



# INDOOR PLANTS

By

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# **BEST TYPES OF INDOOR PLANTS**

**I have had most success with plants that  
grow in the forest or in the jungle.**



## Philodendrons





## Epipremnums



# Monstera



# Zamioculcas

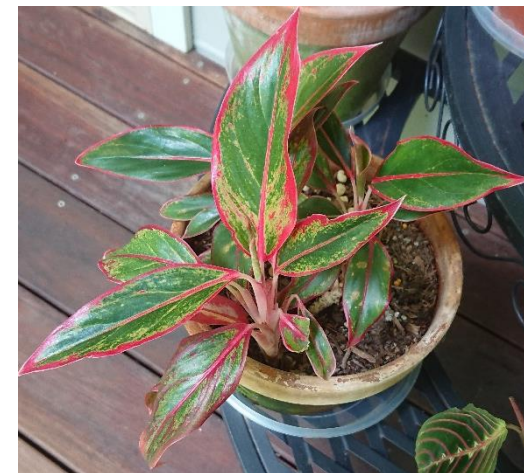


# Rhaphidophora

# Syngonium



# Aglaonemas



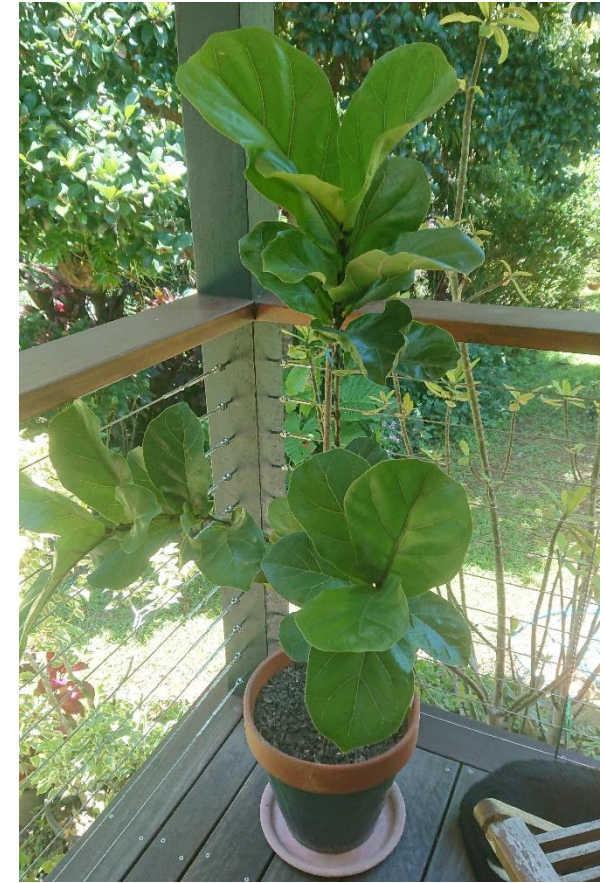
Hamolone mas



Dieffenbachia



Fiddle Leaf Fig



## Calatheas & Marantas



## Peperomias



## Ferns





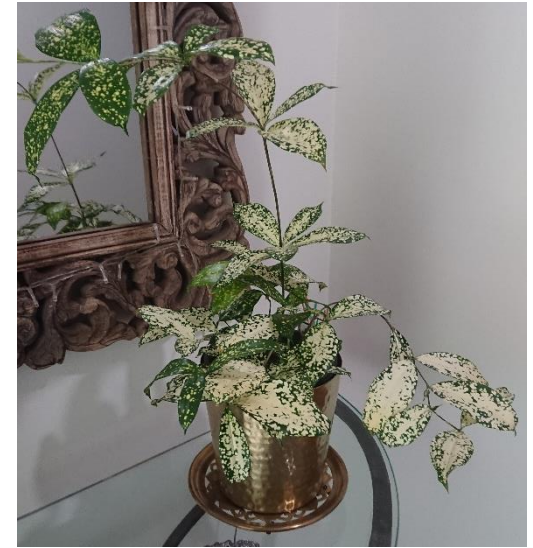
# And More



**Pilea**



**Hosta**



**Dracaena**



**Spathiphyllum**



**Oxalis**



**Alocasia**

You can grow virtually any type of plant including succulents and flowering plants indoors as long as the environment in which they are grown suits their needs.

## **Main things essential for the survival of indoor plants:**

➤ **Light**

➤ **Potting Media**

➤ **Soil Fertility**

➤ **Moisture and Humidity Levels**

# Light

Plants need light to grow and thrive. The intensity of light (lux) will aid when deciding the placement of your indoor plants. Basically (ideally for 10 hours a day in Australia):

- **Low Light** (Lux 500-2500) – where a plant doesn't get direct sun, next to a south facing window or generally 2 mtrs away from windows.
- **Medium light** (Lux 2500-10000) – where a plant gets some morning sun or some afternoon sun.
- **Bright light** (Lux 10000- 20000) - any place where a plant will get a few hours of sun during the day but not the whole day.
- **Very bright light** (lux 20000-50000) - right next to a north facing window

## Potting Media

Generally indoor plants needs growing media that:

- Is open and loose enough that water can flow through,
- Can hold water and allow air into it to support the microorganisms and hold nutrients essential for plant health and grow.

You can make your own formula for potting media or buy one that is suitable for the your specific plant e.g. succulent mix, orchid mix, premium potting mix.

