

Tropical **INDOOR GARDENING**

DESIGNS, CONTAINERS, KINDS AND MAINTENANCE



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INDOOR Gardening

A solution to sustain an eco-friendly environment



Indoor gardening is a style of cultivating houseplants in indoors. Residing place can be made more livelier by hanging or placing pots with appealing indoor plants inside the house, office and public places. It creates an artificial garden environment inside the building. Indoor plants provide a interior design option. They come in a wide variety, including dwarf trees, flowering vines, bonsai, plate gardens, orchids, and cacti.

Indoor plant is a plant that is grown indoors in places such as residences, offices and huge complexes which have low light areas. Indoor plants are commonly grown for decorative purposes, but studies have also shown them to have positive psychological effects.



BENEFITS OF INTERIOR PLANT DECORATION



IMPROVES AIR QUALITY

One of the most well known benefits of interior plant decoration is that of improved air quality. Plants are known for absorbing carbon dioxide and releasing it back into the environment as oxygen, which is a huge benefit for people. Some plants also absorb harmful chemicals and toxins, which helps clean the air we breathe. The mere presence of indoor plants creates a feeling of clean refreshment.

REDUCES STRESS

People believe that indoor plants in offices may reduce the stress level among employees raising their efficiency and output. Adding a few indoor plants to your space will help you relieve tension, reduce stress, feel calm and feel happy.

BENEFITS OF INTERIOR PLANT DECORATION

QUIETER BACKGROUND NOISE

Research shows that plants can help reduce noise from busy roads and more recently, interior plants have also been shown to reduce background noise levels indoors. Plants and their leaves absorb and reflect noise, which in turn makes the environment more comfortable to visitors, residents or workers. Adding plants to your space is an easy way to help filter and absorb excess noises in order to provide a more calm and tranquil environment to others.

AESTHETICALLY PLEASING

Small and large trees, succulents, ferns and various other plants can boost the aesthetics of your home and office. These decorative plants add color, ambiance, personality and life to a bland space.

VISUAL APPEAL

Ornamental plants-climbers, creepers, hedge plants, or garden plants are all pleasing to the eyes. Few plants appeal to the olfactory sense while others add elegance to our home.

IMPROVE CONCENTRATION

Nature with its bountiful flora and fauna has always been believed to improve concentration. Studies suggest that having indoor plants at homes, offices, and schools could aid in bettering memory and concentration resulting in better productivity.



INDOOR GARDEN LANDSCAPE DESIGNS



INDOOR GARDEN LANDSCAPE DESIGNS



FACTORS AFFECTING INDOOR PLANTS

Indoor plants need the correct moisture, light levels, soil mixture, temperature, and humidity, proper fertilizer, plant protection and correct-sized pots.



Moisture

Both under-watering and over-watering can be detrimental to a houseplant; the soil needs to be moist but not flooded.



Light

Different plants require different amounts of light, for different durations. Photoperiodism is a consideration, since some plants such as Poinsettia and Schlumbergera are influenced by either decreasing or increasing daylight hours. It is possible to supplement window light with artificial lighting of suitable wavelengths.



Soil

Houseplants are generally grown in specialized soils called potting compost or potting soil, not in local natural soil. A good potting compost mixture includes soil conditioners to provide the plant with nutrients, support, adequate drainage, and proper aeration. Most potting composts contain a combination of peat and vermiculite or perlite. Concern over environmental damage to peat bogs, however, is leading to the replacement of peat by coir (coconut fibre), which is a sustainable resource. Sterilised soil can also be used.

FACTORS AFFECTING INDOOR PLANTS



TEMPERATURE

Most houseplants are tropical evergreen species that adapted to survive in a tropical climate which ranges from 20 °C to 35 °C year-round. This is similar to the temperature in most homes.



HUMIDITY

Humidity is slightly more difficult to control than temperature. However most species of houseplant will tolerate low humidity environments if it's watered regularly. Homes are often around 20% to 60% relative humidity. Such a range is acceptable, although most species thrive near 80% relative humidity. To increase humidity one may mist plants with distilled water or use a humidifier.



