

# CULTIVATING YOUR GREEN

## THUMB...INDOORS

### **WHY DO WE GROW PLANTS INDOORS?**

Plants remove VOC's or volatile organic chemicals. They do this just by doing what they naturally do ~photosynthesizing. Plants improve our moods, bring down our blood pressure and increase employee productivity in the workplace.

### **SOME OF THE BEST PLANTS TO USE:**

Pothos

Areca palm~ *Dypsis lutescens*

Boston Fern ~ *Nephrolepis exaltata* 'Bostoniensis'

Croton ~ *Codiaeum* sp.

Spider Plant~ *Chlorophytum comosum*

Rubber tree~ *Ficus elastica robusta*.

Dracaena

Flamingo flower~ *Anthurium*

Peace lily~ *Spathiphyllum*

Weeping Fig~ *Ficus benjamina*

English Ivy~ *Hedera helix*

### **THERE ARE 7 ELEMENTS NECESSARY TO SUCCESSFULLY GROW PLANTS:**

1. Growing media or soil
2. Containers
3. Watering Practices
4. Fertilizing
5. Lighting
6. Atmosphere
7. Grooming

## **WHAT CAN GO WRONG?**

**PESTS:** Houseplant pests can include; aphids, fungus gnats, mealybugs, scale, spider mites, and whiteflies.

**FOLIAGE AND ROOT PROBLEMS:** Powdery mildew, sooty mold, cold water damage, tip burn, fluoride toxicity, fungal leaf spots, and root rot.

## **FIXING THE PROBLEM**

Always try the least invasive and nontoxic way first. This could include washing with soap and water, using alcohol, or removing infected parts of the plant. If these prove unsuccessful, then the decision has to be made to use insecticides and fungicides, or to throw the plant out.

Growing houseplants doesn't need to be a chore. With just a little TLC, you can have beautiful, air-cleaning, happiness producing, green plants!

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