

OTHER PLANTENDING PURSUITS

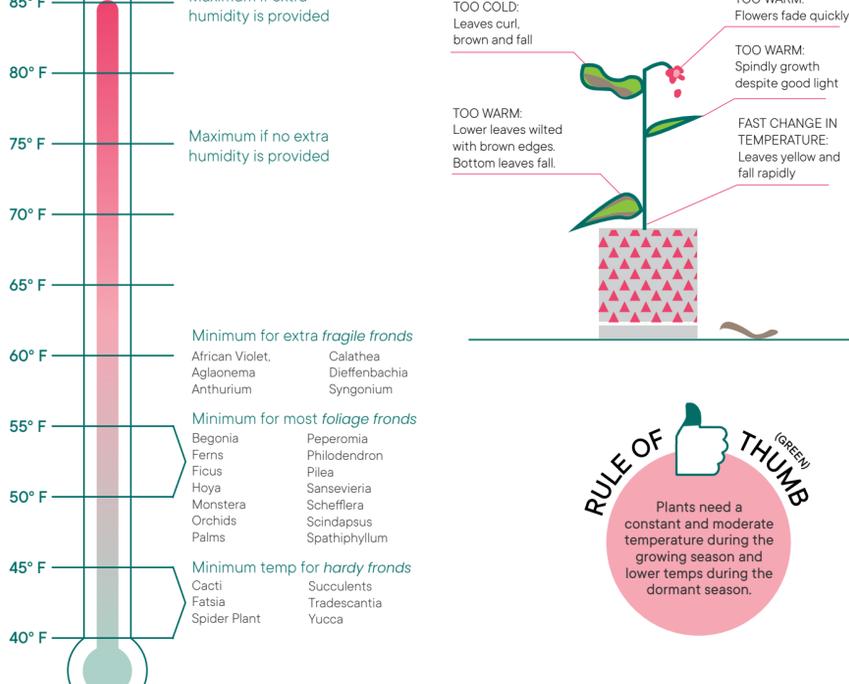
WARMTH

When it comes to the temperature of your indoor jungle, it's a delicate luv-heat relationship. For maximum bodaciousness, give your leafy babies constant, moderate temperatures while they're actively growing (spring and summer) and let them cool off slightly when they're resting (fall and winter).

Ideal range: Nearly all plants will flourish between 60 and 75 degrees.

Resting season: Flowering plants need cooler conditions in winter (55 to 60 degrees).

Fluctuations: While most plants are remarkably tolerant and can survive for short periods in slightly colder or slightly hotter temps, the real enemy is fluctuating temperatures. As a rule of *(green)* thumb, plants appreciate a drop of 5 to 10 degrees at night but a sudden cooling of 20 degrees can be damaging or even terminal.



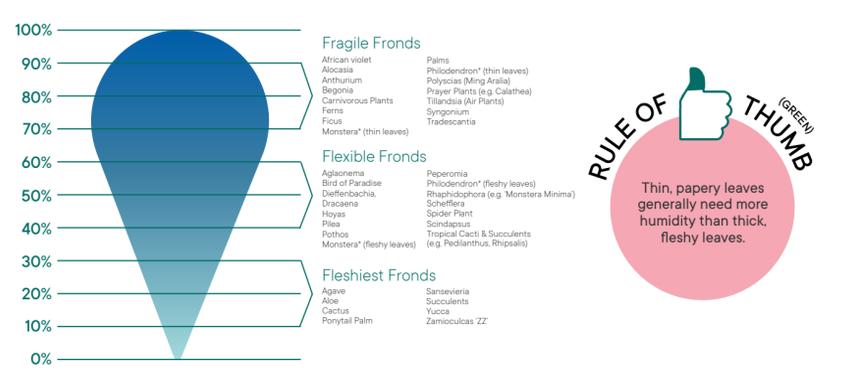
HUMIDITY

Contrary to popular be-leaf, houseplants need cooler and more moist air than most plant parents realize. Air-conditioned and heated homes tend to be fairly dry, with below 30% humidity. The **ideal humidity range** for most indoor plants is **40 to 60%**. Super tropical plants need higher than 60% humidity. As a rule of *(green)* thumb, plants with thin, papery leaves (*fragile fronds*) generally need more humidity than plants with thick, waxy, leathery, or hairy leaves (*fleshiest fronds*).

For any of your indoor babies that need moist air to thrive, you'll want to create a well-circulated micro-climate of humidity to keep them happy, healthy and pest-free. Humidifiers are the most cost and time effective solution and will provide the best results for your plant babies. Just be careful to position your humidifier close by without being too close, as any leaves getting blasted directly and continuously with water will start to rot.

