

Houseplants

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RIZA

NAPA'S BOTANICAL BOUTIQUE



Topics Covered

- Benefits of Houseplants
- What to consider when buying a houseplant
- Understanding lighting
- Environment
- Watering
- Potting & Drainage
- Best beginner plants



Benefits of plants in your home

Not only do indoor plants enhance the overall appearance of a space, but studies show they boost moods, increase creativity, reduce stress, and eliminate air pollutants—making for a healthier, happier you.

- NASA study
- Humidity/health
- Psychological: *Plants make people happy*



Experience Biophilia

[noun] that craving for nature joy, connection, growth.



Self Assessment

Before buying a new plant, ask yourself...

- ❑ What light exposure do you have?
- ❑ What is your lifestyle?
- ❑ Do you have children or pets?



Light basics

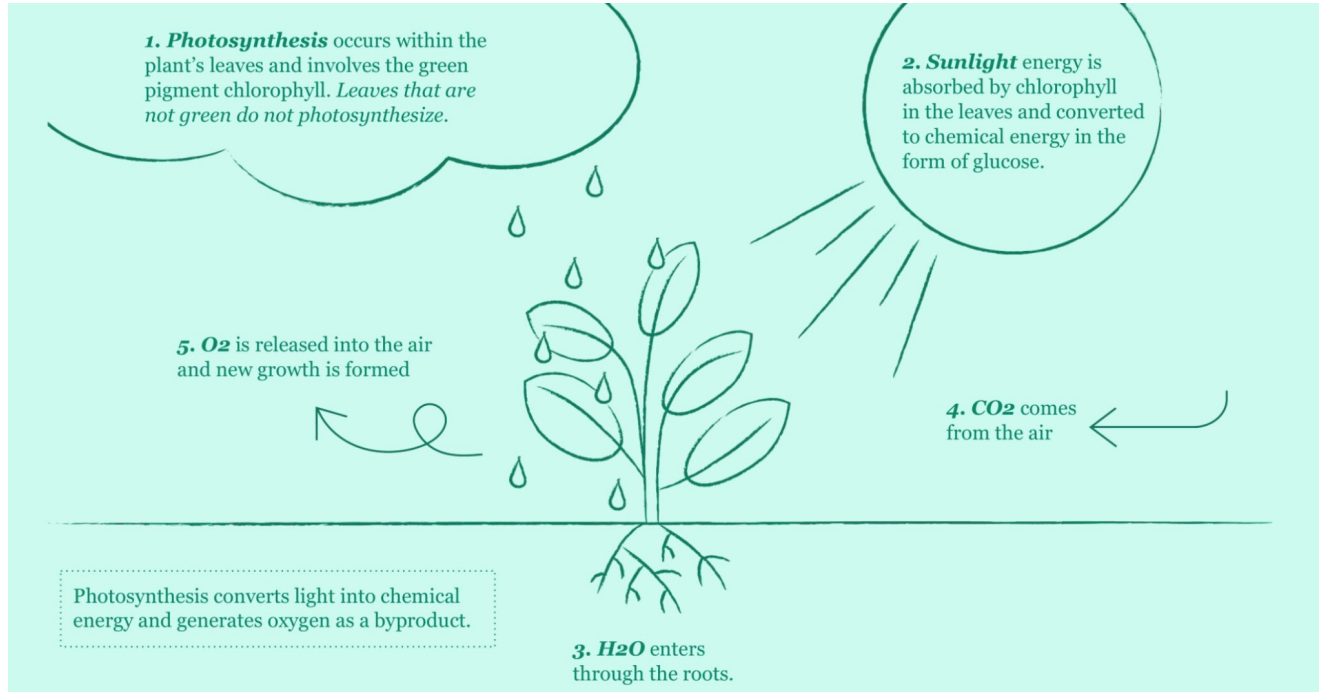
Indoor, you have less light than you think you do. Consider:

- Indoor vs Outdoor light
- Seasonality
- Exposure



Understanding Light

Light is the MOST important factor when picking out a plant for your space.



Indoor vs. Outdoor light

“The darkest shade outdoors is still brighter than the sunniest window indoors.”

