

ABSTRACT**PLANT CULTIVATION METHOD, PLANT CULTIVATION SYSTEM, AND RACK**

Provided are: a plant cultivation method for improving the crop acreage of plants that are cultivated indoors, a plant cultivation system, and a rack that is comprised in the plant cultivation system. The plant cultivation method of the present invention comprises: setting a cultivation vessel **2** for cultivating a plant **P** in a rack **1**; adjacently arranging a plurality of the racks **1** on a travel line in order of growth of the plant **P**; intermittently advancing the rack **1** according to a growth state of the plant **P**; and separating the first rack **1** from the following rack(s) **1**, and making a new rack **1** adjacent to the last rack **1** of the following rack(s) **1**.

(FIG. 1)