

## Benefits & Services

Plants in homes and offices create a healthier environment and a more pleasant one as well.

### Houseplant benefits:

- provide humidity in dry indoor air
- raise our comfort level
- make us feel more at ease in our indoor setting
- reduce stress

Phelan Gardens offers a wide range of houseplants year-round. Whether you are looking for a large floor plant or a smaller tabletop version, we can help! Come see us also for succulents and terrarium plants.

### Re-potting Services:

Want to re-fresh your existing houseplants? Bring them to us! Our reasonable re-potting service will have your plants looking new again.



Open Year-Round  
7 days a week

4955 Austin Bluffs Parkway  
80918 \* 574-8058

[www.phelanguardens.com](http://www.phelanguardens.com)

- \*local gardening information
- \*upcoming classes & events
- \*what's new at Phelan Gardens

### Connect With Us!

Our **monthly newsletter** is offered via **e-mail**. Sign up in-store or on our website to receive special offers, class & event updates and seasonal gardening tips.

**Follow Us On Social Media**



## Houseplants... A Breath of Fresh Air

Houseplants help filter impurities from indoor air.  
How to find the right plant for you.



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## Houseplants That Thrive ...right plant, right place!

Success with indoor plants is easiest when **your indoor environment and plant growth needs match!**

First, determine WHERE in your home you'd like to add plants. Then, **determine what type of light** you have there...low, medium, bright indirect, or bright direct.

Most houseplants will do well in bright indirect light. But, if you have extremes: very low light or bright direct sun—make sure you select plants that can handle these conditions. We're happy to help you navigate that process so that you can have success!

Proper watering is also key to excellent plant health. Again, we can coach you on this. Some plants, such as succulents prefer to go drier between waterings-- while other leafy types might like to dry down halfway down the pot or less. A wooden chopstick or your finger is helpful in determining soil moisture between waterings. Unless you are growing carnivorous plants, make sure your pot has a hole for water to escape AND be sure to empty your catch tray after you water! Plants that sit in water can decline quickly as roots begin to rot. You will also find that many plants will need less frequent watering during the short, colder days of Winter, compared to the rest of the year.

**Other Considerations:** Do you have pets or young children? Coach kids to NEVER put leaves in their mouth without your permission. Many houseplants are toxic to dogs and cats. Find a searchable database of pet-friendly plants (and ones to avoid) on the ASPCA website at: [www.asPCA.org](http://www.asPCA.org). We also have a partial ASPCA list in our store and on the "Tips" section of our website at [phelangardens.com](http://phelangardens.com)

Phelan's offers a HUGE selection of houseplants. In our year-round greenhouse you will find:

**Bonsai starter plants**  
**Succulents & Cactus**  
**Blooming plants**  
**Clean Air Plants**  
**Trailing plants**  
**Tropical tabletop varieties**  
**Large Floor Plant Specimens**

Our best selection is from June thru Mid-March. We have a more limited selection during April and May when we allot space in our greenhouse to bring you bedding plants and vegetable starts.

## Houseplants as Filters

Ongoing studies continue to amass evidence that indoor air may be even more harmful than the outdoor environment. Some respiratory illnesses, coughing, nasal congestion, dizziness, and headaches can be directly related to the indoor air pollutants with which we come into contact.

These pollutants, which are released by chemical cleaners, various fibers, smoke, ink, paints, paper products, and aerosols, have no way to escape as we keep windows and doors closed to ward off the cold.

Combating indoor air pollutants can be achieved in part by ventilation, but also by selecting home or office plants proven to filter these common toxins. NASA, through extensive research, has concluded that **one 10" plant every 100 square feet will work to filter enclosed environments.** Areas where you spend the most time may be the best places to start. (ex. main living areas, bedrooms, home offices)

The 1989 NASA study\*, along with subsequent clean air studies suggest some of **the best plants for filtration include:**

**Chinese Evergreen** (*Aglaonema*)  
**Corn Plant** (*Dracaena massangeana*)  
**Dracaena Janet Craig** (*Dracaena deremensis*)  
**Dracaena 'Warneckii'** (*Dracaena deremensis*)  
**Dragon Tree** (*Dracaena marginata*)  
**English Ivy** (*Hedera helix*)  
**Fern, Boston trailing** (*Nephrolepis exaltata*)  
**Fern upright "Sword" Types** (*Nephrolepis oblitterata*)  
**Ficus, Weeping Fig** (*Ficus benjamina*)  
**Ficus, 'Alii'** (*Ficus maccllellandii*)  
**Palm, Bamboo** (*Chamaedorea seifrizii*)  
**Palm, Lady** (*Rhapis excelsa*)  
**Peace Lily** (*Spathiphyllum*)  
**Pothos, Golden** (*Epipremnum aureum*)  
**Rubber Plant** (*Ficus elastica*)  
**Sansevieria** (*Snake Plant*)  
**Schefflera, Large Leaf Type** (*Schefflera actinophylla*)  
**Spider Plant** (*Chlorophytum*)

*\*Wolverton BC, et al. Interior Landscape Plants for Indoor Air Pollution Abatement. Final Report—September 15, 1989. Stennis Space Center, MS: Science and Technology Laboratory, John C. Stennis Space Center, National Aeronautics and Space Administration (1989)*

*Wolverton BC. How to Grow Fresh Air: 50 House Plants that Purify Your Home or Office. New York, NY: Penguin Books (1996)*