

# Figuring out Humidity

## How do you figure out the humidity in your growing space?

There are machines that can monitor humidity for you, called humidity monitors or hygrometers. If you're using a hygrometer, ideal humidity in the winter is between 25-40% in the winter, and below 60% in the summer. If you don't have one of those and don't want to buy one, there are some other easy ways to estimate your home humidity.

- If your windows tend to get fog on the inside when it gets cold outside, or when someone is running an appliance like a dishwasher or dryer, you probably have higher humidity.
- If you tend to get shocked or zapped when you walk on a carpet, touch metal, or play with a balloon, or if you leave a glass of water out and it becomes less full overnight without anyone drinking it, you probably have lower humidity.

## The Ice Water Test

What you need:

- a timer or a clock,
- a glass, of room-temperature water,
- some ice cubes.

Take a glass and make sure it is dry on the outside. Put 2-3 ice cubes in the glass, and fill the rest with water. Start your timer or check your clock. If your glass starts to form droplets/get wet on the outside right away, your environment is very humid. If it takes a minute or two for moisture to condense on the outside of the glass, you have medium humidity. If, after three or four minutes there still isn't much moisture on the outside of the glass, your humidity is quite low.

