

Sour Diesel

Benefits

1. **Energy and Creativity:** Provides a long-lasting, energetic cerebral high.
2. **Stress and Anxiety Relief:** Eases mental tension and improves mood.
3. **Pain Management:** Effective for chronic pain, migraines, and fatigue.
4. **Focus and Motivation:** Enhances focus and creativity, making it ideal for daytime use.
5. **Appetite Stimulation:** Promotes eating without sedative effects.

Sour Diesel is renowned for its pungent, fuel-like aroma with citrus undertones and is a favorite among users seeking an uplifting and energizing strain.

Growing Characteristics

1. **Plant Structure:**
 - Tall, lanky plants with dense, resinous buds.
 - Light green leaves with orange pistils and a frosty coating of trichomes.
2. **Preferred Environment:**
 - Grows best in warm, sunny outdoor climates but can be cultivated indoors.
 - Requires ample vertical space due to its height.
3. **Flowering Time:**
 - Indoor: 10–11 weeks.
 - Outdoor: Ready for harvest by late October.
4. **Yields:**
 - Indoor: 450–600 grams per square meter.
 - Outdoor: Up to 700 grams per plant with good care.
5. **Challenges:**
 - Requires careful nutrient management to avoid deficiencies or excesses.
 - Prone to stretching—training techniques like LST or topping are beneficial.
6. **Lighting and Nutrients:**
 - Thrives under high-intensity lighting.
 - Needs consistent nutrients, with an emphasis on phosphorus during flowering.