

# CANNAtalk<sup>®</sup>

MAGAZINE FOR SERIOUS GROWERS

ISSUE 1 2019

CANNA  
COCO CUBE

GROW IT YOURSELF  
CHILLIES

Powered by

**CANNA**

The solution for growth and bloom

PESTS&DISEASES  
WHITEFLIES

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## 3. FOREWORD

No.1 // 2019

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As part of the commitment from CANNA to the Australia and New Zealand market we have some new and exciting changes to enter the market in 2019. Starting with this pocket guide for information about what CANNA is doing in Australia, New Zealand and worldwide, some gardening articles, product information, market information and promotions.

We at CANNA pride ourselves providing quality products that will always give consistent results when used as per the grow guide. If you have any questions about CANNA products or gardening please contact us at [canna.com.au](http://canna.com.au)

We look forward to providing you with any information or queries in relation to gardening. We have some of best experts worldwide with extensive experience in all types of gardening.

**'Quality Proves Itself'**

Happy Gardening.

# 4. COCO PROFESSIONAL PLUS CUBE

After receiving many requests for coco in a compressed form and several years of development and testing, CANNA succeeded in producing a Coco Professional Plus Cube that is the exact same high quality medium that CANNA is known for. CANNA's Coco Professional Plus Cube truly makes a difference. A hole difference! Its most distinctive feature is the hole. It creates extra surface which makes it easier to absorb water. Therefore the CANNA Coco Professional Plus Cube expands extremely fast.

**A HOLE DIFFERENCE!**



## 5. The CANNA COCO quality in a cube

The CANNA Coco Professional Plus Cube is the exact same high quality as the much desired loose fill CANNA COCO. This means it is made from the highest quality ingredients. It is washed and buffered, not steam sterilized and RHP certified for horticulture. The buffering process allows CANNA to "pre-program" the medium to a certain age. This ensures the same consistent, high quality medium time after time. The composition of coco components blended together offers the best water-air ratio.

### All of this insures CANNA COCO meets the 4 benchmarks for a quality coco medium;

1. Physical structure
2. Chemical stability
3. Free of weed seeds
4. Consistency

CANNA COCO medium matches perfectly with CANNA COCO nutrients. Due to the special characteristics of coco and the applied washing and buffering process, it is possible for CANNA to combine vegetative and flowering nutrients in one nutrient mix. This means the nutrient can be used throughout the growing cycle and there is no need to worry about the proper time to convert from grow- to bloom nutrients.



## 6. RE-USING COCO IS EASIER AND SAFER THAN YOU THINK!

There are many good reasons to re-use a growing medium; saving time, money and being eco friendly are among them. A good quality coco makes this very easy! A good quality coco medium does not break down as fast as other media, like peat. As coir does not tend to be easily struck by disease, which makes for a very good medium to re-use. Potentially up to a few times before discarding to the garden where it makes a great soil amendment.

1. Before re-planting, first verify salt levels of your coco. If the previous crop ended properly, salt levels should be fine. In any case, you should always proceed to the 1:1.5 extraction method to be sure (described at the CANNA website). Keep in mind that high salt levels can reduce crop potential.
2. While you're digging your coco for test samples, look for critters. If you happen to see an overwhelming amounts of bugs, you might want to skip re-using and go straight to soil amending.
3. Avoid using "re-used" coco for seedlings or young cuttings; these are by definition, quite fragile. Therefore

starting in new, fresh coco is a safer path. Re-using coco should be saved for healthy thriving plants.

4. Once the crop is finished, pull the old root ball out (some people use a knife or small saw to carve the stump out). Put in the new plant and fill the gap around the new root ball with new coco. The final stage of the previous crop might have lowered the intensity of the calcium buffer, which will be replenished as you feed your plants. When emerging roots get to the re-used coco part of the container it will all be perfect and balanced again.

5. Water profusely with calcium rich, coir specific nutrients and a good rooting stimulant until run-off occurs. Then inspect carefully to make sure there are no air pockets (fill them up with fresh coco if needed) and that is it!

Some growers are hesitant to re-use their Coco because of the decaying dead roots that remain. Using a quality enzyme product like CANNAZYM will decompose those roots before they become a food source for pathogens. On top of increasing aeration in the growing medium along with providing nutrients for the plant and beneficial micro organism of the root zone. Used coco is very good to amend outdoor flower beds, gardens or any other area where the soil has compacted. It will bring back aeration as well as improving water retention.

