PlantClue

Grow Electricity Cost 2026

What one indoor grow costs in all 50 US states, Canada and Europe. Summary of the data study, as of October 8, 2026.

$57
electricity for one LED grow (2.6 × 2.6 ft tent) at the US average, 318 kWh

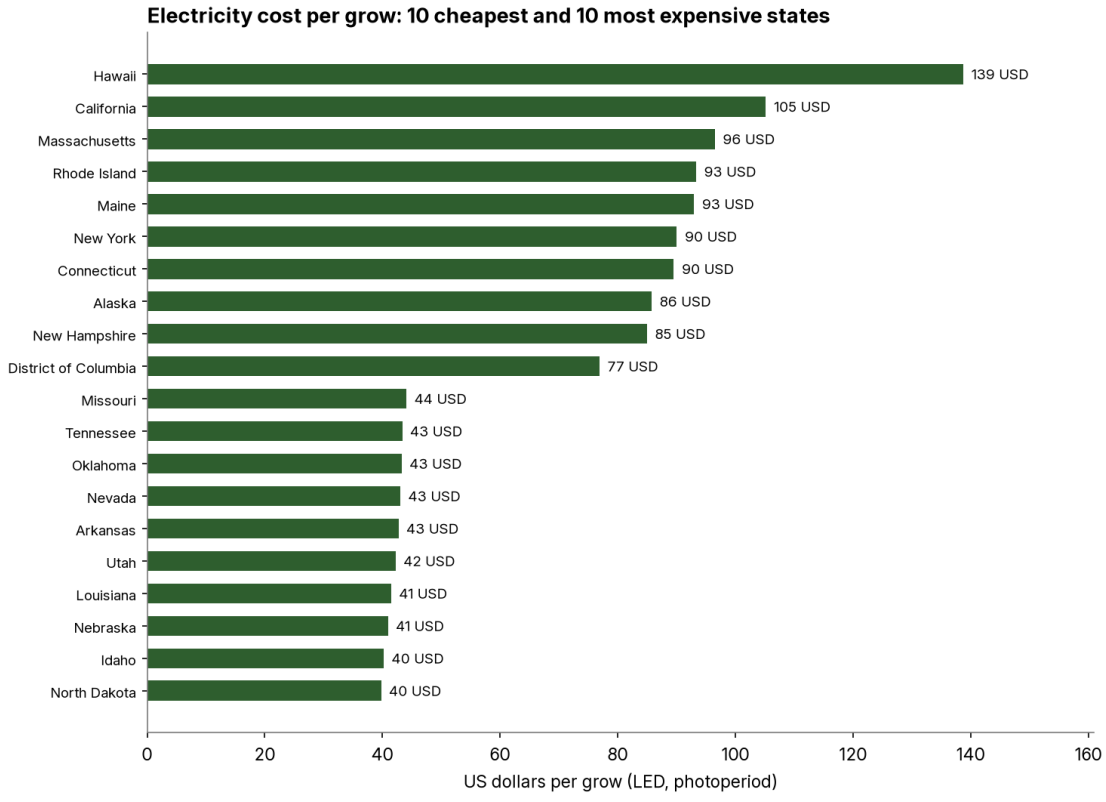
−50%
less electricity with LED instead of HPS (318 vs. 640 kWh)

+5%
more electricity for autoflowers (18 h of light every day)

3.5×
gap between the cheapest and the most expensive state

Electricity use and cost per grow (US average)

Setup	kWh	Cost per grow	Per month
LED, photoperiod (13 wk)	318	$57.28	$18.88
HPS, photoperiod (13 wk)	640	$115.47	$38.07
LED, autoflower (11 wk)	333	$60.01	$23.38
HPS, autoflower (11 wk)	679	$122.52	$47.73

