



# GroRoom is helping Kansas City grow cannabis at home

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Medical Cannabis is now legal in Missouri. And while you can purchase medical marijuana from dispensaries, some locals are choosing to grow their cannabis at home—thanks to GroRoom.

GroRoom, located at 3703 Main Street, is a hydroponics and gardening supplies store. Manager Ryan Van Horn, a KC native, has over 13 years experience growing cannabis using many different methods: for the last ten years he lived in Colorado, and before that, in California.

Why grow your own cannabis at home?

“The quality that you’re growing can definitely be better than anything that comes from a store because you can put that much more time and energy into each individual plant that a warehouse doesn’t have time for,” says Ryan. “It’s a lot cheaper to grow your own at home. It may be more time consuming, but there is the satisfaction of your harvest.”

Home growers also know what exactly went into their plant—from soil or “growing medium” to knowing there were no harmful pesticides or fungicides used. It’s medicine made by you, for you.

If you want to be a home grower, there are a few steps to take. When applying for a medical marijuana card with a doctor, also apply for a cultivation card. Your doctor should be able to help with the paperwork (GroRoom suggests working with the Relief Clinic). After that, visit a dispensary to get seeds or clones. (GroRoom recommends a fast flowering Indica strain for first-time growers, but there are a lot of options.)

Currently, dispensaries are the only legal avenue to purchase cannabis seeds and clones. Your last stop is GroRoom, where Ryan and the team can help get you the right growing supplies for whichever method of growing you choose, whether it be organic soil or hydroponics.

“We’re trying to push that plant to its highest potential because that’s what gives us the best quality medicine and the biggest yield,” explains Ryan. “It’s best to have that plant in its most ideal condition from day one, and then keep it all the way through its life cycle,” says Ryan. Brandon Bailey, a frequent customer at GroRoom, is currently growing three different strains of cannabis at home.

“I was a chef for a long time, and if there’s something that I’m putting in my body, I like to be able to know where it comes from and I want to be able to touch it along the way,” says Brandon. “And GroRoom has been invaluable for information and education.”

Brandon uses a grow kit tent from GroRoom. The grow kits come fully equipped for any first-time grower, including LED light, a carbon filter and exhaust fan (to help with the smell), temperature and humidity sensors, and a timer—because light timing (photoperiod) changes throughout cannabis’s life cycle.

GroRoom also carries a wide variety of soils, soilless mediums, hydroponic systems, plant nutrients, and resources, because every strain of cannabis needs their environment to be perfect to reach its full potential.

“Some strains you can push and grow 15 feet tall,” says Ryan. “You really just have to learn the strain and know the techniques and environment to grow it in.”

The good thing is Ryan knows all of that already: “I’m here to help those beginner growers be successful that first time around,” he says.

Plus, GroRoom offers classes for anyone curious about growing cannabis at home. Around ten people can stop by the store and get their hands in the soil and start learning. Ryan uses tomato plants instead of cannabis—meaning anyone can come even if they don’t have a medical or cultivation card yet.

“I want people at the classes to get hands-on that day. They come in here and plant some tomato seeds, take some tomato cuttings, and learn early germination and propagation of plants,” says Van Horn. “In the future, maybe their friend has a mother plant they can get cuttings off of. They’ve already taken cuttings off tomato plants, which is pretty similar to taking cuttings off cannabis.”

Check GroRoom’s Facebook page for class information. And if you’re interested in growing cannabis, now is the best time to start: If you’re growing large outdoor plants start seeds indoors as early as March and move them out to your greenhouse once the weather is nice.

“We’re here to help whether you’re a beginner grower or an experienced gardener,” says Ryan Van Horn. “We’re here to help everybody take the next step.”

## GroRoom

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**Store Hours**  
Monday - Saturday: 10 am to 7 pm  
Sunday: Noon to 6 pm

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