

Plants to grow indoors!

Improve air quality with indoor plants!

Indoor plants clean the air by absorbing some of the **particulates*** from the air. At the same time that they take in carbon dioxide, which is then processed into oxygen through photosynthesis. As well as improving air quality, plants just make people feel better. For example, hospital patients with plants in their rooms are apparently more positive, have lower blood pressure and stress levels. It is also said that indoor plants may make people smarter by allowing them to stay alert and helping to reduce mental fatigue.

*(Formaldehyde and benzene can be by-products of chemical-based cleaning products, paints, toilet paper, tissues and personal care products. Xylene is a solvent used in the leather, rubber and printing industries).



Plants for bright light areas (e.g. a south facing window sill or a sunny location with high temperature levels)

Small plants

Plant name	Interest	How to grow more of this!
<u>Spider plants – <i>Chlorophytum</i></u>	You'll have a hard time killing this resilient plant. The spider plant battles air pollution	Easy to grow, needs little attention – great for taking cuttings! Hanging baby plants can be cut off and planted
<u><i>Echeveria agavoides</i> - Moulded wax plant</u>	Low maintenance – needs little water. Great structural plant	
<u><i>Sempervivum tectorum</i> - Common house leek</u>	Low maintenance – very little water Structurally interesting	Grows in a 'Hens and chicks' style - separate babies and plant
<u><i>Solenostemon</i> – Coleus</u>	Brilliant coloured leaves	A great plant – easy to grow from seed and tip cuttings grow easily
<u><i>Tradescantia Quicksilver</i> or <i>Tradescantia zebrina</i></u>	Hangs or creeps. Purple backed adaptation for growing in low light areas (grows low down in the rain forest)	Tip cuttings root effortlessly in a cup of water

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<i>Plectranthus amboinicus</i> – Spanish Tyme (sometimes called the Vick plant)	Great sensory plant for smell and touch. Furry leaves are an adaptation against water loss	An excellent plant to take tip cuttings that grow quickly and easily
<i>Crassula muscosa</i> – Watch chain plant	Looks like a mini forest - Low maintenance – very little water Structurally interesting	Cut off small sections and place in a glass of water for a few weeks to root then plant in a pot
<i>Crassula rupestris</i> ‘Hottentot’ – Caterpillar plant/Buttons on a string	Looks like a green caterpillar! Low maintenance – very little water. Structurally interesting	Grows easily from a section of caterpillar!
<u><i>Pilea peperomeoides</i></u>	Unusual oval shaped leaves with a white dot in the middle. Sometimes called the <i>Chinese friendship plant</i>	Babies grow from the base and can be easily separated and passed on to friends!
<u><i>Haworthia</i></u>	Low maintenance – very little water. Structurally interesting	Grow from an offset (babies that grow at the bottom of the plant) leave for a while to callous (scab over) before planting. Will grow from a leaf (this takes more time)
<u><i>Rhipsalis</i> (Mistletoe cactus)</u>	Low maintenance – needs very little water. Structurally interesting	Break off a section and lay on well- drained soil – no water until it has roots!



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Plants for bright light areas

Medium to large plants

Plant name	Interest	How to grow more of this!
<u><i>Pelargonium</i> (lemon scented)</u>	Sensory interest – smells great when touched. Grow outside in a sunny spot in summer and indoors on a window sill in winter	Grow from a tip cutting – place in moistened soil. Keep in a sealed plastic bag to keep humid
<u><i>Kalanchoe daigremontiana</i></u> - Mexican hat plant/Mother of millions	Good to look at but all parts of this plant are poisonous! Leaves are highly hydrophobic – pour water on and watch it bounce off!	Babies grow at the edges of the leaf, carefully break a tiny baby off and place on moistened soil
<u><i>Persea Americana</i></u> – Avocado	Looks big and exotic with large tropical green leaves	You can grow this from an avocado stone. Either plant just below the surface of soil or use cocktail sticks to suspend seed over water
<u><i>Epipremum aureum</i></u> – Devils ivy	Thrives in bright light or low light. Stays green even when kept in the dark! Evergreen vine with glossy heart-shaped, alternate leaves which produces trailing stems when it climbs up trees	Cut off a section of vine and it will grow roots straight into water from its nodes. Alternatively plant into soil with at least one node beneath
<u><i>Crassula ovata</i></u> – Money plant/Jade plant/Friendship tree	Low maintenance plant	Easy cuttings from the ends (tip cuttings)