FERTILIZERS

Plants require soil minerals, mainly nitrate, phosphate, and potassium. Nitrogen is essential for green, leafy growth. Phosphorus is essential for flowering or fruiting plants. Potassium is essential for strong roots and increased nutrient uptake. Minor and trace elements, such as calcium, magnesium and iron, may also be necessary.



POT TYPES AND SIZES

Proper pot size is an important factor to consider. A pot that is too large will cause root disease because of the excess moisture retained in the soil, while a pot that is too small will restrict a plant's growth. Generally, a plant can stay in the same pot for two or so years.

Pots come in a variety of types as well, but usually can be broken down into two groups: porous and non-porous. Porous pots are usually clay and are highly recommended because they provide better aeration as air passes laterally through the sides of the pot. Non-porous pots such as glazed or plastic pots tend to hold moisture longer and restrict airflow.

Another needed feature is drainage holes. Usually pots come with holes in the bottom to allow excess water to flow out of the soil which helps to prevent root rot. If a pot does not have drainage holes, it is best to double pot that plant so the inner pot can be lifted out and the excess water accumulated in the bottom of the outer pot can be removed. Soak old pots thoroughly in a solution of 1 part bleach to 10 parts water to kill any bacteria that may remain.



CONTAINER MATERIAL CHOICES

There are many creative and exciting choices for container material, shape, and colors and finishes. Some common materials for containers include:



CAST CEMENT



TERRA COTTA



HYPERTUFA



METAL



MOLDED PLASTIC



FIBRE POTS



POTTERY GLAZED



STONE



WOOD BOXES



HAYRACK STYLE PLANTERS



RECYCLED MATERIALS



GLASS VIAL

KINDS OF INDOOR PLANTS FOR LOW LIGHT

AGLAONEMA



Aglaonema lipstick



Aglaonema crispum



Aglaonema nitidum



**Aglaonema pictum
Tricolor**

Aglaonema commutatum is one of the commonest species that are available to be grown as house plants. Aglaonema or Chinese evergreen is an extremely popular house plant, which is very easy to grow. This houseplant will grow perfectly well in almost any location. Simply remember to keep it away from full sun as it may scorch the exposed foliage. Red aglaonema is a spectacular houseplant with the stunning red-tinted leaves. This species should be kept at the temperature of about 15 °C in winter and not more than 24 °C in summer. In hot and sunny weather the watering must be abundant. The species loves fresh air and indirect sunlight. In these conditions it is able to show the best colour. It can handle direct sun as well but to be on a safe side try to use a curtain to diffuse strong sunlight. The plant should be fertilized a couple of times every year. Any houseplant fertilizer can be used.



Aglaonema silverbay



Aglaonema commutatum



Aglaonema Lady Valentine



Aglaonema costatum

KINDS OF INDOOR PLANTS FOR LOW LIGHT

ALOCASIA



Alocasia Amazonica



Aglaonema crispum



Aglaonema nitidum

An Alocasia Plant, native to Asia, is also called an Elephant Ear Plant or African Mask Plant. Alocasia Plants have large, dark-green, glossy, heart-shaped leaves with wavy edges. Use an organic well-aerated loose houseplant soil that contains a good amount of peat moss for an Alocasia Plant. If the soil in an Alocasia Plant seems a little heavy,



**Aglaonema pictum
Tricolor**

add some builder's sand or perlite. An Alocasia Plant requires very bright indirect light. Direct sun burns the leaves of an Alocasia Plant. Always allow the top 2"- 3" of the soil of an Alocasia Plant to dry out before watering. Keep the soil evenly moist. Over-watering, wet leaves, and soggy soil makes an Alocasia plant susceptible to a variety of serious fungal infections. Fertilize an Alocasia Plant every two weeks from late March through September with a basic houseplant food at 1/2 the recommended strength. Be sure to keep an Alocasia Plant away from air conditioners and cold drafts. During warm summer months an Alocasia Plant can produce a new leaf every week and each new leaf may be twice the size of the previous leaf.



