



Wellness Through Doing: Houseplants 101

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How to choose a plant for your space

- Light is the most important factor
- Knowing your window directions and the light requirements of the plant
- Plants want to see as much of the sky as possible, so keeping them close to windows is ideal

How to care for plants

• Soil

- The plant's roots need oxygen
- Big box store soil is too dense for houseplants
- Add amendments (perlite, bark) to the soil for optimal root health

• Water

- Plants don't want sips of water
- Completely saturate the soil when the pot feels light
- Err on the side of watering less. It's easier for plants to recover from underwatering vs. overwatering

• Fertilizer

- Fertilize your plants when they are actively growing
- Most houseplants will continue to grow over the winter months
- Use a fertilizer without urea (to prevent burn) and with a nitrogen % higher than the other nutrients, which is necessary for foliage growth
- I use Foliage Pro with an N-P-K of 9-3-6
N=Nitrogen %, P=Phosphorous %, K=Potassium %

• Repotting/Potting Up

- Repotting = removing all original soil
- Potting up = leaving original soil but moving to a larger pot and filling in with new soil
- Pot up when roots fill the pot
- Repot if soil is too dense or needs to be refreshed

• Pests

- Insecticidal Soap
- Systemic Granules
- Spotting pests and their damage is easy if you know what to look for:
 1. Markings on the leaves and stunted new growth (thrips)
 2. Tiny webs (spider mites)
 3. Puffs of "cotton" on the stems of plants (mealybugs)
- All can be treated with insecticidal soap, and you can use systemic granules as a preventative.
- Pests are a normal part of plant parenthood and are not a big deal unless left untreated.



Presenter

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