.*

Quote:

Originally Posted by **Animal Mother** 

*Any tips on this question ?*

Just pluck away reaching for every leaf that is easily nipped with the thumbnail. You can't do any damage just pushing buds aside to get to a leaf. Good idea not moving the plants. Don't baby them while trimming. They can handle bending, twisting, arranging the branches to maximize space.

### **Post #765**

Those of us who have been practicing this technique for some time(for me, decades) have had the yield substantiated over and over again. Over the years, the opportunity to see leafy vs defoliated has presented itself numerous times. I don't have records nor are any of us on a campaign to convince anyone. This is a discussion of the technique by those who have already had experience and those willing to try it out and make it fit in to their regimen.

It is the visitors and newbies looking for anything that spells success as well as some with hard felt opinions that are demanding proof. No one ever set out to prove it to anyone who is unwilling to experiment themselves. There are so many variables in growing and in every cycle. It was stated in the very beginning that anyone trying this technique should already have the confidence to produce vigorous plants everytime before embarking on a new technique.

I can assure you I would not be doing anything, especially that requires some work, if it did not add up to a substantial increase in yield. You can see by my set there is not a single square inch of wasted space. That is the goal and the reason for defoliating and training. Untrained and leafy plants go their own way and make inefficient use of space.

If you were to defoliate a nice looking leafy setup near harvest day to inspect the structure and distribution of buds you will then see that there are far fewer budsites and lower development is considerably diminished. Both conditions add up to lower yield. The very top buds will have a slight edge in cluster density and size but who cares. I've seen big buds. Big deal. Mine are big enough but there are a lot more. That makes me happy. 😊

### **Post #787**

As for unhealthy plants, proper management demands they should be removed if falling behind the rest of a group. I'm not running a plant infirmary. There are plenty of healthy replacements in the veg unit.

This technique is certainly not stressing plants. Underwatering, pests and disease all stress plants. Plants are perfectly comfortable with training and vegetation removal. Arborists and fruit producers use various training techniques to improve shape and yield. Salad greens are continually harvested while plants continually produce more leaves. All plants love leaf removal. Their sole existence in life is to provide whatever we want from it. Trees in the Serengeti are continually nibbled higher and higher by elephants and giraffes. They attain a beautiful natural trim assisted by the wildlife.

As for quality, this question has been asked several times. Flowers develop just as they do with shade leaves except when employing a full veg to finish defoliation regimen you have a lot more budsites and they all enjoy better light exposure. That is the only explanation for the resulting better yield and consistent top to bottom quality.

The result of defoliation creating more balanced development is a function of improved light exposure.

### **Post #790**

My take on SCROG is a lighter weight screen. Some SCROG advocates use a hardware mesh as you have

there as the vehicle for training the branches. My twist on this is to lighten up and minimize the mesh to a net of just a very few lines of mason's twine. Get the braided type as it has much more stretch. A PVC frame with legs of a proper height is simple to construct. Tying up a net is simple and requires only 4 knots regardless of how many crosslines you desire. It can be untied at harvest and slipped out as one piece and reused next time before cutting any branches. Makes harvesting a scrog much easier. The net acts as more of a rest for bent and twisted branches. I do most of the training above the net instead of under like in most scrogs. The net is only 16" above the base and plants do not extend more than about 8-10" above the net. My rule of thumb for training is when a branch is more than about 8" vertical it is time to bend it horizontal, lay it on the net and deleaf it.

#### **Post #799**

To clarify the preparation in veg, that would vary by grower depending on the desired end result as far as how much space you intend the finished group to fill. I'm preparing a plant that will fill 32" cubed. Actually shorter as these usually finish under 30" after the final bend and twist. Finish weight is about 10oz. and has been as high as 12oz. I think it could be pushed a little more by better strains. These are the largest and heaviest indoor plants I've ever grown after moving up to 32" center. The veg prep is key to tame a large plant to fill that space in bud and not stretch out of the given allotment.

I cautioned jumping into this because a plant that is not at peak vigor but may end up with some usable bud could be ruined by defoliation. I was being very cautious and encouraging those who want to try it to practice in veg as there is nothing to lose with disposable veg starts. The response to defoliation is remarkable in veg. Best way to see it is to completely strip a clone, pinch it hard at the base and bend it absolutely flat as if someone had stepped on it.

Clearly JR likes a little stretch to fill his space. That's ok. He has made great use of the technique to help his plants adapt and fill in all of his grow space. In fact I may allow a little more vertical in some future cycles if I can adapt the headroom. I love bonsai so I can't help but to bend the shit out of my girls. I like arranging the arms around the mesh so that everything is adequately exposed.