Aglaonema silverbay



Aglaonema commutatum



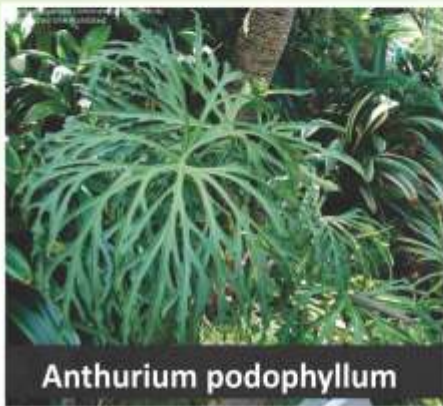
Aglaonema Lady Valentine



Aglaonema costatum

KINDS OF INDOOR PLANTS FOR LOW LIGHT

ANTHURIUM



Anthurium podophyllum



Anthurium clarinervium



Anthurium ace of spades



Anthurium hookeri

Anthurium plants can tolerate all levels of indirect light, but anthuriums growing in low light will grow slower. These plants cannot tolerate direct light however, as this can burn the leaves. It grows best in bright, indirect light. Anthurium care also requires that the soil be free draining but hold some water. Anthurium plants don't like continually moist soil.

Make sure to water the plant regularly, but don't over water. The foliage type anthurium leaves are thick and rugged with an overall velvety sheen and are strikingly ornamental.



Anthurium Round Won



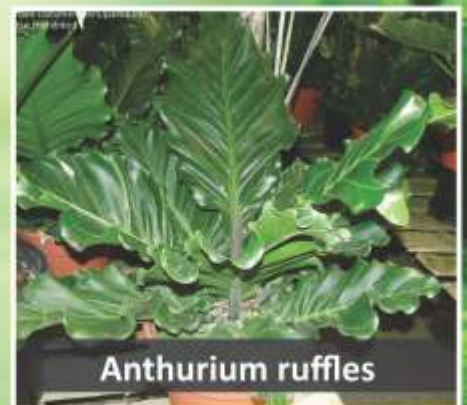
Anthurium superbum



Anthurium clarinervium



anthurium radicans x dressleri



Anthurium ruffles

KINDS OF INDOOR PLANTS FOR LOW LIGHT

DIEFFENBACHIA



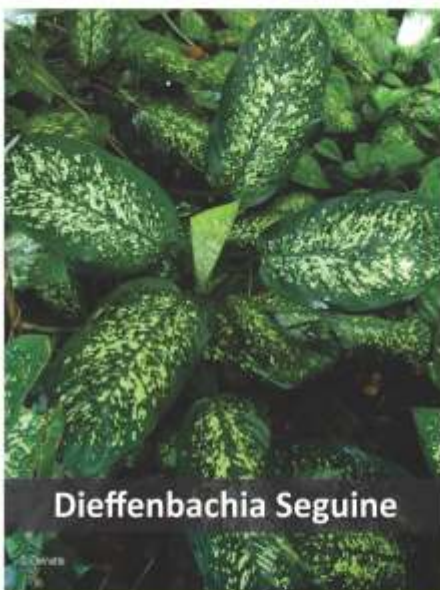
Dieffenbachia Alix



Dieffenbachia Amoena



Dieffenbachia Camille



Dieffenbachia Seguire



Dieffenbachia Red



Dieffenbachia Red



Dieffenbachia costa



Dieffenbachia Tropic Marianne



Dieffenbachia Maculata



Dieffenbachia Rudolph Roehrs

The large and showy dieffenbachia can be the perfect living decoration for the home or office. When growing dieffenbachia, most varieties do best in a filtered light situation, where bright to moderate light shines through a sheer curtain or other filtering window cover. Filtered light is particularly important in the spring and summer, when the dieffenbachia houseplant is producing new, tender leaves that are subject to sunburn if the light is too bright or shines directly on the plant. The most common problem with growing dumbcane dieffenbachia is too much moisture. Overwatering is a common problem with many houseplants and the dieffenbachia houseplant is no exception. When growing dumbcane dieffenbachia, fertilize twice a month to encourage growth and a healthy plant.