# 8. STORE HIGHLIGHT

**COMPANY** Aquaponics WA and Hydroponic Xpress

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**MOTTO** Answers from the Professionals



Hydroponics Xpress and Aquaponics WA, a family business, started in a small shed in 1985. Since then it grew to become one of WA's biggest Hydroponic and Aquaponic suppliers for retail and commercial gardeners.

The Canning Vale site of Hydroponics Xpress and Aquaponics WA went through a big upgrade in 2016. It now consists several buildings with a sum total of 1000m<sup>2</sup> of retail and warehouse space plus more than 1000m<sup>2</sup> of greenhouse and display area. They carry the largest selection of nutrients, additives, growing media, environmental and lighting hardware and growing systems in Western Australia.



10. To pass on knowledge and experience to schools, community groups and commercial gardeners, there is a working farm on site. There is great value in a working farm, viewing how systems are set up and run for effective crop production. It is very impressive when viewed even the large Barramundi like to entertain the guests.

The success of the business, still family owned and operating for 35 years, is shown through the passion of staff providing knowledge and experience for gardening, fish and the environment. If you want first hand knowledge and how-to information for Hydroponics and Aquaponics in Western Australia, Hydroponic Xpress and Aquaponics WA is the place to visit.



# CANNA MAGNIFIERS

11.

Need a closer look at your plant to spot deficiencies, pests, or other problems?

CANNA created a nice little tool to watch your plant health. With this magnifier you can check the leaves of your plant to identify larger pests or prevent deficiencies by noticing changes in an early stage.

Ps. You can also use the magnifier to better read our small number on the grow guides.



**INSTORE  
PROMO STOCK**

12.

# CANNAZYM,

## IT'S NOT JUST ABOUT CHEWING DEAD STUFF AWAY

### Enzymatic complex + vitamins

- Natural and bacteria free
- Reduces possibility of root diseases
- Limits pathogen and insects food source
- Speeds up decomposition of dead root material
- Converts dead root material into nutrients and sugars
- Keeps growing medium healthy
- Facilitates nutrient uptake
- Encourages development and sustains beneficial life in the rhizosphere
- Added vitamin speeds up recovery of damaged roots
- Concentrated solution. Recommended dilution rates from 25 ml / 10L

**PRODUCT  
HIGHLIGHT**

13.

Enzymes are the engines at the core of all life forms, each enzyme plays a specific role in a specific process. While omnipresent in almost everything that is alive, Enzymes are not so easily harnessed when it comes to have an easy to use product for growers. Some Enzyme products are actually a blend of microbes that when conditions are favourable will produce the desired enzyme group. This process does not always yield the proper enzymes or any at all, as keeping microbes alive in a bottle is a challenge on its own. CANNAZYM is derived from natural ingredients and contains no bacteria or microbes. In CANNAZYM you will find only the Enzymes we want, in the highest concentration possible to achieve a stable, consistent, safe and easy to use product for amateur and professional growers alike.



**14.** CANNA has spent many years researching and improving CANNAZYM for it to become the unmatched product it is today. Essentially composed of Enzymes that target root zone compounds in order to keep the rhizosphere clean, it also enables the release of nutrients and sugars from the dead root material. Root hairs in particular tend to continuously die off and become an attractive food source for bacterial, fungal life as well as some insects. These, in turn, can bring a load of pathogens which roots need to fend against. CANNAZYM quickly breaks down decaying dead root material, limiting the risk associated with pathogens.

## **CANNAZYM is more than an insurance policy against root problems, it is a root zone catalyst.**

CANNAZYM, is more than just about breaking down dead roots, it also provides vitamins that help the healing of damaged roots. Whether this happened during transplantation or by an insect, these broken tissues are entry points for pathogens like pythium, which can quickly lead to crop failure.

**15.**

Also within the CANNAZYM formula are nutrients for beneficial micro organism, helping the rhizosphere to maintain an optimal eco system helping plants thrive and better resist high intensity growing conditions.

CANNAZYM is not an indiscriminate sanitizer like peroxide, it actually feeds beneficial micro organism, helping nutrient absorption along with optimizing the physical properties of the growing medium by improving aeration and water diffusion throughout.

### **Instructions:**

Vegetative and Generative stage : 2.5 ml/L

Growing medium re-use, in the last 7-14 days : 5 ml/L

# BMX COMPETITION

## WIN YOUR VERY OWN CANNA BMX BIKE!

Are you a big fan of extreme sports? Do you dream of having your own CANNA BMX bike? This is your chance!

