



## Growing Tomatoes in the Flex Farm

The Flex Farm was designed specifically to grow leafy greens quickly and abundantly. But that doesn't mean you have to limit yourself to just leafy greens. Other varieties of plants that thrive in hydroponic environments will grow in your Flex Farm - such as tomatoes!

Experimenting with the Flex Farm is fun and easy to do! Below are best practices for how to grow tomatoes successfully in your Flex Farm.

### Correct Variety Type

Tomato plants come in two basic types: determinate and indeterminate. We recommend choosing a **determinate variety** with a **small fruit**, such as a cherry tomato.

### Nutrients

The nutrients that we supply with the Flex Farm are formulated for leafy greens and not for flowering plants. Fruiting and flowering plants require their own special nutrient blend. We recommend [General Hydroponics: FloraNova](#).

It is not recommended to mix fruiting nutrients with water that contains Nutrient A and B provided by Fork Farms as these nutrients are optimized for leafy greens.

### Light Requirements

Different varieties do better with differing amounts of light. Generally speaking though, tomatoes love light. Most can take up to 16-hours of light per day. However, you need to give them 8-hours of true darkness, particularly once they have begun producing flowers. As much as they love light, they need the dark period for healthy respiration.

### pH

Tomatoes are happiest at a pH of 6.0

### Pollination

Your tomato plant may start producing flowers in about 5 weeks. Tomatoes are self-pollinating, meaning that each plant has both male and female parts and produces the pollen it needs for itself. You don't need two plants to produce fruit. In

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nature, things like wind and the vibrating of bee wings help transfer pollen. However, because you are growing indoors, they need your help.

Some methods are:

- Place a fan in your Flex Farm.
- Gently bang on the outside panel of the Flex Farm to knock the pollen loose.
- Use a soft-bristled electric toothbrush on the backside of the flower. Be careful not to touch the petals or otherwise damage the flower itself.
- Gently shake each flower.
- Use a soft-bristled paintbrush to transfer by gently “painting” from stamens to pistil.
- You should do one of these things every day until the flowers turn into fruit.

**Good luck!**