KINDS OF INDOOR PLANTS FOR LOW LIGHT

DRACAENA



Dracaena Compacta



Dracaena Draco



Dracaena Reflexa Variegata



dracaena marginata bicolor (own)

The dracaena plant is a popular ornamental houseplant, grown both indoors and outdoors in subtropical climates. It reaches a height of about three feet indoors, and has a bushy tree type of look. Its glossy leaves can grow up to one foot long and a couple of inches wide. Dracaena require less water than most indoor plants. Keep them hydrated by misting the leaves with water and keeping the soil lightly misted (never soggy) as well with good drainage. Always allow the top soil to dry out before watering. Do not overwater, as it may cause root rot.



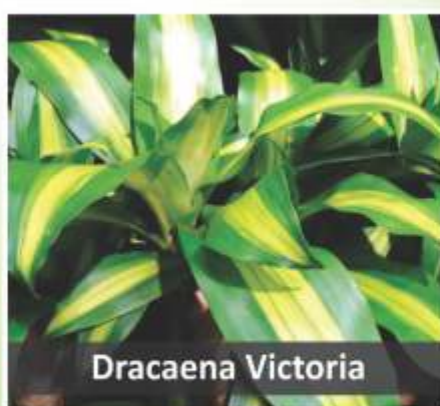
Cordyline Terminalis



Striped Dracaena Warneckeii



Dracaena Sanderiana



Dracaena Victoria



Dracena White

KINDS OF INDOOR PLANTS FOR LOW LIGHT

EPIPREMNUM AUREUM (Pothos)



Epipremnum Aureum



Epipermum



Epipremnum Aureum Neon



boee

The pothos plant is considered by many to be a great way to get started caring for houseplants. Because pothos care is easy and undemanding, this lovely plant is an easy way to add some green in our home. Basic pothos care is very easy. These plants enjoy a wide range of environments. They do well in bright indirect light as well as low light and can be grown in dry soil or in vases of water. They will thrive in nutrient rich soil, but do almost as well in nutrient poor soil. Pothos plants make a great addition to bathroom or office because they can tolerate low light. While pothos likes a wide variety of light conditions, they do not do well in direct sunlight.



**Epipremnum pictum Argyraeus
SatinPothos**



**Money Plant
(Epipremnum aureum)**



Epipremnum Aureum Pothos Neon



Scindapsus Pictus



Marble Queen



Silver Satin Pothos

KINDS OF INDOOR PLANTS FOR LOW LIGHT

FICUS



Ficus elastica Decora



Ficus Microcarpa



Ficus Triangularis

Ficus trees are a common plant in the home and office, mainly because they look like a typical tree with a single trunk and a spreading canopy. But for all of their popularity, ficus plants are finicky. Ficus trees can maintain their tree-like shape regardless of their size, so this makes them ideal for bonsais or for massive houseplants in large spaces. Their leaves can be either dark green or variegated.

Most ficus trees enjoy bright indirect or filtered light with variegated varieties happily able to take medium light. Bright, direct light may result in scalding of the leaves and leaf loss. Ficus trees also cannot tolerate low temperatures or drafts. When growing ficus indoors, it's important to maintain a relatively high humidity around the plant. Regular misting or setting the ficus tree on a pebble tray filled with water is a great way to increase their humidity, but keep in mind that while they like high humidity, they don't like overly wet roots. Therefore, when watering, always check the top of the soil first. If the top of the soil is wet, don't water as this means they have enough moisture. If the top of the soil feels dry to the touch, this indicates that they need water. Ficus are also prone to pests such as mealybugs, scale and spider mites. Treating the plant with neem oil is a good way to handle any of these pest issues.