- Indoor and outdoor plants > Zone 9b: Tropical/warmer climates
- Outdoor light is a lot more intense
- Pots vs ground
- Different soil mixtures



Seasonality



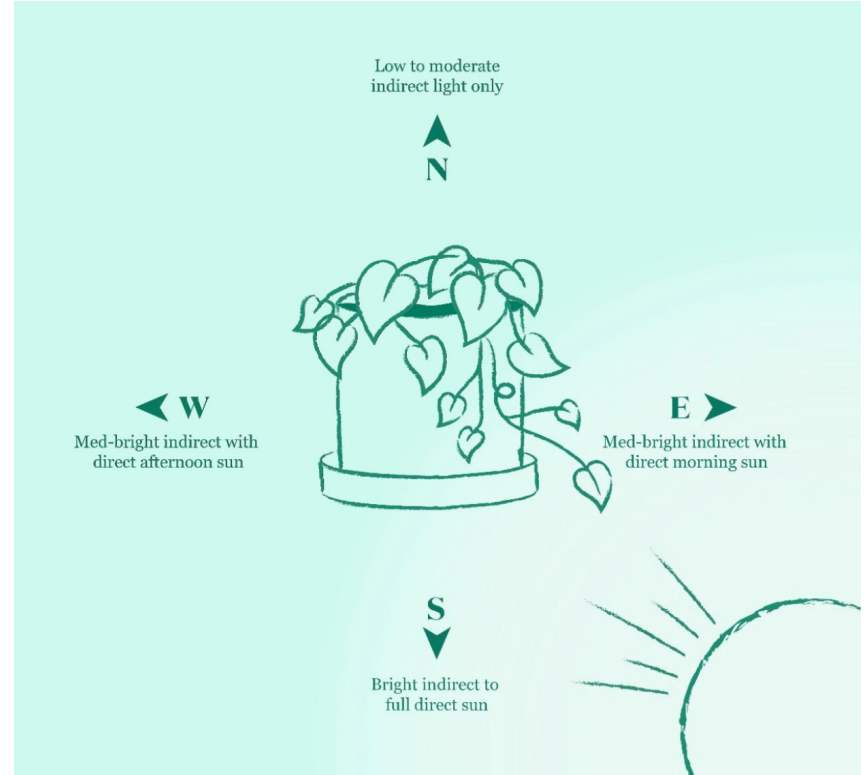
Seasonality changes the directionality and angle of the sun (solstice/equinox). These seasonal changes can affect our plants growth.

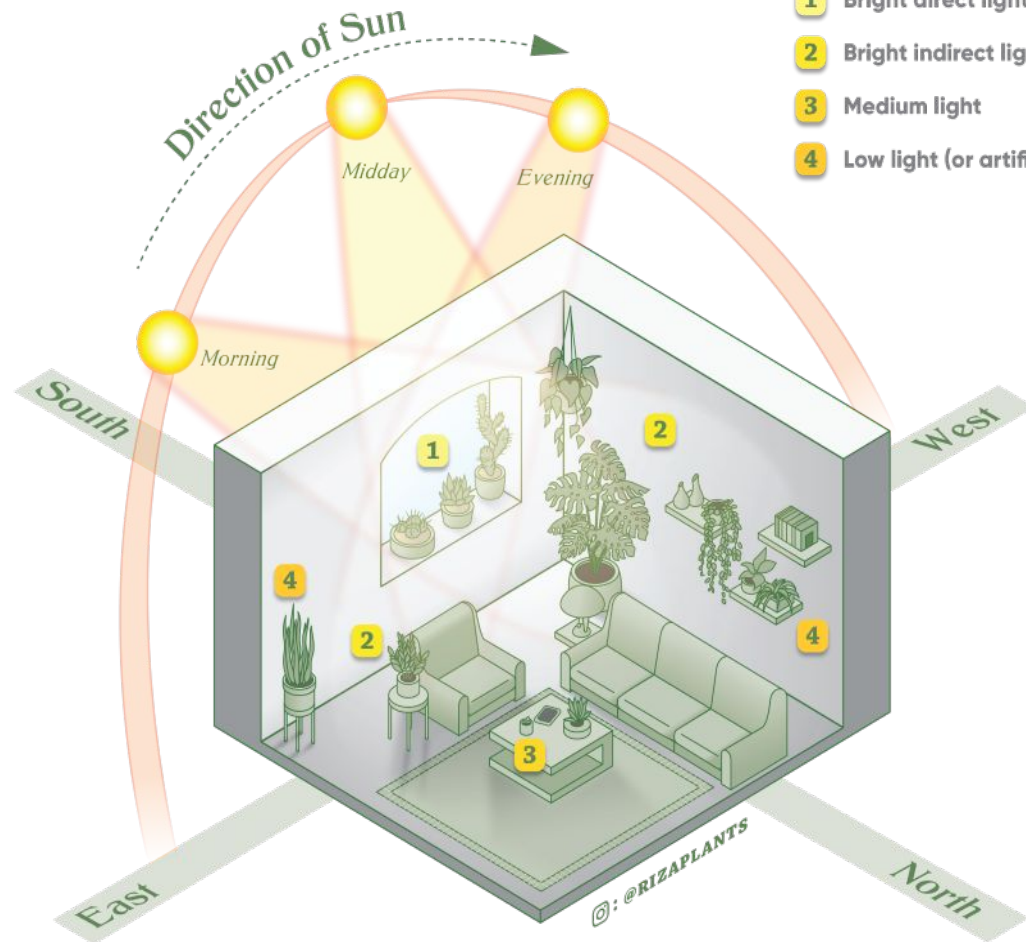
- **Spring & Summer** are known as the growing season with the most daylight hours & active growth from plants.
- **Fall & Winter** are the dormancy phase where plants growth will slow down or cease. This is best to understand so you don't need to worry about plants not actively growing in Fall/Winter where you'll also see a decrease in the frequency of waterings compared to the growing season.