- For plants like aroids that need to allow thick roots to grow through the mix and also need sharp drainage, add horticultural charcoal and perlite **at 20%** each to premium potting mix.



## Soil Fertility

Plants need:

Nitrogen to promote green, leafy growth

- Phosphorus to promote flowering and root growth
- Potassium to promote stem strength and stress tolerance
- Secondary nutrients i.e. calcium, magnesium and sulfur

Generally most indoor plants respond well to an all-purpose balanced fertilizer where the NPK are equivalent or just about equal in ratio (20:20:20 or 10:8:7 for example).

**When to fertilize:** Generally in spring and summer as most plants are dormant in winter.

Types of Fertilizers

- Water soluble fertilizer
- Foliar spray.
- Slow release fertilizers
- Plant Tonics

When fertilizing indoor plants always apply to an already moist potting media to avoid root damage

I use Powerfeed Indoor and Potted plant fertilizer fortnightly (when I remember) and Osmocote Indoor Plants granular fertilizer

### Over fertilizing symptoms:

- browning roots and leaf tips,
- wilting, poorly shaped leaves, and
- a white crust on pot rims

**Solution** - flush the potting media with water and/or repot plant into fresh potting media.



# Moisture and Humidity Levels

Humidity is the amount of water vapour in the air. Plants evaporate water to cool themselves and discharge waste thus making room for new nutrients. Humidity and temperature influence how much water can evaporate through their leaves.

<p><b>Low Humidity</b> signs</p> <ul style="list-style-type: none"><li>• Dry leaf tips</li><li>• Curling leaves</li><li>• Flowers Die quickly</li></ul>	<p><b>Increase humidity</b> by:</p> <ul style="list-style-type: none"><li>• Buy a room humidifier</li><li>• Misting your plants</li><li>• Make a humidifier</li></ul>
<p><b>High Humidity</b> signs</p> <ul style="list-style-type: none"><li>• Fungus/Moulds that manifest in various ways:<ul style="list-style-type: none"><li>○ Rotting roots</li><li>○ Rotting stems</li><li>○ Grey Mould</li><li>○ Plant Rust</li></ul></li></ul>	<p><b>Decrease humidity</b> by:</p> <ul style="list-style-type: none"><li>• Buy a room dehumidifier</li><li>• Run dry cycle on air conditioning</li><li>• Open windows</li><li>• Place fans near plants to increase air circulation</li></ul>

# Pests/Diseases

The common pests and diseases of indoor plants are:

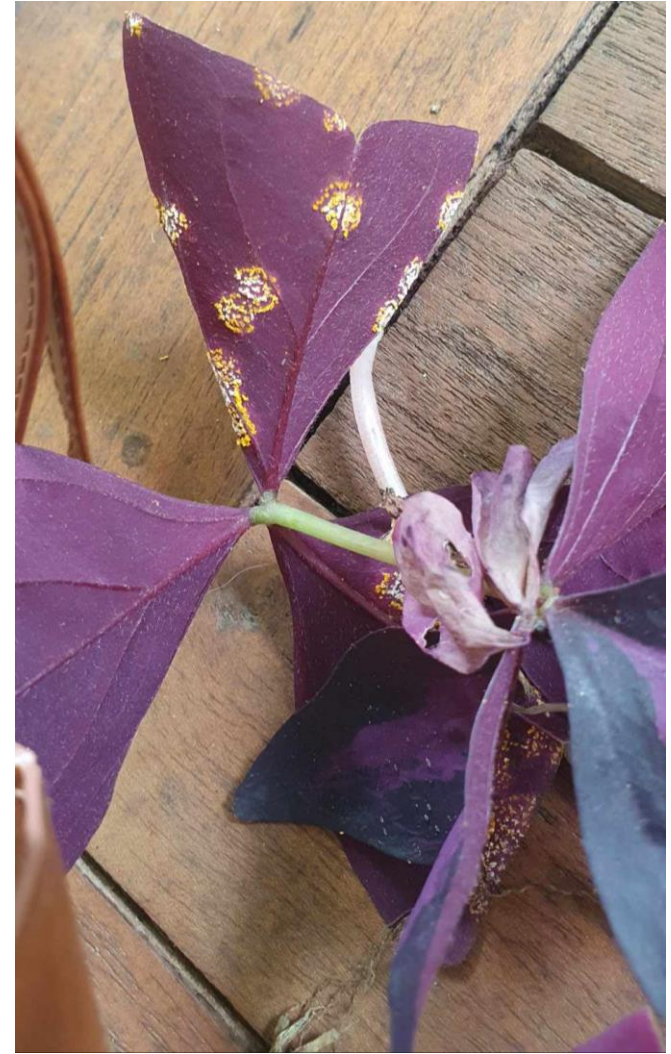
- **Mealy Bug** –use Metho on cotton for minor infestation else spray will Neem oil until no sign of pest.
- **Scale** –use white oil spray
- **Spider Mite** – Wash the both sides of leaves thoroughly and flush the soil with water.
- **Fungus Gnat** –Use a solution of 1 part peroxide to 4 parts water and flush through the potting media.
- **Fungus** –
  - **Rotting Stems or Roots**
  - **Gray mould**
  - **Rust** –
  - **Sunken brown patch or wet squelchy patch on leaves.**

Use an organic fungicide on the leaves and/or potting media or watering it into the potting media for root rots and stem rots.





**Mealy bugs on a Palm and an Orchid**



**Rust on Oxalis triangularis**

**Plants not only enliven a room but growing them successfully is a very satisfying endeavor.**