Aglaonema silverbay



Ficus lyrata



Ficus elastica Decora Rubra



Ficus elastica Decora Black Prince

KINDS OF INDOOR PLANTS FOR LOW LIGHT

PALMS



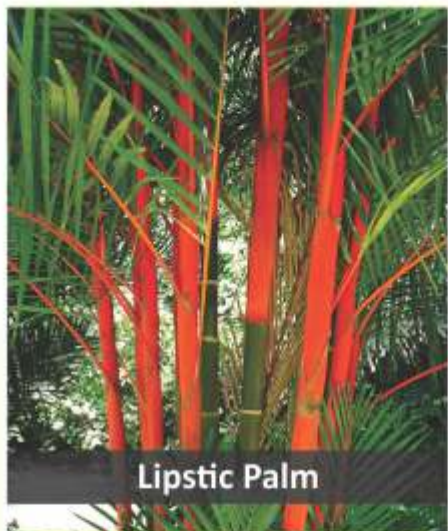
Areca lutea



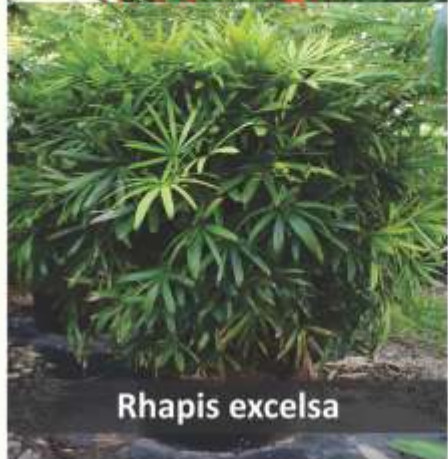
Caryota urens



Chamaedorea elegans

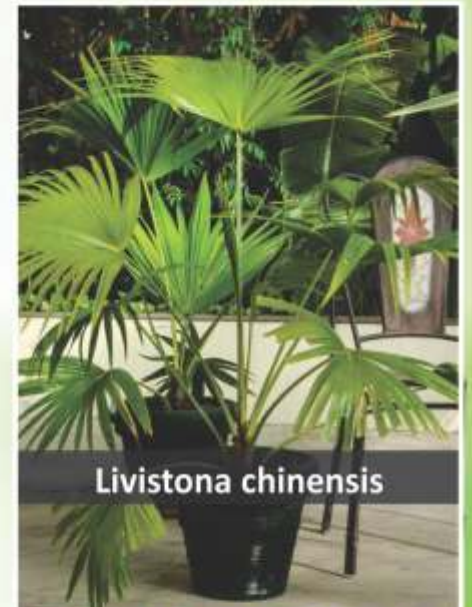


Lipstick Palm



Rapis excelsa

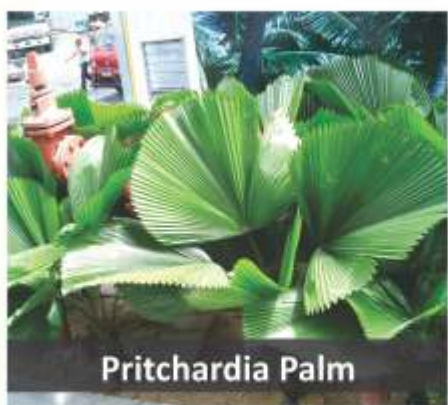
palms include both tropical and subtropical plants and when grown indoors, bring a sense of the tropics and an exotic feel to our home. Palms grown indoors need proper care to thrive and produce the large fan or feathered leaves, depending on species. When caring for indoor palms, the plant needs the correct amount of light, fertilizer, water and correct temperature to prevent foliage problems, such as brown leaves. Indoor palms require warm temperatures. Indoor palms can suffer from too much or too little light. Symptoms of too much direct sunlight include gray or brown-colored scorched leaves and leaves that shrivel and die. Most indoor palms require natural bright light all year, so if you place the palm near an east-facing or south-facing window with filtered light, it should get enough natural light. Too much fertilizer can harm indoor palms and, like improper watering, can cause brown leaf tips and margins.



