

“For A Beautiful and Healthy Lifestyle, Practice Indoor Gardening”

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INTRODUCTION:

Indoor gardening is the practice of cultivating various plants indoors. The primary goal of indoor gardening is to infuse the house with a lovely, enticing, and vibrant ambiance. The ideas of self-care and personalized setup, which have both tangible and symbolic importance in communication, are often embodied by indoor gardening. Plants have numerous health benefits that are widely documented. Numerous benefits of indoor plants exist for both our physical and mental health.

WHAT BENEFITS CAN INDOOR PLANTS OFFER?

It has long been recognized that plants improve life quality in some way. The similar idea is applied when several houseplants are first placed. On the positive side, they increase how much you appreciate the view: Aquaculture, Terrarium, Hydroponics, Container Gardening, Indoor Gardening and Miniature Gardens. **Here are a few advantages of raising houseplants and the reasons you ought to give them some thought.**



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- ❖ Indoor air quality can be improved by houseplants.
- ❖ They can elevate your state of mind and encourage calmness.
- ❖ They might also help to reduce tension.
- ❖ Improving disposition and output.
- ❖ Cutting back on noise.
- ❖ Improving physical well-being and sleep quality.
- ❖ A decrease in tension and worry.
- ❖ Natural ornamentation.

Key Elements

- ✓ Enhances the design of the interior.
- ✓ The most ancient method of growing vegetation.
- ✓ An interest in leisure activities.
- ✓ Because there is little room, popular in large cities.
- ✓ Separates the living spaces.
- ✓ Add some freshness to the home.

TIPS FOR TAKING GOOD CARE OF INDOOR PLANTS

Caring for indoor plants may be a calming and fulfilling endeavor.

Repotting: Move your plant into a bigger pot with new potting soil if it has outgrown its container.

Humidity: High humidity is preferred by many indoor plants. Consider spraying your plants on a regular basis or placing a humidifier next to them.

Provide enough light: Most indoor plants need strong, indirect sunlight to flourish to their full potential. Make sure there is enough natural light in the space where you are planting them. Give your plants enough light; they require it. The majority of houseplants prefer direct strong light. To maintain the health and happiness of your indoor plants, don't forget to educate and learn about their unique demands.

INTERIOR LANDSCAPING

- It incorporates a variety of techniques, from long-lasting plants and displays to more transient floral arrangements.
- It involves matching a space's interior design and architecture with accessories like pots and containers.
- Two types of plants are typically grown indoors: blooming plants, which have colorful blossoms and a beautiful appearance. Plants for permanent displays that have elegant foliage and occasionally unique or architectural forms fall into the other category.

- For a house plant to maintain its evergreen aesthetic, it must continue to be evergreen.

MOTIVATING FACTORS FOR GROWING INDOOR PLANTS

Indoor gardens are a terrific way for individuals to add some color and life to their homes, businesses, restaurants and other

PLANTS THAT CAN BE GROWN INDOOR GARDENING:

Coleus	<i>Plectranthus scutellarioides</i>
Aglaonema	<i>Aglaonema commutatum</i>
Spiderwort	<i>Tradescantia zebrina</i>
Burgundy rubber plant	<i>Ficus elastica</i> 'Burgundy'
Aluminum plant	<i>Pilea cadierei</i>
Triostar stromanthe	<i>Stromanthe sanguinea</i>
Bromeliad	<i>Bromeliaceae</i> genera
Polka dot plant	<i>Hypoestes phyllostachya</i>
Nerve plant	<i>Fittonia</i> spp.
<i>Echeveria</i>	<i>Echeveria</i> spp.
Rex begonia, fancy-leaf begonia	<i>Begonia rex-cultorum</i>
Cordyline Hawaiian plant	<i>Cordyline terminalis</i>
Purple shamrock, false shamrock	<i>Oxalis triangularis</i>
Pink princess philodendron	<i>Philodendronerubescens</i> 'Pink Princess'
Tricolor rubber plant	<i>Ficus elastica</i> 'Tricolor'
Neon pothos	<i>Epipremnum aureum</i> 'Neon'
Prayer plant	<i>Maranta leuconeura</i>
Calathea	<i>Calathea</i> spp.
Peperomia rosso	<i>Peperomia caperata</i> 'Rosso'
Snake plant	<i>Dracaena trifasciata</i> etc.

indoor spaces. They may be planted in any type of indoor environment. We have complete control over the growing environment of our plants when we have an indoor garden. Therefore, creating an indoor garden is the ideal choice if you're seeking for a way to add some natural beauty to your house or place of business or if you just want to take care of a little corner of the globe on your own terms.

KEYS FOR GROWING INDOOR GARDENING

❖ **Space:** Even though you have to garden indoors because you don't have enough outdoor space, you still need some indoor space. To make sure your

plants have the space they need to develop and thrive, consider the needs of your specific plants and their root systems while planning your garden.

❖ **Light:** While some plants thrive on very little natural light, others require it in order to flourish, sunlight is the best thing to provide your plants, but in an indoor garden, you might not have as much direct sunlight or it probably won't be accessible for as long as your plants require. If you want to take care of a few easy-care houseplants, standard incandescent light bulbs can be an appropriate choice. Plants and

seedlings may benefit significantly from fluorescent lighting. Any plant that produces fruit or flowers needs grow lights to grow properly, whether they are LED or HID.

- ❖ **Nutrients and Soil:** Rich, permeable, well-drained soil that can hold a lot of water is ideal for indoor planting. Indoor plants, however, require less water. Indoor plants suffer when they are over/under-watered. The nutrients in pot soil are sufficient for house plants to flourish to a satisfactory degree. Bagasse, bark, cinders, clay, moss, peat moss, perlite, rice hull, sawdust, vermiculite and other materials are significant components of potting media. To maintain your plants happy and healthy, repot them and give them fresh soil whenever necessary.
- ❖ **Water:** The most basic yet crucial ingredient for your indoor garden is water. Since each plant is unique, some will need more water or less than others.
- ❖ Their water needs vary throughout the year according on **temperature and humidity**. To maintain the healthiest conditions for your particular plants, it's crucial to find out how much water they require.

WHAT NEGATIVE CONSEQUENCES CAN INDOOR PLANTS HAVE?

Houseplants are susceptible to bacterial/fungal infections on their leaves if they do not receive adequate light and moisture. There are several ways in which fungus, mold and bacterial diseases can harm a plant. In addition, the illnesses may release mold spores and other pollutants into the air you breathe.

INDOOR PLANT DISADVANTAGES INCLUDE:

While indoor plants are a great way to liven up your home, there are a few things to consider before making a purchase.

The list of drawbacks is as follows:-

- ➔ **Pests:** Aphids, mites and whiteflies are among the pests that are attracted to indoor plants. These pests can damage your plants and spread disease.
- ➔ **Watering:** Indoor plants, some of which can need a lot of maintenance, need to be watered on a regular basis. It might also attract pests and encourage the development of mold.
- ➔ **Cost:** Investing in indoor plants can be expensive, particularly if you buy a lot of them. Prior to making a purchase, make sure to shop about and check pricing.
- ➔ **Limited Space:** If your home is small, indoor plants might not be the best

option for you. They can occupy a large number of spaces and require room to expand.

- ➡ **Toxicity:** Families with kids or pets may be at risk from this. When determining whether to keep indoor plants in your house or place of business, it's critical to consider these drawbacks in addition to the advantages.



INDOORE GARDENING