



## JANUARY 2017 TIP-OF-THE MONTH

### HOUSE PLANTS - THE SILENT COMPANION

According to two sources- Better Homes and Gardens, January, 2017 and AARP Bulletin, December, 2016 - the "RETURN OF THE HOUSE PLANT" is upon us. House plants haven't been this popular since the 1970's with plants such as the spider plant or the asparagus fern.

WHY??? Opinion is that the entire process is so satisfying: potting, growing, rearranging, watching, repotting. The common houseplant such as ferns, palms, snake plants, and the spider plant "protect not only your health (by absorbing indoor toxins), but also your wallet".

Their air-purifying quality may actually help HVAC systems work more efficiently and extend the life of air-filters. Plants add humidity to the air, so you can set your thermostat a few degrees lower "while saving money, being healthier, and feeling more comfortable this winter."

A couple of the easiest indoor plants to grow are the heart-leaf philodendron and the satin pothos. Both are resilient and low light tolerant. They will wilt "dramatically" when thirsty and yet will perk up once watered almost immediately. The go-to container for many indoor plants is the traditional Mexican terra-cotta. This works well with most plants, especially those that prefer to stay dry such as the very popular cacti and other succulents.

So with Winter here consider adding house plants to your home. They will provide benefits as outlined above, plus they are attractive and bring pleasure and joy to your house.

**PLANT POWER!!!**