

VidaWool® Grow Sheet™

VidaWool® Grow Sheet™ simplifies the propagation phase of your cultivation plan. The single sheet design, featuring 98 individual plugs with pre-drilled holes, reduces prep work and helps ensure precise seed or clone placement. VidaWool® Grow Sheet™ offers consistent quality and firmness to support a successful start for cuttings and seedlings. Once the plants are well rooted, the plugs can be seamlessly transplanted into a VidaWool® block for a smooth transition into the next stage of growth.

Applications

VidaWool® Grow Sheet™ is great for enterprises that need to quickly and reliably transplant a large volume of cuttings or seedlings. Made from mineral wool, VidaWool® Grow Sheet™ provides a stable, productive growing medium that enables easy and efficient transplantation into blocks. Each sheet contains 98 plugs at 1.5" size, set up for a standard 10" x 20" tray. Plugs can be easily separated into spacer trays for cuttings or seedlings.

Features & Benefits

• Saturation volume: 4 liters of solution

For reliable saturation and efficient use of water.

• Water holding capacity: 85–95%*

Hydro-Xtend™ water dispersion technology holds moisture and keeps it evenly distributed while allowing enough air flow for fast root development.

• Handling integrity: 2.4 lbf

Durable structure helps protect plants during handling. Resists punctures when wet or dry, designed to prevent breakage and loss.

Did You Know?

- VidaWool® Grow Sheet™ is made from a minimum of 70% recycled content and is designed to efficiently hold and use water.¹
- VidaWool® is 100% produced and supported in North America to give you confidence in your mineral wool growing media's quality and availability.

Additional Features



Hydro-Xtend™ water dispersion technology optimizes use and uptake of water and nutrients for growing plants.



Pre-drilled holes eliminate guesswork for seed and clone placement.



Does not have to be stored in a climate-controlled environment. Keep dry until use.

*Owens Corning Competitive Study Analysis, October 2024



100%
NORTH
AMERICAN
MADE &
SUPPORTED



¹ Verified by ICC-ES VAR 1025



User Guide

VidaWool® Grow Sheet™ was developed and is backed by a team of scientists, engineers, researchers and experts in mineral wool and rock wool products. VidaWool® performance and practices are validated by third-party analysts, helping you maximize the features of every sheet and plug, and get your plants started off right. Follow these steps for proper use of VidaWool® Grow Sheet™.

1. Store

VidaWool® Grow Sheet™ does not need to be housed in a climate-controlled environment but should be kept dry until use. Store pallets no more than two high to avoid damage.

2. Saturate and condition

VidaWool® Grow Sheet™ can be saturated as a sheet or separated into individual plugs. Submerge for up to 15 minutes in a nutrient solution adjusted to a pH of 5.8–6.2.

3. Place seeds or clones

Using the pre-drilled hole as your guide, place seeds or clones into the holes to a depth of 3/4 to 1 inch. This will allow ample room for root growth.

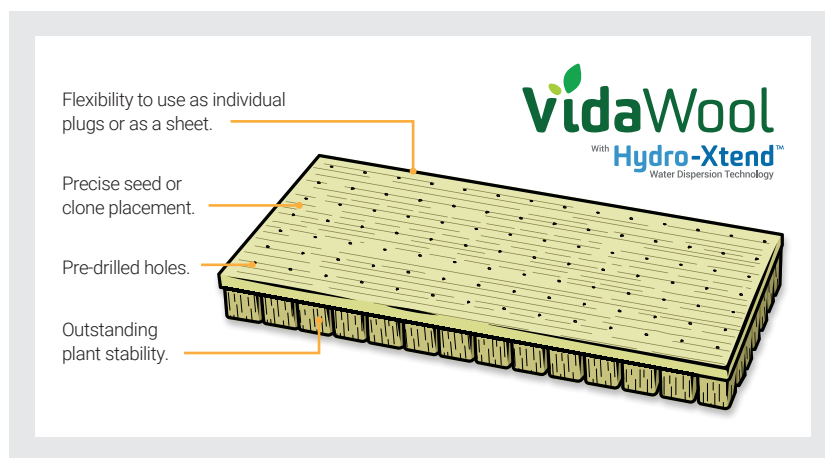
4. Maintain moisture

To optimize growing conditions, water VidaWool® Grow Sheet™ when the plugs look or feel dry. (Irrigation intervals vary based on the environmental conditions of the growing setup.)

5. Graduate to blocks

When plants are ready, they can be efficiently transplanted to VidaWool® blocks. The tapered shape of VidaWool® Grow Sheet™ cubes makes it easy. Just separate and place in the block.

Note: VidaWool® Grow Sheet™ resists punctures and maintains handling integrity of 2.4 lbf when wet, but should still be handled with care.



Product Characteristics

PARAMETER	RESULTS
Wettability (time required to sink)*	< 30 seconds
Water Content at Saturation	85–95%
Handling Integrity (finger puncture resistance)	2.4 lbf
Electric Conductivity – EC	< 0.1 dS/m

* Individual plug

Availability

VIDAWOOL® GROW SHEET™	DIMENSIONS (IN)	PLUGS/PACKAGE
Sheet	10" x 20" x 1.5"	98 (1.5" tall)



vidaWool®

OWENS CORNING MINERAL WOOL, LLC
ONE OWENS CORNING PARKWAY
TOLEDO, OH 43659 USA
www.vidawool.com

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