Exposure

You can download and use a compass app on your smartphone to help determine your light level.

- **North** - Low to moderate indirect light only
- **South** - Bright indirect to full direct sun
- **East** - Med-bright indirect with direct morning sun
- **West** - Med-bright indirect with direct afternoon sun





- 1 Bright direct light (strongest)
- 2 Bright indirect light
- 3 Medium light
- 4 Low light (or artificial)



Environment

- *Temperature*
Normal room temperature will do (65-85°F)
- *Drafts*
Avoid direct drafts from AC units and radiators. Idea is to maintain a stable environment.
- *Dust/debris*
Leaf cleaning is essential to remove dust/debris buildup so the chlorophyll can easily absorb light
- *Humidity*
Since most plants originate from tropical/subtropical regions some level of humidity will be necessary for optimal growth.



Understanding Watering



- When the plant has sufficient water it stands stiff and upright. The leaves are perky and stems are supple.
- When the plant has too little water the plant's structure is compromised. Leaves and stems will wilt, droop, curl or wrinkle.

Watering Basics- How do I know if my plant needs watering?

Seasonal Watering Patterns

As seasons change so do the environmental factors that affect your plant, such as exposure to sunlight, temperature and humidity.



- Less sunlight is available, plants use less water.
- Colder temperatures mean potting mix will take longer to dry out.



- More sunlight causes plants to photosynthesis using more water.
- Water evaporates out of the soil.
- Plants lose water through sweat or transpiration.

- The average watering cadence for house plants is every 1-2 weeks depending on the plants needs and environmental conditions.
- Best way to tell if a plant needs water is to check the potting mix with your finger, a chopstick or a moisture meter to see if the potting mix is dry at the root level.
- Check the weight of the plant. A saturated potting mix will be much heavier than a dry mix.

Understanding Watering

- Most houseplants prefer warm or tepid water over cold water, which can shock your plant. Warm water absorbs into soil best.
- Some houseplants are sensitive to tap water. Let water sit overnight for chlorine to dissipate before using.
- Plants in large planters dry out more slowly than plants in small planters because of the volume of potting soil.
- Try not to splash water onto your plant's leaves when watering. *Fun fact: Most tropical plants have waxy leaves because the rainfall in their natural environment, the rainforest, can be excessive. Waxy leaves helps water slide off and avoids risk of fungal infections.*
- Expect to water plants more often in brighter light and less often in lower light, unless they are a drought-tolerant succulent.
- If you're afraid to overwater, look out for visible signs of thirst first, like wrinkling leaves for succulent plants or drooping stems for tropical plants, paired with dry potting soil.



How much do I water?

Water up to $\frac{1}{4}$ to $\frac{1}{3}$ of the volume of your planter.

→ For planters with no drainage hole, be especially mindful of how much water you're using.



Extra small

4-8 oz. or a double
shot of espresso



Small

8-12 oz. or an
average coffee mug



Medium

12-16 oz. or a grande
from Starbucks



Large

40-56 oz. or up to a
full sill watering can

- For planters with drainage, water freely until you see it drain out of the bottom. (Depending on size of pot). If it has a saucer wait 15-20 minutes and dispose the excess water so it doesn't sit.

Potting 101

WHY?

- Plants in nursery pots may be their maximum capacity.
- Plants need to stretch their roots deeper and further to continue healthy growth.
- Potting mix loses nutrients and ability to retain water over the course of time.



When to pot or repot?

- We recommend repotting your houseplants every **12-24 months** depending on the growth.
- Succulents/cacti have shallow roots so they can spend many years in the same pot, but will still require yearly potting or soil replenishment.



How large of pot & Drainage



Soil mixtures

Well draining mix



Indoor potting soil ONLY

Plants origin/native habitat



Best **beginner** Houseplants





THANK YOU!

Q & A

