

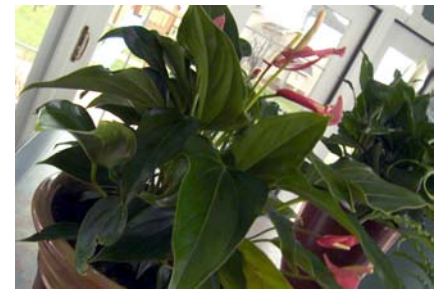


Let's Build Something Together™

IMPROVE AIR QUALITY WITH PLANTS

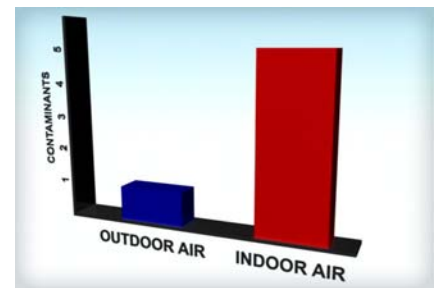
Skill Level: BEGINNER These how-to's are suitable for people who are new to DIY and who have a basic knowledge of tools. If you've painted a room or re-potted a plant, you can probably complete one of these projects by yourself in a few hours or less.

A great way to improve the air quality in your home is with houseplants. They help make living spaces more beautiful and they work naturally to help clean your air.



PREPARATION

People spend as much as 90% of their lives indoors. U.S. Environmental Protection Agency statistics show that indoor air quality is five times worse than outdoor air, making it one of the top threats to good health. It's linked to allergies, sickness and fatigue. Fortunately, indoor air quality can be improved with the help of home air filters, purifiers and living house plants. Plants cycle the air by taking in carbon dioxide and releasing oxygen. But plants also have the ability to purify household air by naturally filtering harmful chemicals found in the air known as volatile organic compounds, or VOCs, which come from man-made products in the home. Following are some practical instructions on how to select helpful indoor plants and how to properly care for those plants.



- **TIP:** You can learn more about good air quality, as well as other tips to keep a Healthy Home, at [Lowe's.com/HealthyHome](https://www.lowes.com/HealthyHome).
- **TIP:** A good rule of thumb is to have one plant per 100 square feet of interior space.

SELECTING PLANTS

When selecting plants, refer to the color-coded, informational tags on plants at Lowe's. The tags indicate whether the plant is for indoor or outdoor use as well as how to properly care for it. Also, each tag has a number that you can type in at [Lowe's.com/Plants](https://www.lowes.com/Plants) under Plant Search for more detailed information about the plant, as well as expert care instructions. The website also includes how-to guides and a glossary of plant terms. Important information on the tag includes:



- Light requirements:
 - Purple: Plants that are good for low-light areas.
 - Orange: Plants that are perfect for a half-day of direct sun, or a full day of filtered light.
 - Yellow: Plants that require 6-8 hours of sun a day.
- Water requirements
- Temperature tolerances
- Typical growth (how fast and large it will grow)
- Planting instructions
- For more information on plant tags, watch *How to Read Plant Tags* at [Lowe's.com/Videos](https://www.lowes.com/Videos).

IMPORTANT

If you need help selecting and caring for indoor houseplants, ask a Lowe's associate for help.

SELECTING PLANTS (cont.)

Following are selection tips for three popular indoor plants.

ANTHURIUMS

or Flamingo Flowers, come in many varieties and are characterized by shiny dark foliage and heart-shaped flowers. They are available in reds, whites and pink variations and bloom year round, making them not only great natural air filters, but also great for adding beauty to a home. The best places for anthuriums are near windows and bright areas of a home, but try to avoid direct sunlight.



CAUTION: Anthuriums contain toxic sap, so keep them out of reach of children and pets.

SPATHIPHYLLUMS

commonly known as Peace Lillies, are extremely popular and are known for their attractive spathe, the leaf-shaped flower of the plant. Peace Lillies are able to thrive in high or low-light areas of a home.



CAUTION: Peace Lillies may contain toxins, so keep them out of reach of children and pets.

FERNS

(numerous varieties) are known for their versatility and are widely used in homes, businesses and landscaping. Ferns are great for low or high light areas and come in a variety of shades and textures.



CAUTION: Some ferns may contain toxins, so keep them out of reach of children and pets.

CARING FOR PLANTS

Caring for indoor anthuriums, peace lillies, and ferns is very similar:

- Maintain room temperature above 50°F.
- Keep the soil moist, without letting the plant stand in water or allowing the soil dry out.
- Fertilize plants about every two to four months.

Proper watering is the most critical step in indoor plant care. Watering requirements for plants can vary, so be sure to read the plant tag or a houseplant guide for instructions. Following are tips for typical indoor plant watering:

- Water plants thoroughly and irregularly rather than in small frequent amounts.
 - **TIP:** Do not spritz the fern *fronds* (leaves) with water. Ferns absorb water through the roots, not the fronds.

CARING FOR PLANTS (cont.)

- Do not overwater houseplants. Too much water literally drowns the plant and doesn't allow enough oxygen in the soil. Overwatering also increases the likelihood of disease in a plant.
- Make sure that plant pots offer good drainage.
- After watering, empty the excess water in the saucer or catch basin. If the water isn't draining through a plant, the drainage hole may be blocked and can cause problems for the plant.
- To test moisture around the plant, insert your finger into the soil to the knuckle (about 1-1½"). If it comes out moist and dirty, the moisture level is correct. If your finger and soil are dry, water the plant.



Indoor plants also need quality potting mix and fertilizer to maintain health.

- There are many premixed varieties to choose from, designed for the specific nutritional needs of household plants; do not use ordinary soil from an outdoor lawn or garden.
- Fertilizer is a key component of good plant health. Insufficient food can mean no growth or blooms. Too much can make leaves appear burnt or produce extreme growth. There are a wide variety of fertilizers to choose from. Find the proper food for your plant and carefully follow the manufacturer's instructions. Ask a Lowe's associate for help.
- Houseplants need occasional repotting, watch *How to Repot Plants* at [Lowe's.com/Videos](https://www.lowes.com/Videos).



Houseplants not only add beauty to your home, they also act as a natural filter for the air in your home, which will help you, and your family, breathe a little easier. To learn more about houseplants and plant care, visit [Lowe's.com/Plants](https://www.lowes.com/Plants). And to learn more helpful tips and projects for your home, visit [Lowe's.com/Videos](https://www.lowes.com/Videos).

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