

Easy Houseplants

Growing houseplants successfully can warm your heart and your surroundings. Growing plants is therapeutic to the mind and muscles, plants can clean the air in your home too.

Try growing these tough houseplants that will grow well in low light (reading level) areas. Aspidistra commonly known as cast iron plant is a beautiful tabletop plant specimen that is tolerant of low light, lack of fertilizer and sporadic watering. This slow growing, long lasting plant responds really well to some attention. Place out of direct sunlight and water thoroughly but allow the soil to dry between watering. Although this plant can withstand neglect this plant cannot survive soggy soil or frequent repotting.

Sanseveria otherwise known as Snake Plant is another super easy to grow houseplant that comes in many colors and sizes. Snake plants can grow even in a dark bathroom with just indirect light from a window. Easy to grow Cast iron plant and Snake plant were both popular houseplants during the Victorian era.

Pothos is another easy houseplant to grow, just a stem inserted in a vase of water, placed in a bright room will do well, the only care required, is to replace the water periodically. Pothos also does really well when planted into potting soil in a container with proper drainage.

Tough and easy to grow Desert Rose is the common name for *Adenium obesum*. This gorgeous flowering plant grows best in a full sun window or on a patio. Desert Rose grows as a dwarfed potted plant to 3 feet high with a swollen trunk base. Desert Rose is drought resistant and can withstand neglect, be sure the container has excellent drainage. Desert Rose has an added bonus, it blooms on and off throughout the year with brilliant scarlet-pink, white with yellow center flowers.

For more information on selecting houseplants that are easy to grow call the Palm Beach County Cooperative Extension Service Master Gardener Volunteer hotline at 561-233-1750.