To get your hands on this gorgeous set of wheels, all you have to do is visit our website [canna.com.au/bmx](https://canna.com.au/bmx) and answer a few questions. Easy right?

Head to the website for full info about the competition.



# BMX COMPETITION

18.



# GROW IT YOURSELF



Chilli peppers seem to grow and grow in popularity all around the world. There are 'Chiliheads' all around the globe, as well as a lot of chilli festivals..

19.

# CHILLIES

The chilli pepper originated in Central and South America. The Incas and the Aztecs were cultivating these crops as early as 7,000 BC, but Europeans only came into contact with the chilli pepper after Columbus discovered America. Since then, over 3,000 registered species have been developed.

## Growing

Chillies come in a whole range of sizes, from just a few centimetres long, to up to 15cm! They also come in many different colours: yellow, orange, red, green, purple and brown! Not all varieties of chillies are easy to grow. If you're looking for quick results, growing chillies is probably not for you! Obviously, to grow plants, you need seeds. You can separate the good seeds from the bad by plunging them into water. The seeds that float can be discarded as they will probably not germinate. Peppers need a high temperature (above 25°C), mild nights and a lot of light. They also like to be rooted in an airy soil and need to be fed on a regular basis. If you don't want the different varieties to pollinate each other, you can cover the flower bud with an empty tea bag before it opens. Tapping it daily will help the flower to fall off. Once the flower turns into a fruit, you can remove the tea bag.

20.

## Harvesting

Harvesting chilli peppers can be done the same way as harvesting sweet peppers: the unripe green ones can already be used for cooking. The red ones are ripe and will give you that fiery flavour. You can use chillies fresh or dried. When you dry them, put them in a warm and dry place, such as in a saucer on the windowsill. As soon as they are brittle, they are dried properly. After drying, they can be kept for as long as a year. Another way to conserve chillies is to freeze them.

## Cooking

When preparing chillies for your meal, it is better to remove the seeds. Watch out for your hands when doing this, because it is easy to burn them! Avoid any contact with your eyes too, as this can be very painful. You can eat the chillies either raw or cooked, depending on your preference. Make a salad, a sauce or a soup and enjoy!

## Health

Chillies are good for your health. They can cure a cough, relieve toothache and help with indigestion. They are also perfect for getting rid of a hangover! Eating chilli sauce with garlic can act as a painkiller.

**HOT AS  
HELL**

21.



## Did you know?

- Chillies are full of vitamins. One fresh medium-sized green chilli contains as much vitamin C as 6 oranges.
- One teaspoon of dried red chilli powder contains your daily requirement of vitamin A.
- Hot chilli peppers burn calories by triggering a thermodynamic burn in the body, which speeds up your metabolism.
- Chillies are not really 'hot'. Eating a chilli triggers the pain receptors located in your mouth, nose and stomach. These tell your brain that you've eaten something 'hot', so that it will flush your body with water. You break into a sweat, your nose starts to run and your eyes cry.
- Chilli festivals are held all over the world. These festivals usually include chilli eating contests. Chilli lovers are also known as Chillheads.
- In Samoa, the pepper is one of the ingredients of kava, a love potion for virility.

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# FACTS

## TWO BILLION PEOPLE DEPEND ON IMPORTED FOOD

Earth's capacity to feed its growing population is limited and unevenly distributed. For the first time, researchers at Aalto University have been able to show a broad connection between resource scarcity, population pressure, and food imports, in a study published in *Earth's Future*.

'We performed a global analysis focusing on regions where water availability restricts production, and examined them from 1961 until 2009, evaluating the extent to which the growing population pressure was met by increasing food imports,' explains Researcher Miina Porkka. The analysis showed that in 75% of resource scarce regions, food imports began to rise as the region's own production became insufficient.



According to the research, the food security of about 1.4 billion people has become dependent on imports and an additional 460 million people live in areas where increased imports are not enough to compensate for the lack of local production.

The international food system is sensitive and price and production shocks can spread widely and undermine food security, especially in poorer countries that are dependent on imports. As a result, further investments in raising production capacity could be a viable alternative. Especially in sub-Saharan Africa and India, there are opportunities to sustainably improve food production.