#### **Post #859**

My setup utilizes intensive training to minimize height in order to maximize the light reaching all the growth. Yes, I think that the height factor is one that needs to be considered. Mine finish under 30" and using 2x600w + 1x400w in 5'x8' tunnel. Tunnel height is 32" from base to reflector bottom. I like this setup for maximizing the least amount of light.

Removing leaves is only a part of the regimen to manage crowding and grow fewer plants that yield more from a given space.

#### **Post #860**

Light penetration is exactly what this technique is all about...and I use the weakest bulbs possible...well at least no 1k's. Most of my management principles are derived from avoiding the use of overpowered lighting because of heat...and a desire to get the most out of lighting instead of assuming it is too weak to produce quality buds. Most of my buds are nowhere near a foot from the bulbs. The bulk of the bud is at least mostly 2-3' away from the source.

Resist the temptation to set up a horse race with a leafy sister. This isn't about who gets how tall in 2 weeks. It's about creating more budsites, branches and a stouter stature than a leafy stretch queen.

#### **Post #922**

Defoliation doesn't show up well in photographs, but the results sure do. Here's what you do...take a 32"x32"x32" beautifully leafy finishing specimen and defoliate it completely. Now compare it to my examples of that same size. What you will see is a dearth of budsites on the naked, previously leafy finisher and likely some very underdeveloped lower bud if it wasn't removed by lollipopping.

That is your side by side. I have seen results from both methods and I like defoliating. No one is twisting your arm. This is a discussion for those who are employing this technique. The discussion is not intended to convince anyone of it's effectiveness. Obviously your curiosity is piqued so what is to lose giving it a try on a little veg starter. The results are dramatic at that stage. There is no way anyone of us doing it can prove it to someone who insists on some kind of proof other than our own delight with the results. Several have

posted of positive effect on yield and quality. You can see it in the pics. What does LifeLess or d9 have to gain by posting their results than to be proud of some beautiful plants. You can see it for yourself in the pics and in yOur own grow if you are willing to risk learning something new.

### **Post #963**

El Toker,

I certainly appreciate your concerns and desire for hard evidence, but again, this thread was more for those who do practice the technique to share their version and results, than to convince beginners. Certainly beginners have our experience to work from but the intention was as discussion between those with that experience.

It has been posted over and over by articulate and experienced growers that they developed their own implementation of defoliation over the years without direction from others. Likewise for myself. It was just obvious when faced with crowding or shading.

Most of us have seen leafy plants and aren't impressed. Most of us have grown them and know what the limits are. My hard evidence is that I have revisited leafy plants either by accident(leaving out of town too long) or just lazy. The results are less. As I have stated before numerous times, the top buds may be larger in a leafy plant but the quality in defoliated plants is more balanced, there are more buds and the thus yield is higher. I run from 25-50% higher defoliating. Even if I posted logs you would not be satisfied nor would I expect you to. It's the internet, don't believe everything you read. Personally I keep no logs. Not wise for a long career.

Between the major players in this thread I estimate about 100 years of collective experience. I have about a third of that. But again I am not twisting anyone's arm and the goal of the thread was to discuss the technique amongst the experienced and to share with others WANTING TO GAIN THAT EXPERIENCE.

If you need hard evidence for everything in life before experiencing it, I pity your sheltered soul. No one ever had to convince me snowboarding was fun for me to try it for the experience. Surfing, skateboarding, climbing, GROWING for pete's sake. Did you demand from your friends proof that you could grow your own weed in your house before you tried it. Lighten up friend...we are not twisting anyone's arm.

Thanks to d9 GMG LL and others who have politely and articulately responded to El Toker.

### **Post #1020**

I wear surgical gloves and move around gently but confidently. I think I answered this before. Bending and training takes time to get comfortable doing but it is as important as the defoliating in my setup. I work the plants right up to the last week. If they are healthy you cannot hurt them. Any resin picked up on your gloves is quickly replaced by the dynamic nature of the flowers. Some plants have tougher branches than others so get familiar with each individuals growth pattern, rate and resistance to snapping. Most are pretty tough and unbreakable by the 4th week in bud.

### **Post #1021**

Quote:

Originally Posted by **BIGGS**   
*yes i read it says 2-3 weeks in veg. just wanted to know if weekly was too much in flower?*

Weekly is fine when plants are leafing out aggressively in the first 3-4 weeks. I could pull a few every day and tend to some training if I'm hanging around the girls. No set schedule, just allow them to leaf out between intensive defoliations till they add 3 or 4 new full sized leaves. By then there will be excessive shading and it's time for another round. A week to 10 days is about right or just steadily as I just described.