Livistona chinensis



Licuala grandis



Pritchardia Palm



Dypsis lutescens



Kentia Palm

KINDS OF INDOOR PLANTS FOR LOW LIGHT

PHILODENTRON



The name philodendron is derived from the Greek words philo (love) and dendron (tree). Philodendron are sometimes confused with pothos plants, but you can tell the difference by the leaves. They are similar in shape, but pothos leaves usually are variegated with yellow or white splotches. This classic plant is among the most popular houseplants, and considered one of the easiest to grow. Lacy tree philodendrons, also commonly known as lacy leaf philodendron, are a large upright vine native to the rainforests of Brazil. It requires space to grow them indoors, since they tend to spread wide. They grow to a height of approximately three feet, but its width can be nearly twice its height. Philodendrons fall into two basic categories: vining and non-trailing. In addition to being easy to care for, the philodendron plant can help purify the air.



KINDS OF INDOOR PLANTS FOR LOW LIGHT

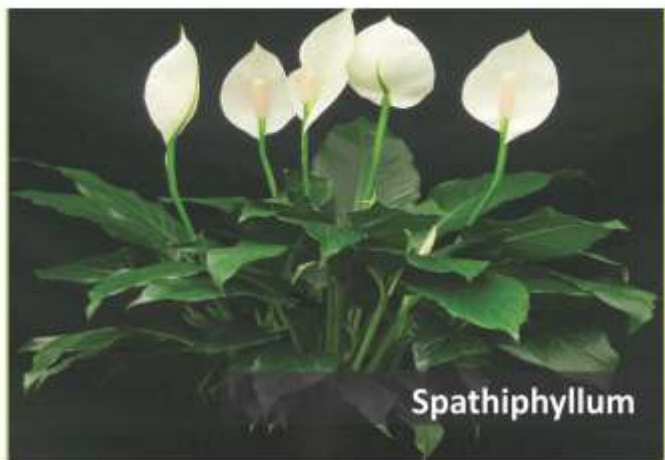
SYNGONIUMS



Syngonium or Arrowhead are pretty plants, their lime green foliage gives them a fresh look and contrast well with darker leaved plants when added to a mixed planted bed. They are relatively easy to grow and look after, which makes them a popular choice in the home and workplace. Grow arrowhead plant in low- or medium-light spots. Most varieties of this low-light houseplant can grow in brighter light, as long as they're not exposed to too much direct sun. Arrowhead plant can suffer from sunburn – white, bleached areas on the leaves – in direct sun. Water arrowhead plant when the soil surface starts to dry. This plant likes to be on the moist side, but not wet or soggy. Fertilizing arrowhead plant isn't necessarily, but if you'd like to, use a houseplant fertilizer in spring and summer. You do not need to fertilize arrowhead plant in winter.



