



# Indoor Gardening

The Beginner' Guide

**URBAN INDOOR GARDEN**



# Growing Indoor Plants



Summer is over and the garden outside is finished for the year. All the plants outside have either gone dormant for the winter or finished their life cycle. But gardeners who still crave the satisfaction and rewards of growing things can put their gardening to work indoors during the winter. Having plants in the house can add to the overall health of your household. Having one plant for every 100 square feet in your house helps remove indoor pollutants. In addition, plants take up carbon dioxide and give off oxygen as a waste product. So, having plants in the house makes for a healthy and equitable exchange for humans and plants.

# Plant Growing : Steps

1



Lighting

2



Choose  
The  
Right Pot

3



Soil

4



Water

5



Choose  
The  
Plant

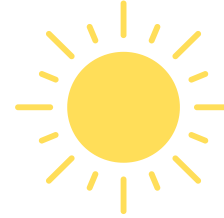
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Fertilizer



Make sure to always consider how bright your apartment is before you buy your next plant, it will help you make the best selection for your home. When deciding what indoor plant to grow in your house, the first thing to work out is the specific requirements of your plant. Decide where you want the plant to live, determine how much light that area receives, and choose a plant that can thrive in that environment. Most plants are categorized as low, medium, or high for sunlight so make sure you find one that fits what your plant needs to survive.



## Low Light

Plants don't get any direct sun and are usually located 2–5 meters away from a window.



## Medium Light

Plants should be located 1–2 meters from a window and get at least 4 hours of sunlight.

## High Light

Plants should be located within 1 meter of a window and get at least 8 hours of sunlight.



• Low Light Plant



• Medium Light Plant



• High Light Plant



## Indoor lighting for houseplants involves:

- Understanding how lighting is going to affect plants
- Discovering the different types of light exposure that we can have
- The position or location of your lighting and our plants
- Artificial lighting
- Finding problems in struggling plants
- Choosing the right plants for the type of lighting in your home



Indoor plants are not a set-and-forget item, most need to be watered about once a week.

- Always read the tags on the plant to know the watering and lighting requirements of the plant.



## 2

# POTS



Have you ever noticed the planters that are used for planting. Some have holes and some don't. Why is it so?? Since most people tend to overwater their plants it's now become standard to ensure your pot has a drainage hole. This ensures any excess water drains away from the soil and roots hence saves the plants roots from rotting.

Ok. But, again why are some pots still without holes? These are called cache pots. One of the easiest ways to style an indoor plant is to take your plant that you bought with its cheap plastic pot and insert it directly into a cache pot. These pots hold the excess water that drains out of the main pot. This excess water in the Cache pot should be removed in few hours.



Keep your plant in its original plastic container from the nursery and insert it directly into a cache pot. The plastic pots from the nurseries have the best drainage because they have many drainage holes.



## Size Of The Pot Matters

Bigger the pot the more you need to water to saturate the soil, and the longer the water sits in the soil which can cause root rot.



Note: Pots without drainage holes should never be used outdoors where your plant will get rained on because you have no way of regulating the amount of water your plant receives.



# 3 SOIL



## Can You Use Outdoor Potting Soil for Indoor Plants?



Potting mix is a soil-less growing medium, which got designed specifically for container gardening. It's additionally made up of all the right materials to maximize the growth of plants.

### PROS

- Fluffy texture
- Good aeration and drainage
- Good water retention
- The right nutrient mix

### CONS

- More costly
- Lightweight, problem in



Potting soil is any container gardening media which has dirt in it. The dirt could be mixed in with other soil-less materials, or it could entirely make up the potting soil.

### PROS

- Cheap
- Can be fully organic
- Nutrient-rich
- Long lasting

### CONS

- Easily compacts and gets water-logged

Never use soil from the garden, the soil is too heavy and doesn't have enough aeration properties. Your plant roots will be smothered and your plant won't survive very long.



Most people assume that indoor plants are a lot less fussy than outdoor plants. That's true to a certain extent. But some people take this too far and underestimate how much attention they should be giving. The best potting soil for your indoor plants is the one that's best tailored to their needs. Certain plants like to have acidic soil while others need a more balanced home. It's imperative to buy indoor soil that's not too thick. You want to pick a lighter soil that can resist compaction.