### **Post #1058**

Defoliation in veg is what contributed to the finished structure. In my gallery there are pics of plants just transferred. They are about 12-14" tall and have at least 4 strong ranches and more developing. I do NOT defoliate immediately in bud nor for the previous few days in veg. I like the plants to have a strong leaf-out

for the first week-10 in bud. Then a spreading and defoliation session and a subsequent leaf-out for a week or so. The rest of bud cycle is more intuitive.

**Post #1066**

Do not nip off growing tips. That will make them intolerably branchy.

**Post #1096**

The key here is that every grow is different. The criteria being: crowding factor, height, branchiness, Your results will vary depending on these and a hundred other variables. The best thing is to familiarize yourselves with defoliation in veg at no risk and move from there. In veg, plants build more branches and sites with each defoliation and releaf cycle. Sometimes I allow more releaf cycle in bud if the plants are not quite filling all the space. They soon do, with this kind of dynamic management. So the method is not on a hard schedule or necessarily performed at absolutely prescribed stages or intervals. Once you become used to the look of defoliated plants and the releaf response thereof...it is easy to determine when they need the next defoliation. Every strain will behave differently so do not draw conclusions about defoliation from a single clones response. And as always...you must be able to reproduce healthy, vigorous plants at will or you may have other problems.

**Post #1139**

I've given inconsistent advice in this regard mainly to dissuade the inconfident or those with less than vigorous plants. Sounds like you took the leap and ignored my advice to your benefit. Good on ya. I have also related that I thoroughly strip plants at any stage at my discretion.

Lifeless said it best that it is too easy to overthink defoliation. Once you have done it and seen the results it becomes easier and obvious when it is needed.

**Post #1159**

There is no reason to think that leaf removal will disrupt the effectiveness of co2 enrichment. The actual loss of leaf mass or leaf surface area for co2 absorption from defoliation is temporary and quickly replaced by, what amounts to, more surface area by the generation of larger leaves in the lowers and midsection.

My setups are SCROGs. Check out my albums to see the lightweight net. You are right that this is an extension of SCROG. The idea being that the screen is used to force spreading, or in my case used to support branches that are bent out radially and horizontal from the center. This allows all the bud to develop in the most premium light column.

My general advice would be if one is SCROGging they should try defoliating and, conversely, if one is defoliating they should try SCROGging. Both methods are complementary and serve the endgame of more production from limited area and light. I can't fault LifeLess and d9nxs for not using SCROG as they are clearly getting very nice results without resorting to bending like mine.

**Post #1186**

My earlier insistence on starting in veg was for several reasons but was overemphasized. I was trying to have those interested take it slow and to view their setup in the whole time frame instead of just a moment. I was also merging my needs into the conversation which may differ from others. It has been well demonstrated by several other posters whose timeline and technique varies from mine that any time is ok. That is also my position. Defoliation in veg is routine and necessary to manage a tableful of rearing-to-go clones when you have a couple of extra weeks built into the veg timeline.

**Post #1262**

As much as I have tried over the years to replicate conditions and outcomes of each cycle, each and every one has had variables that affected yield that were beyond my control. So it is very difficult to give a hard answer like "Defoliation will definitely increase yield over natural grows" There are just too many variables to make that blanket declaration.

Defoliation is a management technique that is especially effective indoors where crowding and the vertical limitations of premium light present the opportunity to get very intensive about training and maximizing the return of all the productive space.

Over the years I have seen up to 50% higher yields when comparing optimum conditions and outcomes of each respective(defoliated vs leafed) treatment. I am constantly reworking the hardware and the treatment in search of higher yield and greater efficiency.

Strains add an even more unpredictable variable getting acquainted with each one's idiosyncracies takes a couple of cycles at very least. Every grow setup is different. I am always impressed with the ingenuity and outcomes in so many infinitely unique man made environments. So what is working for one grower at any point in time may only be adapted by the observer in limited replication as those variables will always be at play.