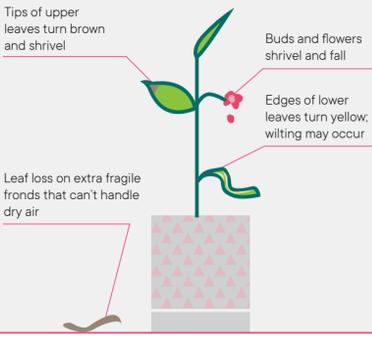
If humidifiers aren't your vibe, you can also consider:

- A naturally humid area in your home like a bathroom or kitchen that's used regularly (*as long as the lighting is sufficient for the plant of course!*)
- Mist the leaves of **non-fuzzy fronds** (*ideally multiple times a day*)
- The **'Pebble Tray Method'**: Here's the dirty down-low: Fill a water-tight tray with pebbles. Sit the plant on top of the pebbles and add water just below the pebble line, making sure the plant isn't sitting directly in water (*no soggy bottoms, fronds!*). As the water evaporates, it will create a micro-humidity bubble for your plant.
- Terrariums are ideal homes for your most tropical babies. Enclosed terrariums can get up to 100% humidity!

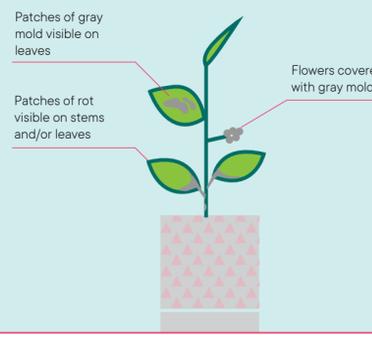


SIGNS OF STRESS

TOO LITTLE HUMIDITY



TOO MUCH HUMIDITY



FOOD

Fertilizing is essential to healthy growth and longevity, keeping your plant babies strong and more resilient to pests and disease. Without food, your green offspring will steadily deteriorate. The soil inside of a container has a limited amount of food that will be continually depleted by the plant's roots. Depending on the quality, soil can have anywhere from 2 to 6 months of nutrients. Once the nutrient supply is depleted, your plant will need regular feedings while it's actively growing. Super hardy plants, like cacti, can survive for a long time without any feedings, but vigorous foliage and flowering plants will be seriously hindered if they aren't getting the food they need to live their most bodacious lives.

We LUV liquid, organic, balanced fertilizers diluted specifically for houseplants. Fresh powders, pills, sticks and time-release options can be tempting, we lovingly encourage you to steer clear. Roots can burn and will not grow evenly if nutrients are concentrated in one spot. You also relinquish control of your feedings, making you unable to reduce or pause during winter when your plants are resting. Liquid fertilizers are fronds-down the safest option for your leafy kiddos, as nutrients are evenly dispersed throughout the soil and you can avoid any harm that could be caused by over-feeding during winter months.

SIGNS OF STRESS

TOO LITTLE FERTILIZER



TOO MUCH FERTILIZER



RESTING PERIOD

Just like humans, plants need their beauty rest.

Most indoor plants need a dormant period during the year, usually during winter, where they can take a much-deserved break from actively growing. Some plants will give obvious signs that they are at the end of their growth spurt, like deciduous plants that drop all of their leaves during winter months. Evergreen house plants give little to no signs that they need a rest, but with the shorter days of winter months, plants don't get enough natural light to support active growth. While plants are enjoying their winter naps, you can chill out too - reducing your watering frequency and slowing down or stopping feeding altogether.

Come spring-time, you can resume more waterings and regular feedings, as plants will be getting more light, drying out faster and in need of fuel to facilitate their next big growth spurt.

One important exception to this rule of *(green)* thumb: Flowering plants that bloom during winter months, like the classic and oh so *be-luv-ed* Mistletoe Cactus, need regular waterings and feedings in order to keep blooming their bodacious hearts out.

FRESH AIR

Plants living indoors aren't able to relish in the natural breeze that they would be getting if they were outdoors. While often overlooked, giving your green offspring fresh, well-circulated air has several plantastic perks:

- Lower temperatures to avoid stress from overheating
- Lower humidity to avoid yucky diseases caused by overly moist conditions
- Stronger stems and more resilience to disease
- Eliminating toxic vapors from ripe apples, fresh paint and dirty oil heaters

For maximum bodaciousness, keep those ceiling fans turned on or consider opening a window (*as long as it's not too hot or too cold outside*). And, of course, friendly reminder to protect your babies from extreme temperature changes that are common in drafty areas of your home near AC vents and heaters.

POTTING

Dig in with us and learn how to re-pot it like it's HOT. We know it seems intimidating at first, but we *planty* promise it's one of the most *un-be-leaf-able* experiences and the best way to bond with your babies.

Most houseplants thrive when they're snug in their pots and many can stay *'root-bound'* for quite some time. *'Root-bound'* or *'pot-bound'* means that the roots have filled the entire container and there's very little to no soil left inside the pot. At Leafy Luv, we like to wait until our plants have become root-bound before we up-size them to a *slightly* bigger home.