# WHITEFLIES

Whiteflies are tiny white flies that are related to aphids and mealy bugs. They suck sap from the underside of the leaves. You may see them in your garden during spring and summer and mostly identified by a cloud of white each time the plants are disturbed. They are prolific breeders, have a short life span and can be found in the thousands.

Small numbers don't usually affect adult plants unless they transmit a virus. In larger numbers plant growth is affected causing yellowing or silvering of leaves and streaky growth. They also secrete sap or honeydew that can lead in infestation of sooty mould.

## Early identification is important.

If they get into a grow room they are very hard to control. Easiest way to identify early is by using yellow sticky traps on which you would see small white spots. Checking traps regularly when whiteflies are in the garden will make control easier in the grow room. If left unchecked whiteflies can destroy a garden in a short space of time so during breeding months it is important to check for them regularly.



**PEST & DISEASE**

## Control

Hygiene - Exclusion netting is used to prevent pest entering a grow room. These should be placed on all inlets and outlets. Changing clothing that has been in the garden and washing hands as these can carry adults, larvae and eggs.

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Yellow sticky traps used for early identification and control of smaller infestations.

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Natural predators such as predatory wasps, lady birds, lacewings and hoverflies are a natural way to control infestation. If natural predators are in your garden chemical sprays should be avoided.

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Pest Oils such as pest oil, neem and pyrethrum can be used as a chemical control. Check with the label on how to use and avoid spraying flowers.

# 26. WORLD VEGAN DAY MELBOURNE

World Vegan Day is a yearly event held at Melbourne Show grounds to celebrate everything vegan, including food, animal rights, clothing and accessories, community groups health products, entertainment, art show, seminars, cooking classes and even vegan speed dating. For more information about World Vegan day go to [wvd.org.au](http://wvd.org.au).

CANNA sponsored World Vegan Day 2018 to bring awareness to BIOCANNA range for being both organic and vegan or as they like to call it Veganic. BIOCANNA range is one of the few products that can make these claims throughout the world, while also providing quality plant growth.

For more information about BIOCANNA go to [canna.com.au](http://canna.com.au) and click the BIOCANNA link.



# COMING EVENTS:



January  
**3-6**  
**2019**

## Summernats

CANNA will again be burning rubber Exhibition Park in Canberra for the biggest horsepower party in Australia 'Summernats 32'. CANNA is sponsoring the Main Stage and Main Arena which will host a truly epic line-up with Butterfingers and Dune Rats on Friday night and Brooke Evers and 360 on Saturday night.

During the daytime program the stage will also host Summernats Body Art Nationals and mullet competition.

Watch out for the CANNA promo models or visit the stand to get your hands on some free promo gear.

During the weekend we always get a lot of questions about indoor gardening so if you have any questions we have a professional team to answer all your questions.



(DUTCH CHAMPIONSHIP)

# NK GROWING PUMPKINS



Pumpkins are becoming more popular worldwide every year because of Halloween. Did you know that growers all over the world also try to grow the largest pumpkin in size and weight?

In Holland CANNA organized a contest to see who can grow the biggest pumpkin of all. This years winner grew a pumpkin that weighs no less than 939 kg!

The Australian record for largest pumpkin was set in 2015, a Giant Atlantic pumpkin weighing in at 743kg. Australia is slowly catching up to the European growers but still have some way to grow.



30.

# QUESTIONS

A regular question we are asked at CANNA is, Why does CANNA not produce Coco Perlite blend?

Substrates are used in gardening to hold the plant in place, to provide air, to hold water and nutrient to the roots. There is a balance that needs to be maintained for optimal plant growth.

Coco coir is made up of coco fibre and coco pith in ratios that allow for the correct air the water ratio. As the coco fibre is able hold much water it increases the air in the substrate and prevents over compaction.

31.

Perlite is an inert ingredient designed to increase the amount of air in the substrate. What this does is reduces the space in the substrate to hold water and nutrients. When perlite is added the air to water ratio increases meaning that more water and nutrient is required to be added for the same growth as a stable Coco coir or extra coco pith and or peat should be added. When the amount of perlite in the substrate reaches 30% the ability of the substrate to hold suitable amounts of water and nutrient for plant growth is reduced and when it gets to 50% a Aqua system would be advised.

So the answer really lies in the science behind growing methods and techniques. Quality Coco coir with the correct mix of Coco fibre and Coco pith do not need additions such as perlite as the effects will change the conditions resulting in changes from optimal plant growth.

# CANNA

The solution for growth and bloom



[www.canna.com.au](http://www.canna.com.au)