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Beaucarnea recurvata – Elephants foot or Ponytail palm	Although expensive this plant looks amazing! Swollen thick brown stem at its base that stores water – looks like an elephant's foot!	Grow from root offsets
Sansevieria trifasciata – Mother in laws tongue	This plant is one of the best for filtering out air pollutants. Gives out oxygen at night	Cut a whole 'tongue' – cut into sections (like chevrons) and plant with the point down into a pot of soil. Be patient
Spathiphyllum – Peace Lily ((likes either light or shade)	Great air cleaning abilities!	When the plant has grown and filled the pot, tip out and separate into smaller sections, plant into pots
Schlumbergera – Christmas cactus	You'll have a hard time killing this resilient plant! Very low maintenance. Has exotic bright flowers in winter	Cut 2 sections of (non-flowering) leaf and poke into well-draining compost (cactus compost is good) Keep in a warm place. Be patient! Keep soil dry
Aloe	This easy to grow succulent helps to clear impurities in the air and the gel inside can help cuts and burns	Take offsets from the bottom of the plant, allow to callous and plant in well-drained soil



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Plants for shadier places - Small plants (e.g. windowsills with low light levels north or north east facing)

Plant name	Interest	How to grow more of this!
<u><i>Soleirolia soleirolii</i></u> - Mind-your-own-business	Tiny bright green leaves, grows in a cushion shape	When it has outgrown the pot, tip the plant out, tear into smaller pieces and plant again
<u><i>Selaginella krausiana</i></u> – Kraus’s clubmoss	Small and fern like, grows in a cushion shape	When it has outgrown the pot, tip the plant out, tear into smaller pieces and plant again
Variegated spider plants - <u><i>Chlorophytum</i></u>	You’ll have a hard time killing this resilient plant. The spider plant battles air pollution	Cut off and plant the hanging baby plants
<u><i>Peperomia caperata</i></u> – Radiator plant	Heart shaped, deep purplish-crimson leaves – wonderfully textured	Cut a leaf with some stem. Push the stem into a pot of compost and a new plants will grow up from the stem
<u><i>Saintpaulia</i></u> – African violet	Great textured leaves – hairs are an adaption to avoid water loss	Remove a leaf with some stem. Push the stem into a pot of compost and a new plants will grow up from the stem
<u><i>Streptocarpus</i></u> – Cape primrose	Give your Streptocarpus care and attention, but offer it a little bit of neglect when it comes to moisture. Make sure the planting medium has very good drainage, and allow it to dry out between watering	Cut off a large, healthy leaf with a clean razor blade and slice out the central vein, leaving two leaf halves. Plant the halves in rich potting soil by standing them up with the cut side down

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Plants for shadier places *Medium to large plants*

Plant name	Interest	How to grow more of this!
Spathiphyllum – Peace Lily (likes either light or shade)	Great air cleaning abilities!	When the plant has grown and filled the pot, tip out and separate into smaller sections, plant into pots
Monstera deliciosa – Swiss cheese plant	A great statement plant – this could grow big! Holes in the leaves allow the light to pass through and prevent shading on the lower leaves	Cut a stem section under an aerial root and plant in water, or straight into a pot of compost. Let this plant really dry out before watering
Bromeliads – Aechmea, Neoregelia	Usually grow up in the canopy of trees, some have an interesting reciprocal relationship with tree frogs. Thick succulent leaves are the adaptation to survive the wet environment	
Epipremum aureum – Devils ivy (likes bright or shady places)	Thrives in bright light or low light. Stays green even when kept in the dark! Evergreen vine with glossy heart-shaped, alternate leaves which produces trailing stems when it climbs up trees	Cut off a section of vine and it will grow roots straight into water from its nodes. Alternatively plant into soil with at least one node beneath
Calathea – The peacock plant	Grows in the jungles of the Amazon in the shadow rich layer - therefore doesn't have a problem with a bit of shade. Fantastic patterns and purple backed leaves that open in the morning and close at night	