## Bob-Hope

### Post #910

now i dont post much on here, but others may no me. i have followed this thread from the first post (fantastic photo ) and decided to stick around to see how things developed.

one thing that i find a little confusing is the way the thread has developed into 3 sub threads, the 20 and 45 day pluckers( in flower ) and those that just said fuk it and pulled them of any-way, regardless of when they were in flower, i think those that remove leaves at day 20 and day 45 ish will ripen up bud that was previously covered by a leaf and therefore increase in size and get more bud. i believe this may also be the case with those that have just jumped in.... but to me this doesnt seem to represent defoilation on a whole.

the op clearly states that he starts the process ( defoilation )very very early on in the vege cycle,his reasons being,he doesn't want to grow leaf,to minimise stretch,and increase the amount of bud sites, (this is done by leaf removal,which encourages new shoots and branches therefore more bud sites) as soon as the plant gets to big, he bends it and twist it until it fits back under the height of the overall canopy, which then means he can keep his lights at a constant height,and make the plants work for him.

now as i understood it, the op states It is all about having the patience to move back the timeline and add additional veg time into your schedule. Once this additional time has been integrated into the process it becomes standard and does not add to the actual production cycle.

now in my mind if you haven't started this process from the very start of vege, then you really arnt, getting any where near to the results the op claims, yes you may see an improvement in the overall quality off the plant, and have far more smokeable bud (which is all-ways a good thing) from the lower regions,but the new growth and extra bud sites are not there,or at least not there to full potential, all you've done is uncover buds that were blocked.

so at best if you've only applied this method during flower you will only see 50% of this methods potential..as you've missed half the plants cycle.. if that makes sense?

so i decided to give it a go right from the start, currently got 4 k-trains in vege at the moment,there about 6 weeks old and are only 14"tall,and have so much growth it amazes me every time i see them.they will have another 4 weeks vege/or when my current crop is ready.and then they will go into a wilma system.

i might post a few photos when i find somewhere to host them.

BH

hope i dont come across as a cock but i think some people are confusing the op method of defoliation,and all that encompasses, with the removal of fan leaves during the flowering process.which is just that fan leaf removal in flower.

**Post #945 See thread for pics, Agreed with k33f. Great job Bob!**

**Post #1028 Bob knows how to make a bush, Holy shit Bob! See thread.**

**Post #1031**

well im led to believe that stretch is the enemy...  
and yes they are small. the one pictured is only 14" tall,but again im led to believe that this is what your aiming for.  
rather than a plant which is say 3ft tall.  
if the plant remains small but full of growth, it will be able to recive much more light overall,than a plant that was 3ft tall...

**Post #1320**

Originally Posted by bigwity :  
can i ask why you leave the leaf stem?

because theres no need to make it any closer to the main branch. i only want to remove the leaf nothing else,the stem will shrivel up and die on its own in a few days,where it will then fall of naturally,causing no damage to the main stem.

i do what the op suggest and sort of pinch and pluck in the same motion.

## Delta9;

**Did you just defoliate k33fs name D9? Hahaha!**

**Post #165** K33, I hope you don't mind that I abbreviate your handle, I understand your requirements call for a short compact plant so the stripping of leaves from early veg on works for you.

**Post #562**

Just a few ideas.

In nature, plants undergo leaf senescence as part of their strategy to survive. Senescence can be described in plants as a change process as much as a dying process.

At some point in flower, I believe it is at the end of stretch, when maximum root and shoot mass have been achieved, I think the fan leaves radically slow down photosynthetic production, starting with the bottom leaves first.

Outdoors, uncultivated plants, which usually have had to make a meager living from whatever nutrients occur naturally in the soil, begin consuming the nutrients stored in their leaves for flower production. This is mostly true of indicas as they usually have a much shorter season than sativas and grow in areas with pronounced wet/dry cycles. Usually wet during the vegetative stage and dry during the flowering stage.

This is important as the roots are not as effective at extracting nutrients from the soil in dry cycles. The energy stored in the fan leaves becomes a food bank during those times. I have seen research papers that indicate a direct relationship between soil moisture and nitrogen uptake, for example.

Indoors, cultivated plants are still getting fed high quality nutrients and do not need the stored leaf nutrients as much.

I strip the fan leaves at the end of stretch because I am looking for maximum plant mass. I have strong vertical lighting and a 10 ft ceiling.

K33ftr33z and most other indoor growers, are using horizontal lighting with height restraints. As they need to keep the plants shorter they can use vegetative defoliating as a means of restricting plant height. As k33ftr33z has demonstrated, restricting height does not necessarily equate to lower bud count. So the point at which you defoliate is dependent upon your technique.

The decision to defoliate or not is dependent upon your strain. My plant reacts well to it. Some won't.