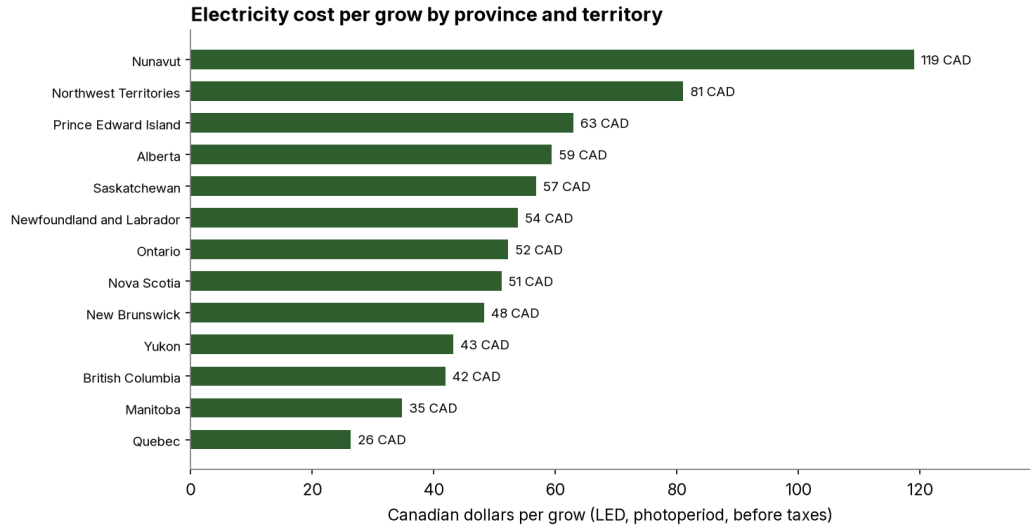


Data: EIA residential average, Aug 2025 – Jul 2026. Chart: PlantClue (plantclue.com), CC BY 4.0

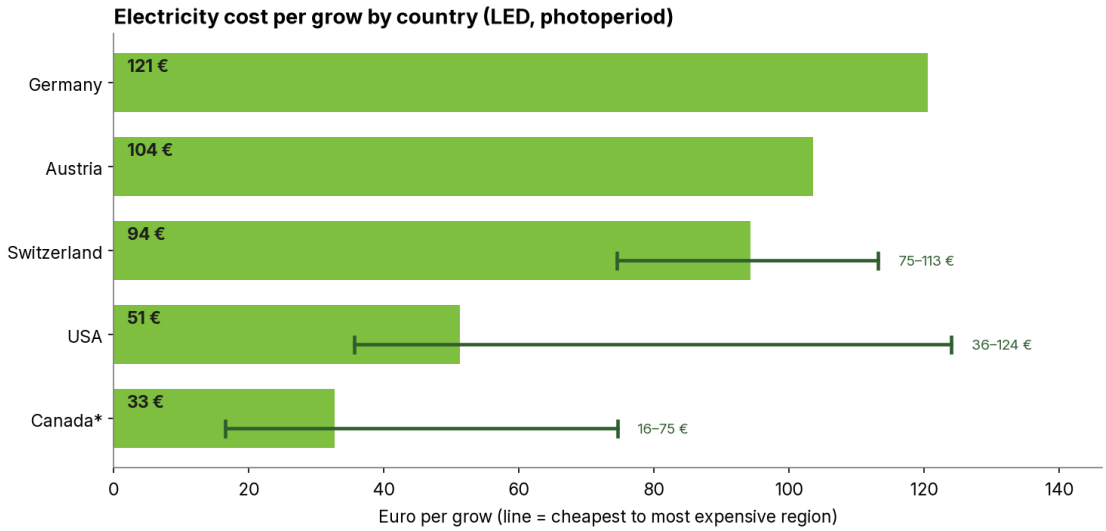
Key findings

A photoperiod grow under a 200 W LED uses about 318 kWh. At the US residential average of 18.04 cents per kWh (EIA, last 12 months) that is $57.28, roughly $19 a month. A 400 W HPS uses 640 kWh and costs $115.47. Autoflowers do not save electricity: they finish sooner but get 18 hours of light every day (333 kWh, 363 kWh on 20/4). Exhaust and circulation fans account for about one fifth of an LED setup's use. By state, the same LED grow ranges from $40 in North Dakota to $139 in Hawaii; in Canada from CA$26 in Quebec to

CA$119 in Nunavut (before taxes).



Data: Canada Energy Regulator, Market Snapshot 2026 (1,000 kWh/month, before taxes). Chart: PlantClue (plantclue.com), CC BY 4.0



Data: Destatis, Eurostat, ElCom, EIA, CER; ECB rates Oct 8, 2026; *Canada: median of provinces, before taxes. Chart: PlantClue (plantclue.com), CC BY 4.0

Methodology in brief

kWh per day = (light W × light hours + 24-hour devices W × 24) ÷ 1,000, cost = kWh × rate, identical to the PlantClue electricity cost calculator. 2.6 × 2.6 ft (80 × 80 cm) tent: LED 200 W, HPS 430 W incl. ballast; exhaust + circulation 30 W (HPS 45 W) around the clock. Photoperiod 4 weeks 18/6 + 9 weeks 12/12, autoflower 11 weeks 18/6. Rates: EIA residential Aug 2025 to Jul 2026 (USA), CER before taxes (Canada), Destatis, Eurostat, ElCom (Europe); ECB rates Oct 8, 2026. Not included: heating, AC, dehumidifier, fixed charges, yield. Country figures are only partly comparable.

All data, tables and charts: https://plantclue.com/en/reports/grow-electricity-cost-2026/
Charts are free to use under CC BY 4.0 with the credit "PlantClue (plantclue.com)" and a link to the study.