

## NO EXCUSES:

# ANYONE CAN GROW BEAUTIFUL, HEALTHY HOUSEPLANTS!

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Before you buy yourself a single houseplant, you need to understand three basic things:

- 1) What are the levels of natural light in your growing areas?
- 2) What is the temperature and humidity like in your home?
- 3) How much time are you willing to put into houseplant care? (be honest!)

### LIGHT:

High light = unobstructed, south facing window; creates a sharply defined, dark shadow

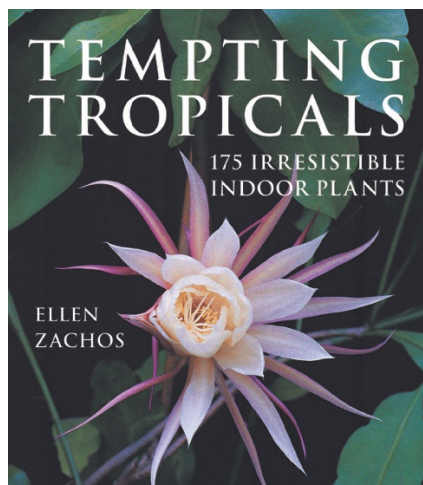
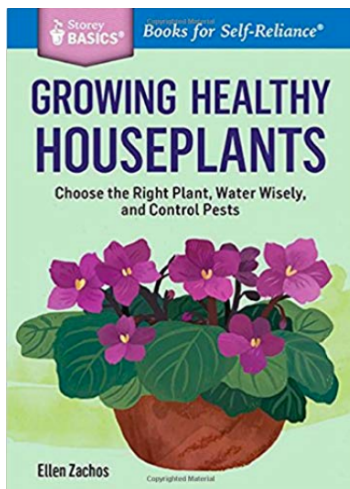
Medium light = unobstructed east or west facing window; creates a clear shadow

Low light = unobstructed north facing window; creates a fuzzy shadow

If your window faces a brick wall, or the incoming light creates no shadow at all on your window sill, you need to consider grow lights!

### TEMPERATURE & HUMIDITY:

If you're comfortable, your plants will be comfortable. In other words, if you have a drafty window where winter temps get into the low 50s, this might not be the best place for sensitive plants. (You can put on a sweater...they can't!) And if you wake up with your nose dry and your lips chapped, your plants are probably feeling dehydrated, too.



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This list is by no means exhaustive, but if you're looking for low-maintenance houseplants that will help build your confidence as an indoor gardener, it's a great place to start. Begin by assessing your indoor natural light, then think about how often you're willing to water and groom your houseplants. Choose a few of your favorites from the list below, and get growing!

### Plant List

- 1) *Aporophyllum* hybrid  
rat-tail cactus (high light)
- 2) *Aspidistra eliator* 'Variegata'  
cast iron plant (low-high light)
- 3) *Boweia volubulis*  
sea onion (med-high light)
- 4) *Ceropegia woodii*  
rosary vine (med-high light)
- 5) *Clivia miniata*  
Natal lily (med-high light)
- 6) *Crassula* 'Morgan's Beauty'  
(high light)
- 7) *Cryptanthus* spp.  
Earth star (med-high light)
- 8) *Davallia fejeensis*  
squirrel foot fern (low-med light)
- 9) *Dischidia ovata* (med-high light)  
*Dischidia pictinoides* (high light)
- 10) *Epiphyllum* hybrid  
orchid cactus (high light)
- 11) *Euphorbia tirucalli*  
pencil cactus (low-high light)
- 12) *Ficus elastica* 'Sylvie'  
rubber plant (med-high light)
- 13) *Hoya pubicalyx*  
wax plant (med-high light)
- 14) *Ludisia discolor*  
jewel orchid (low-med light)
- 15) *Monstera deliciosa*  
split-leaf philodendron (low-high light)
- 16) *Peperomia polybotrya*  
coin leaf peperomia (med-high light)
- 17) *Pinguicula ehlerserae*  
butterwort (med-high light)
- 18) *Phalaenopsis* spp.  
moth orchid (med light)
- 19) *Platynerium bifurcatum*  
staghorn fern (low-med light)
- 20) *Polypodium aureum*  
rabbit's foot fern (low-med light)
- 21) *Polyscias fruticosa*  
Ming aralia (med-high light)
- 22) *Rhipsalis baccifera*  
Mistletoe cactus (med-high light)
- 23) *Rhoicissus capensis*  
oak leaf ivy (low-med light)
- 24) *Sansevieria* spp.  
snake plant (low-med light)
- 25) *Zamioculcas zamiifolia*  
zz plant (low-high light)