



INDOOR GARDENING

Summer 2021

Featured Plants

Pothos

Prayer Plant

Boston Fern

Edition Notice

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Introduction

Benefits of Indoor Gardening

Indoor gardening is a great way to add color and life to your home or office. In addition to these benefits, indoor plants can (Joy & Weatherspoon, 2020):

- Improve indoor air quality
- Reduce stress levels
- Sharpen your attention
- Increase feelings of well-being for persons experiencing anxiety, depression or other mental ailments
- Boost productivity
- Improve job satisfaction

Popularity

According to the 2020 National Gardening Survey 2020, more than 345 million United States households have participated in indoor gardening between 2010 and 2019. Annually, this is an average of 35 million household participants. (GardenResearch.com, 2021)



Pothos

General Information

Pothos is one of the easiest to grow house plants. Even an indoor gardener with “brown thumbs” can grow them because they are difficult to kill. In fact, its common name, Devil’s Ivy, derives from its extreme hardiness.

These beautiful, fast-growing plants are popular inn hanging basket due to how well they grow long vines.

Facts at a Glance

Botanical Name	Epipremnum aureum
Common Names	Devil's Ivy Taro vine Ceylon creeper Hunter's robe
Care Difficulty	Very Easy
Hardiness Zones	9-11
Indoor Lighting	Bright scattered light
Temperatures	68 to 86 F
Watering	Average
Planting Time	All Seasons
Seasons with Most Growth	Spring, Summer
Varieties	Golden Pothos Glacier Pothos Jade Pothos Neon Pothos Marble Queen Pothos

Pothos Varieties

Pothos plants come in several varieties, some of which are listed below. Although pothos plants are low maintenance, their care requirements may vary slightly depending on the variety.

Neon Pothos	Bright yellow-green leaves
Marble Queen Pothos	Deep green leaves with white swirls or patches
Golden Pothos	Medium green leaves with yellow color splotches

Ideal Care & Growing Conditions

Although pothos plants do well in shade as well as bright light, they grow best indoors in bright filtered light. Direct sunlight can burn the leaves.

Pothos plants should be watered regularly, especially during the warmer months. Over-watering should be avoided, as this can cause root rot. In the winter, they can be watered when the top layer of the soil is dry.

Pothos plants grow best in humid conditions. This can be accomplished by misting the leaves, using a humidifier, or giving the plants a steam bath.

Pothos can grow well without fertilizer. However, if fertilizer is used, it is best applied every ten days in the spring, twice a month in the summer, once during the fall, and not used at all during the winter.

Pothos are quite easy to propagate. Simply cut ends from existing plants and transplant into water. After transplanting, replace the water once or twice a week. After enough roots have grown, you can replant the cuttings into soil.



Prayer Plants

General Information

Prayer plants are a beautiful house plant favorite due to their ease of care, their vivid colors, and unique leaf pattern. This plant's name is derived from the way its leaves fold upward and nearly close at night. In some cases, the plants may grow small white flowers.

The deep green, red and purple coloring make them a stylish accent to any home or office. Because they grow slowly, they make great additions to small spaces, such as a desk corner or dining room end table.

Facts at a Glance

Botanical Name	Maranta leuconeura
Common Names	Ten Commandments Rabbit Tracks Herringbone Plant Rabbit's Foot
Care Difficulty	Easy
Indoor Lighting	Bright, filtered light
Hardiness Zones	11-12
Temperatures	60 to 80 F
Watering	Average
Planting Time	Spring, Fall
Seasons with Most Growth	Summer
Varieties	Black Prayer Plant Green Prayer Plant Kim Prayer Plant Marisela Prayer Plant Red Prayer Plant

Prayer Plant Varieties

Prayer plants come in several varieties, containing varying degrees of green, purple, red, and white hues. Care requirements can vary slightly among the different varieties.

Black Prayer Plant	Silver-blue leaves with purple splotches and olive-green edges
Kim Prayer Plant	Green leaves with purple splotches and white streaks
Red Prayer Plant	Dark green leaves with purple splotches and deep red veins

Ideal Care & Growing Conditions

Prayer plants can grow in low, medium, and high lighting conditions. However, they grow best in bright, filtered light. Direct sunlight should be avoided, as it can burn the leaves.

Prayer plants grow best in a moist, humid environment. They should be watered regularly, typically when the topmost soil begins to dry. They require less watering in the winter. Unless you are misting the leaves, the water should not come into direct contact with the leaves.

In addition, prayer plants are more sensitive to tap water than other house plants. Therefore, use rainwater or distilled water for the best growth outcomes, especially if misting the leaves.

Prayer plants grow best in fertile soil. Use diluted plant food every two weeks during early spring and early fall. Fertilization can be paused once the summer temperature is above 86 F or the fall/winter temperature is below 64 F. Too much fertilizer at the wrong time can cause root rot.

The best time to propagate prayer plants is during the spring. To propagate, separate the plant into ramets. Each ramet should have a complete set of roots, stem, and leaves. Then repot the ramets into small, shallow pots.



Boston Fern

General Information

Boston ferns are big, bushy, easy-to-grow ornamentals ranging in color from yellow-green to deep green. Their long, dropping fronds, which can spread two to three feet, make them a favorite in hanging baskets.

Facts at a Glance

Botanical Name	Nephrolepis exaltata
Common Names	Sword Fern Fishbone Fern Tuber Ladder Fern
Care Difficulty	Very Ease
Indoor Lighting	Medium to bright filtered light
Hardiness Zones	9-11
Temperatures	60 to 80 F
Watering	Average
Planting Time	Spring, Summer, Fall
Seasons with Most Growth	Spring, Summer
Varieties	Golden Boston Massii Compacta Rita's Gold Dallas

Boston Fern Varieties

Boston ferns have different varieties based on "...leaf shape, size, texture and degree of complexity..." Care requirements can vary slightly among the different varieties.

Compacta	Shorter, more compact and more upright than Boston fern
Dallas	Smaller, more tolerant of lower light and humidity
Golden Boston	Yellow-green fronds

Boston ferns grow best bright, filtered light. Direct sunlight should be avoided.

They also need relatively high humidity. Yellow fronds are a sign that the plant needs more humid conditions. Humidity can be increased with a humidifier, leaf misting, and/or steam baths.

In addition, the soil should be kept damp, especially during warm weather. According to Gardening Know-how, “...dry soil is one of the number one reasons that Boston ferns die”.

During the winter, the plant can be watered when the topsoil is dry. In all cases, over-watering should be avoided, as a Boston fern’s roots are extremely sensitive to soggy soil.

The fertilizing needs of a Boston fern depend on the age of the plant and type of soil it is planted in. If it is a relatively young plant, it may not need fertilizer. However, as it ages, a general-purpose fertilizer can be added to the plant’s care regimen.

A Boston fern can be propagated by dividing the plant.

To do this:

1. Let the roots partially dry
2. Cut the root ball in half, then quarters, then eighths
3. Trim the roots to about 2 inches
4. Re-pot in a small clay pot using a good-draining soil



Appendix A

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Glossary

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My definition



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End Notes



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Back Cover

Indoor Gardening—Featured Plants

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