Note: Be careful not to buy bags such as top soil, compost, garden soil or manure as these are not ideal for indoor potting mix. Premium usually means they have added fertilizer to the potting mix, enough for about 4+ months to see through the growth season. Plant from the nursery are often planted in fairly poor potting mix, I recommend repotting your plants after the first year with some high quality potting mix.

# 4 WATERING



Watering your houseplants sounds simple enough, yet it's something many of us struggle with. That's because there are actually many variables that can make it tricky to know exactly when to water and how often, never mind how much each particular plant needs. You will need to know the specific requirement of your plant. You can google to find out what type of watering your plant likes.

## How to tell when a plant needs watering



With most plants, you should water when the soil feels dry to the touch. You can gently stick your finger in the soil to see how dry it is. For water lovers, water when the surface is dry; for succulents and drier plants, water when most of the soil feels dry.



Watering in the morning rather than afternoon as it gives time for the top of the soil to dry out in the heat of the day and also reduces the possibility of fungus forming.

## How much water to use



## What kind of water to use



Just like you probably don't like an ice-cold shower, your plants don't either. You can fill the watering can when you're done watering; when the time comes to water again, the water is perfectly room temperature – and if it's tap water, it has a chance to dechlorinate. Rainwater is probably a plant's favorite, Well water is usually good too, if it's not too alkaline for acid-loving houseplants.

Some plants naturally may want less water, like cacti, succulents, and plants with thick leaves. Most of the rest like to drink. And remember, they usually want drinks, not bitty little sips. Add enough water so that water comes out of the drain hole – you want all the roots to get wet, and enough water to flush out salts.





# 5

## CHOOSE THE RIGHT PLANT



### Decorate – Let Houseplants Say Something About Your Style

Houseplants aren't just green. African violets, cyclamen, poinsettias and azaleas are a few plants that provide color during dreary winter and early spring months, and the leaves of the croton plant are glorious shades of red, yellow and orange year-round. There are plenty of options for adding a little vibrant color to your home.



### Select Decorative Plant Containers

Mix up container sizes, colors and material, like copper pots, ceramic glazed pots or lined wicker-style pots. And don't forget plant stands, shelves and other decorating ideas to help add some spice to your indoors.

### Get Inspired

If you see a plant you like in someone's home, ask them what it is and what it needs to grow along with where it was purchased.

### The Right Plants: Space

In a smaller home or apartment, you probably don't have room for a big palm tree. So Space is always an aspect to consider while choosing an indoor plant. Choose the plant according to the space in your house or the apartment you are staying.



### Select Plants for Your Light Conditions

If your house doesn't get much light, you may still be able to grow houseplants that don't require a lot of natural light. If you have bright, sunny spots in your home, try growing Norfolk Island pine, dracaena, fiddle-leaf fig, spider plant, croton, jade, or rubber plant.



# 6 FERTILIZER



You might be thinking why i added fertilizer towards the end when fertilizer is a very important part in gardening, it's because most new indoor plants do not need fertilizer, the potting mix has enough nutrients to last for a few months to a year. In fact beginners who think fertilizer will suddenly revive a dead plant often don't realize that the fertilizer will do more harm than good, fertilizer can often burn the plant root and kill them. Remember, plants get their energy from sunlight not from fertilizer

Each macronutrient has a specific function:

- Nitrogen encourages healthy foliage growth.
- Phosphorous encourages bigger, healthier blooms.
- Potassium encourages a strong root system.

## Types of Fertilizer

Fertilizers come in several different varieties: liquids, sticks, tablets, granules, and slow-release forms. Of these, the two best suited for indoor use are liquid and slow-release fertilizers.

- Liquid Fertilizer
- Slow-Release Fertilizers
- Granular Fertilizer



### Fertiliser tips:

- Using a liquid fertilizer, the pellets or stick type fertilizers don't distribute the nutrients evenly.
- Make sure you dilute the fertilizer mix correctly,
- Adding extra fertilizer will cause a toxic build up of minerals which will burn the roots.
- Only fertilize plants during the growing season and not when they are in dormant state.