OTHER INDOOR PLANTS FOR LOW LIGHT



OTHER INDOOR PLANTS FOR LOW LIGHT



Ophiopogon planiscapus



Maranta leuconeura



Maranta zebrina



Leea coccinea



Hoffmannia refulgens



Guzmania Ligulata



Fittonia



Euonymus japonicus ovatus

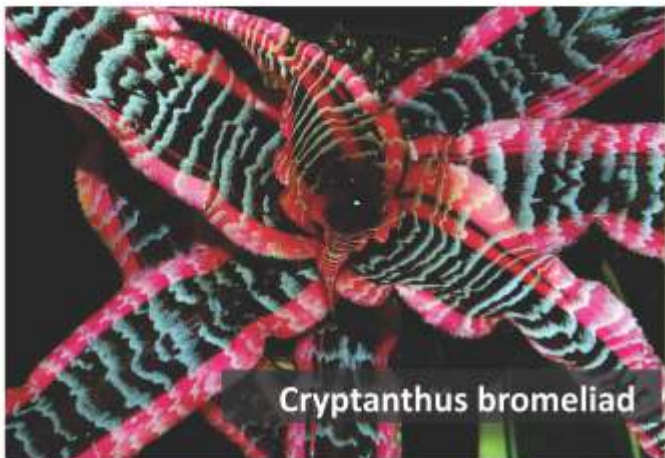
OTHER INDOOR PLANTS FOR LOW LIGHT



Dianella variegata



Cryptanthus zonatus



Cryptanthus bromeliad



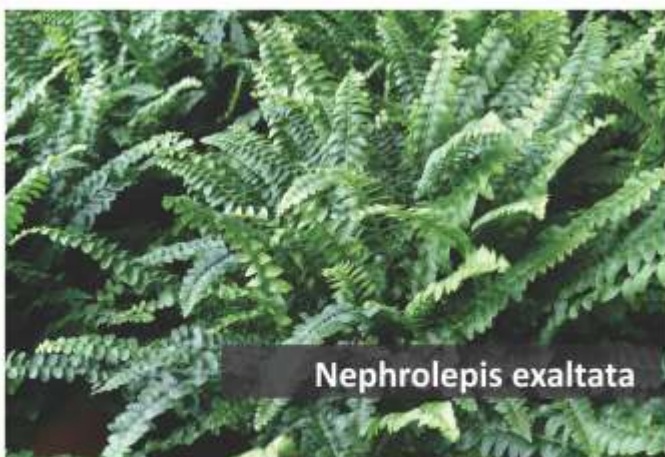
Cryptanthus bivittatus



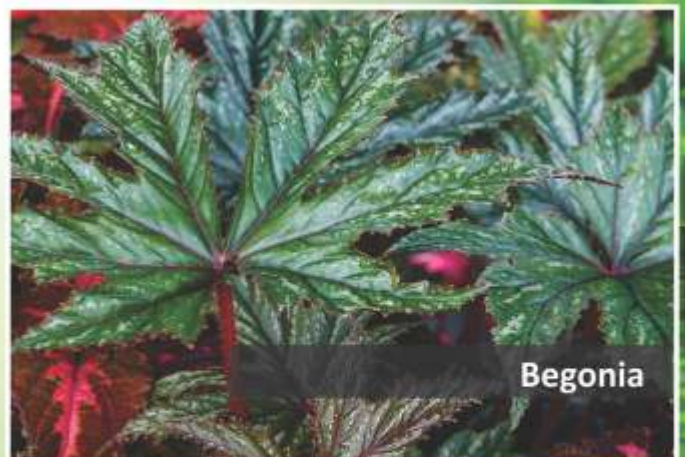
Chlorophytum comosum



Callisia repens



Nephrolepis exaltata



Begonia

OTHER INDOOR PLANTS FOR LOW LIGHT



Beaucarnea recurvata



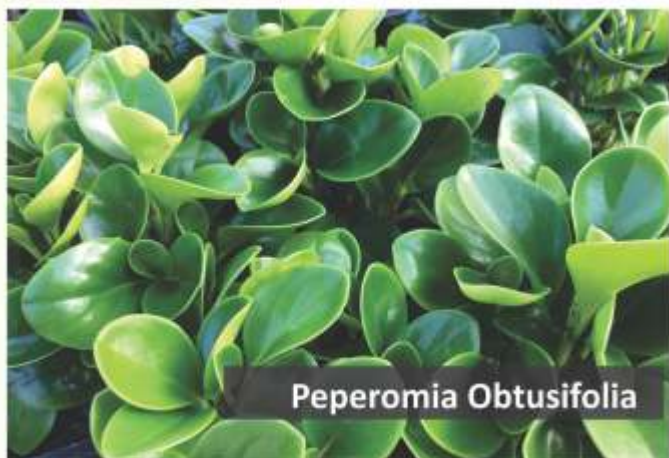
Aspidistra elatior



Aphelandra squarrosa



Anthurium superbum



Peperomia Obtusifolia



Anthurium hookeri



Homalomena



Zamioculcas zamiifolia

CARE AND MAINTENANCE OF INDOOR PLANTS



1

The first thing to consider when selecting a houseplant is where to put it and make sure it matches the space and lighting with the plant's requirements.