As the cannabis plant can only propagate in the wild by seed, seed production is it's primary function. It is

genetically programmed to produce seeds at all cost. Since we usually don't allow seeds this energy gets focused on flower development. The plant will grow flowers, no matter what you do to it.

Research has demonstrated that almost all parts of a plant are capable of photosynthesis. When the large fan leaves are stripped, the plant shifts whatever photosynthetic production is needed to other plant parts. And immediately begins new leaf growth. As the fan leaves are now gone and the only option left is the bud leaves, growth occurs there.

I believe the same hormonal stimuli that redirects growth to the bud leaves causes enhanced bud production.

The fans leaves of an uncultivated plant are there primarily for developing plant mass and to store nutrients for flower production.

### **Post #935**

#### **Great post D9.**

El toker,

so far in this thread we have heard from quite a few experienced growers with years of trial and error under their belts. And, I might add, quite a bit of credibility.

I personally have ten years plus of continuous growing. I don't mean a grow here and a grow there type of experience. Mine is ten years around the clock 24/7. no breaks. The last seven years my main plant from a single cutting using no mothers. Plant after plant. Carbon copies.

I was very ill during this time and trapped at home. When I wasn't tending plants I was reading about plants. Also around the clock. Growing and learning about growing I considered to be my main occupation..

I keep careful records of changes and yields.

I know when i'm doing better or worse. As i'm running a perpetual harvest scheme, one in and one out every week, I see changes in my plants very fast. Within weeks.

I'm not an unusual case here.

There are many reporting here that have a lot more experience than me. These are intelligent folks who know what they are doing.

What you are suggesting is that all of the people defoliating are delusional. Although that doesn't really bother me so much I would like to point out, again, that the people reporting success are the ones actually doing it.

The only way for you to be personally satisfied as to the efficacy of this technique is to try it yourself. You're right, no amount of testimony or photos can be regarded as proof here. So you must experience it.

How many Californians does it take to screw in a light bulb? Seven, one to hold the bulb and six to experience it.

"Have you ever been experienced? Well, I have!" James Marshall Hendrix, 1942-1970

there is no substitute for the real thing, take the pepsi challenge.

d9

### **Post #980**

#### **Evidence of the benefits of defoliation, as if this thread doesnt have enough as it is. See post for pics. Funny post to, D9.**

hey, everybody! here's a few shot's of an "unimpressive" plant. this was grown in the "i don't know why anyone growing vertical would even try this" style.

defoliated totally at 21 days flower.

the plants been whacked and is in a 5 gal bucket of water for the night.

wet trimmed bud

dry bud in container. notice the container has a 2.5 gal capacity.

it has been dried to the point where large bud stems snap.

it weighs 418 grams or 14.74 oz's

now i realize that this is not proof of anything. i could be lying.

this is really complicating my life, now i have to get help carrying all this extra weight around.

the last 3 plants were 11.96, 12.45, and now 14.74 oz's totalling 39.15 oz's or averaging 13.05 each. all defoliated. the three largest plants i've ever grown.

ya'll have a good 'un,

#### **Post #996 Outrageous Yield Strain**

i've been asked what strain that is. it's sweet tooth #4.

#### **Post #1099 - 1102 Unreal D9. Weedzilla! See pics and weight.**

#### **Post #1169**

i just weighed last weeks plant and it only went 15.80. i guess i screwed up somewhere.

so my last five consecutive defoliated plants went 11.96, 12.35, 14.74, 18.38, and 15.80 for a total of 73.23 or an average of 14.65 each.

my last 5 plants before defoliation averaged 10.49, or 52.45 total oz's.

a total difference of 20.78 or 4.16 zips per plant.

i have been doing a series of changes over the last year to drive up yield and this one, defoliating, has made the largest difference.

at this point i'll stop posting pics and weight here as i think i have proven this technique.

thanks k33ftr33z!

#### **Post #1221**

**This post is D9 response to disciple post#1218. This is a very long and extremely informative post, I suggest you go to it and read it.**

## **Bighead;**

**post #77** you do slow the growth a bit as part of the process but that can be beneficial. the main stem keeps

getting thicker so plants will be very sturdy. other benefits are, any bugs will be way easier to kill and prevent, less for them to eat and no place to hide . so less spent . any fungus will have a hard time because of the increase in air flow. less ferts, less watering by not having leaves transpire. by reducing these problems you have time to trim and pack em tight.