# MOST COMMON INDOOR PLANTS MISTAKES

1. OVERWATERING

2. TOO MUCH DIRECT SUNLIGHT

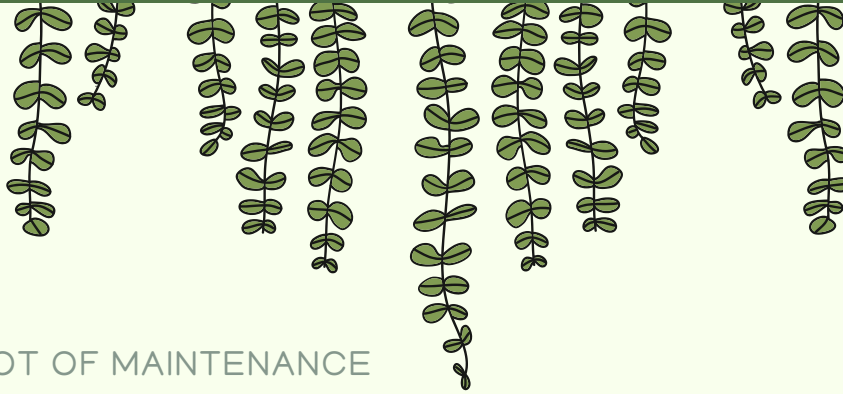
3. THINKING ALL PLANTS NEED A LOT OF MAINTENANCE

4. THE 'GREEN THUMB' MYTH

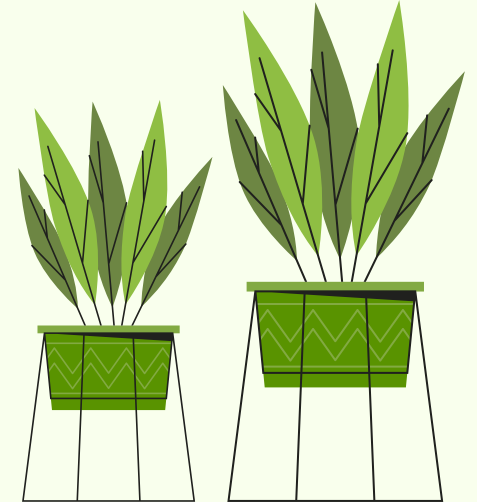
5. MOVING PLANTS ALL THE TIME

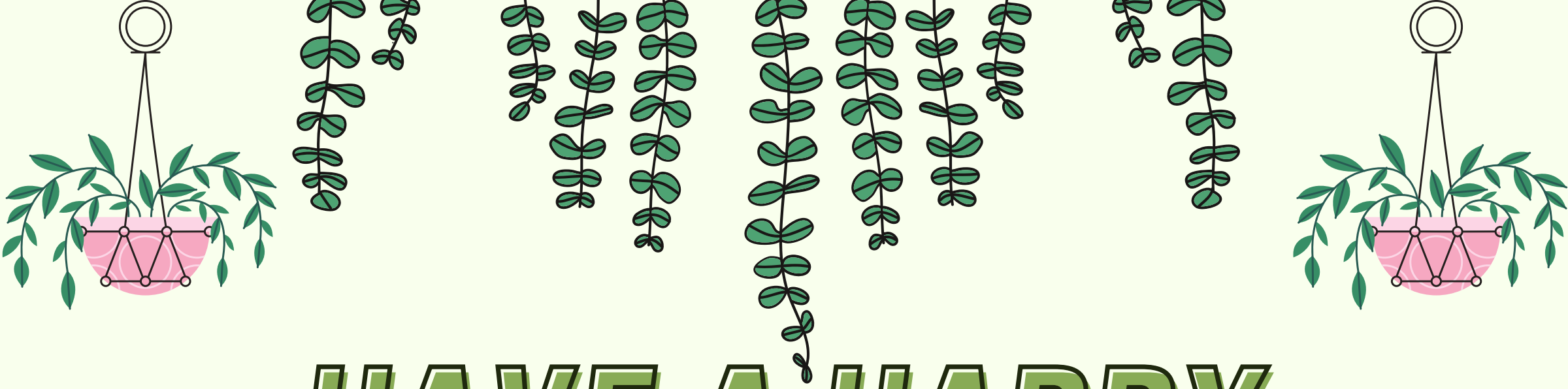
6. FORGETTING TO CHECK THE ROOTS

7. NOT KNOWING WHERE YOUR PLANT COMES FROM



THAT'S IT! NOW YOU KNOW WHAT  
MISTAKES TO  
AVOID WITH YOUR  
INDOOR PLANTS, YOU'RE UP FOR A  
FRESH START.





***HAVE A HAPPY  
GARDENING***