2

Avoid annoying little flies by being careful avoiding dipping tea and coffee into plant containers. The sugars left in the compost make it an ideal breeding ground for flies.

3

Use trough planters as natural screens. They reduce noise and are useful as barriers to separate walkways etc.

4

The general soil to be used is 4 parts, compost or leafmould, one part red earth or loam, one part sand and one part cocopeat.



5

One of the most common causes of plant death is over-watering. Do not water everyday in small quantities. Frequent watering forces air from the soil and opens the door for root-killing bacteria and fungus to move in. Water the plants once in a week fully so that the water drains off.

SIGNS OF UNDERWATERING INCLUDE:

- Slow leaf growth
- Translucent leaves
- Premature dropping of flowers or leaves
- Brown, yellow or curled leaf edges

SIGNS OF OVERWATERING INCLUDE:

- Fungus or mold on the soil surface
- Mushy brown (maybe stinky) roots at the bottom of the pot
- Standing water in the bottom of the container
- Young and old leaves falling off at the same time
- Leaves with brown rotten patches

CARE AND MAINTENANCE OF INDOOR PLANTS



6

Choose a container with drainage holes, or put a layer of pebbles in the bottom of a container without holes. The point is to not let the plant stand in water. From time to time, check that the drainage holes have not been clogged.

7

The indoor plants suffer mostly on account of accumulation of fine dust on the leaves. It is very necessary to wipe the leaves with a fine cloth at least once in two days and spray or mist the leaves with water which will provide the humidity.

8

Variegated plants (featuring leaves with white edges or white flecks) often need more light than their green cousins. Keep them nearer to a window so that they can get all the light that they need.



9

Plants acclimatize slowly to different surroundings by changing their leaf orientation and structure. If you can, try not to move them around, as they may not adapt as easily as you think.



10

Regularly prune the plants to stop them becoming 'leggy'. Once they've lost the foliage on their lower branches, it's very difficult to get it to return.

11

Avoid placing the plants very close to the fan, heater, AC ventilators and televisions. They are most sensitive to radiations.

CARE AND MAINTENANCE OF INDOOR PLANTS



12

The indoor plants are not heavy feeders. Apply 19:19:19 NPK water soluble fertilizers, one table spoon in 2.5 lit water and apply the liquid once a month.

13

The general insecticide may be sprayed once in a month (2mi/lit) or use a soil systemic such as Furadon.



Air Purifying Indoor Plants

House plants are effective natural air purifiers. They convert the carbon dioxide into fresh oxygen, and they can also remove toxins from the air we breathe. The amount of leaf surface area influences the rate of air purification.



Aloe vera



Golden pothos



Spathiphyllum



Ficus benjamina variegata



Philodendron selloum



Areca lutescens



Syngonium podophyllum



Sansevieria laurentii



Dieffenbachia camille



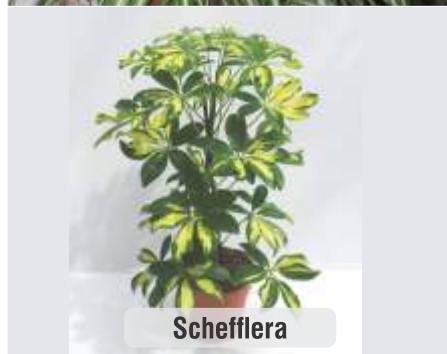
Chlorophytum comosum



Zz plant zamioculcas zamiifolia



Aglaonema siam aurora



Schefflera



English Ivy



Ficus elastica

Indoor garden in my home