!!!:

**post #100 Breakdown of defoliation from OG.**

## jrosek;

### Post #236

Here is a couple old old pics from another great thread here at ic. these girls were stripped at day 14 flower and again around 40ish... even back then the " proof was in the pudding "

<https://www.icmag.com/gallery/data/5...53SANY0457.JPG>

<https://www.icmag.com/gallery/data/5...53SANY0479.JPG>

<https://www.icmag.com/gallery/data/5...53SANY0477.JPG>

**Post #427** For future reference... never remove the leaf from the bud site or the growing nodes... this is what supports the bud growth....

### Post #554

It is best to try this method on one plant first... do not go over board people!!

Some strains do not react well at all to stripping... I have found that out of the dozens of strains i have stripped that sativa's tend to not respond well to stripping.

Any plant that does not have a hi leaf to bud ratio seems to decrease bud size and density.. i believe this is do to the bud being more dependent on the larger fans that are at the node and branch. if you have played with different strains you will know what im trying to explain...

in short... bushy leafy indica dom strains respond the best to stripping, however carefull planning is a must be before done.

Sativa dom plants with very little leaf on bud growth suffer more than not, meaning, slower growth, longer finishing times, etc...

just be carefull with your ladies people!!!! this is not a fool proof method and must be experimented with before a full attempt at stripping or leaf removal training..

for the strains that do respond well to this method... it is simply the only way to fly!

good luck all!

## 420Clones;

### Post #725

Quote:

Originally Posted by [greenwithenvy](#)

*Is this technique only done with cloned plants or can this be done with ones that have been grown from seed?*

can be done with anything!

**post #338 LOL**

## Lifeless;

### Post #1246 and #1307 Time lapse pictures of defoliation

#### Post #1250

Relentless the closet is 3 x 3 x 8 and im running a 600 in there. Theres 7 plants all in 3 gallon pots. I dont usually do more than 4 or 5 at the most because of over crowding. This defoliating made more room for more bud. This is my first run with 7 plants in there. As i chop ill pull each plant out for a photo op. There as much bud in the center and back as you see in front. Im vegging some plants right now for a test run in a 3.5 x 3.5 x 6. Im gonna try 11 plants in 2 gallon pots. 2- c99, 4 Indiana bubblegum and 5- apolloicious. Its will be interesting to see what happens. Have a great one. Peace LL

#### Post #1313 Lifeless Strains

The plants on the left are a 42-45 day strain called Apollolicious the plants on the right are Chem D they usually go 65-70

**All of your pictures in this thread were very impressive Lifeless, Thank you!**

## Disciple;

#### Post #1218

I found water uptake drops immediately after defoliation. By a week later it picks up again to varying degrees depending on what stages the plants are at.

In drain-to-waste (straight hydroton) I couldn't measure falloff in water use because it's drain-to-waste so I won't see a reservoir level drop. However, my relative humidity immediately dropped leading me to believe that less transpiration was happening.

In my flood and drain situation, I did notice the res level remaining higher than normal (less solution used) and right after defoliation for almost 1.5 weeks EC and pH fluctuations basically froze. At that point I would "normally" see pH level rise or lower as well as a corresponding change in EC (up or down as the case may be).

Both a static level of nute solution as well as no change in numbers leads me to believe that in the flood and drain, transpiration (and growth) temporarily hit the brakes after defoliation.

If I follow k33ftr33z precisely and prepare the plants starting in veg, change in transpiration after each defoliation is less noticeable GROWTH RATE REMAINS CONSISTENT - 😊

If I just defoliate an otherwise "normal" plant (ie. one not prepared from veg), the effect on transpiration of defoliation is quite dramatic. GROWTH RATE STOPS UNTIL RECOVERY - :(

you want to follow k33ftr33z method (obviously) 😊

\*pending on how big the plant is @ defoliation, might be an idea to back off on ec a bit then gradually work back up as plant adjusts. more relevant for extreme and sudden defoliation (exactly what K33ftr33z advised against... but there must be at least one other person out there like me who can't follow directions).

At least one drawback i've noticed with the "extreme and sudden" approach is increases in total time. However, the alternative is overcrowding and although things went a week or so longer, the yield was substantially higher than if I hadn't done it.

There are no delays in flower if you follow K33ftr33z advice of beginning prep in veg and in many cases

users will experience a reduction in flower time, but with a higher yield.

**Post #1231 Great post indeed!**

**blancorasta;**

**Post #1238 This is an excellent example of outdoor defoliation, In my opinion of course!**

**benzo;**

**Post #1299 Yes, Defoliation is definitely working for you, Great pictures man!**

**SoCoMMJ;**

**Post #1340 Hey, Those are Awesome.....Fingernails! ;)**