When determining whether a plant baby is in need of more room, there are 4 telltale signs we hunt for:

- 1 Growth is extremely slow or completely stagnant, despite the plant getting sufficient light, water and food
- 2 The soil dries out **extremely** quickly between drinks, requiring much more frequent waterings than before. As more roots fill into a container, there are more mouths to feed and less soil to retain water, which is why you'll find yourself watering a root-bound plant much more often than a plant with a small root system.
- 3 Roots and/or baby pup plants are literally growing out of the drainage holes and, if strong enough, even piercing through their plastic nursery pots as they search for more room
- 4 The plant is so large and top-heavy relative to its container that it looks like the 'bobblehead' equivalent of a plant and has trouble standing up on its own without tipping over

When we find a baby that is desperate for more room to spread its fronds, we make sure to stay true to our 4 golden rules for up-sizing:

- 1 **Slow and steady:** Only go up 2 inches in diameter at a time. Adding too much extra soil is a recipe for root rot and we don't want that for you or your green offspring!
- 2 **Drainage, drainage, drainage:** Make sure your next planter has a drainage hole, as drainage is essential to healthy watering practices and the longevity of your leafy babies
- 3 **Choose wisely:** To keep your baby alive and thriving, choose a pot that is a standard and proportional shape - similar to the plastic nursery pot it was grown in. While funky planters are alluring, you'll be in a pickle when it eventually comes time to re-pot your baby - as you'll be forced to either break the planter or damage the roots in order to get your baby out. Super tall, deep planters will make a stunning statement, but unless they have a false shelf, you're setting yourself up for an uphill battle with root rot by adding all that extra soil to the mix.
- 4 **Strategic disturbance:** Ideally avoid repotting during winter when plants are resting. Springtime is the most optimal time for re-potting adventures, as the roots will have plenty of time to get established in their new home before their next nap.

GROOMING, POLISHING & PRUNING

Just like humans, plants need regular grooming to keep looking so fresh and so green, green. Many plants will become unruly and start to deteriorate if they are not groomed periodically. Trimming off poor / damaged growth and dying leaves, flowers and stems will remove eye-sores and encourage the plant to focus all its energy on promoting new, healthy growth. Cutting off diseased leaves and stems will prevent the disease from spreading further. Removing all-green growth on variegated plants will re-encourage variegation. *'Dead-heading'* may sound like doom and gloom for your plant, but trimming off dead flowers will enable your blooming babies to flower even longer. Cutting off leaves with severe pest outbreaks will minimize the spread and give your baby the best shot at a full recovery. It's important to keep in mind that the more extensive the *groom-job*, the more coddling your baby will need as it recovers and eventually bounce back even stronger and more bodacious than before.

Plants will also need regular cleanings to keep their leaves dust-free and looking frond-tabulous. Dust can harm plants by:

- *Soiling* the appearance of the plant
- Blocking the leaf pores which prevents the plant from breathing properly
- Blocking the light so that the full effect of daylight is lost

At Leafy Luv, we use sustainable microfber gloves to wipe down our leaves with clean water. Soft cloths and sponges also work plenty miracles against dust and debris! Fronds are fragile, especially baby leaves that can rip and tear easily, so be gentle and delicate, moving slowly and always supporting the leaf in your hand. Cacti, succulents, and fuzzy-leaved fronds don't want to be sprayed with water, so we recommend using a soft brush instead. As a rule of *(green)* thumb, the ideal time to do your leafy cleanings is early in the day so that the leaves will have plenty of time to dry before nightfall.

Even when foliage is clean and dust-free, it can start to look dull and tired as it ages (*can't we all relate?*). Polishing up leaves to make them shiny is a plantastic practice as long as you use a plant-safe product. At Leafy Luv, we steer clear of harmful leafshines that can cause severe and lasting damage. Instead, we LUV insecticidal soaps and neem oils as they are organic, plant-safe, and also phenomenal at pest prevention. Avoid polishing young baby leaves that are too fragile as well as any fuzzy-leaved fronds that don't want their leaves getting wet. And, of course, be extra careful not to press down on the leaf surface when polishing - as the last thing you want to do is rip a leaf in an attempt to make it all nice and shiny.

TRAINING

Support your viners and climbers as they soar up and across your luv jungle! Plants that naturally climb onto trees and attach themselves to other surfaces in the wild will need to be *'trained'* indoors so that their heavy stems and long vines can be supported as they grow. You may also need to provide support for plants with long, weak, brittle stems or vines flower-heads that are having difficulty staying upright on their own.

We recommend training new growth early before it becomes too untidy and too difficult to bend. Heavy branches can snap from the weight if they are not supported soon enough, so being proactive is key to wild success. At Leafy Luv, we use velcro garden tape to secure plants to the appropriate support pole, being careful not to tie the stems too tightly to avoid damaging them. Support sticks are a plantastic way to provide support for your baby viners and climbers. As they grow up, you'll need to upgrade to sturdier support poles that can handle the additional weight. We luv poles that are designed to be stackable so that you can easily continue to support your babies as they soar higher and higher.