BENEFITS OF OFFICE PLANTS

**IMPROVE AIR QUALITY**
Plants clean and purify the air by producing oxygen and removing chemicals and toxins.

**INCREASE PRODUCTIVITY**
Research has shown that looking at nature shifts our brains’ processing, helping us to feel more calm, attentive and creative.

**REDUCE NOISE LEVELS**
Plants help to absorb and deflect sounds, especially larger, denser trees and shrubs.

**INCREASE WELLBEING**
The presence of plants can result in a positive psychological change in the surrounding environment.
If your desk is near a window, aloe vera will be the office companion you’ve always wanted. Forget to water your aloe vera? No problem. These desert plants only need to be watered every 3 weeks or so and are otherwise unfussy.
These plants are able to survive on limited water resources, such as dew and mist, making them very tolerant of drought. Because of their special ability to retain water, succulents tend to thrive in warm, dry climates and don’t mind a little neglect.
Perfectly happy in low-light conditions and relatively small, the parlor palm could be a nice choice for the office. You’ll want to keep the soil moist, so check it often, especially in dry climates.
These shade-loving plants are also great air-purifiers. They are also good at tolerating fluorescent lights. Since they are tropical plants, they need to be watered once a week to keep their soil moist. However, keep them away from any cooling/AC units!
Known as one of the most popular office plants, pothos prefer to have their soil dry completely between waterings. If they’re too thirsty, they’ll start to droop, alerting you that they need attention. They do well in a variety of light conditions, although moderate light is ideal.
If you’re interested in a fast-growing plant that is like a miniature tree, the rubber tree plant is a good option. It needs bright, indirect light, so make sure the space in your office is near a window. You only need to water it every 7-10 days.
These plants are generally low-maintenance. They like indirect light, so they’ll flourish even if you have a dark, windowless office. You can also let the soil go dry between waterings.
One of the most adaptable plants there is, spider plants only need to be watered every two weeks or so when they’re almost completely dry. They like bright light, but they also do well in low-light conditions.
This plant’s bright green pancake-shaped leaves provide a welcoming burst of colour in any office. These plants prefer bright, indirect light. They also require a pot with drainage holes.
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DUST YOUR PLANTS
Use a cloth to gently wipe the leaves. This will help ensure your plants are properly absorbing the sunlight they need.

MIST YOUR PLANTS
If your office tends to be dry—especially in winter—mist your plants with a spray bottle, especially tropical ones.

PROTECT YOUR PLANTS
Keep your plants away from any doors, drafts, cold air, or AC units. Cover your plant if you are going outside.

WATER YOUR PLANTS
It’s better to under-water your plants than overwater them (since they are able to recover faster). Feel the soil and monitor leaf conditions to ensure your plant is getting what it needs.

PRUNE YOUR PLANTS
Getting rid of old growth on your plants can actually help your plants to grow better. Use your cuttings to grow new plants.

MONITOR YOUR PLANTS
Always remember, humidity, temperature, water and sunlight are the 4 main factors that affect your plant.

CARE TIPS
### WHAT’S WRONG WITH MY PLANT?

#### DEHYDRATION
Brown leaf tips, crispy edges, wilting, fallen leaves, dry soil

Solutions:
- Increase frequency of watering
- Soak plant in a tray filled with water
- Temporarily move out of sunlight

#### PESTS/INFECTIONS
Brown spots, holes, nibbled edges, insects, mold, yellowing, etc.

Solutions:
- Check for pests when purchasing
- Remove infected leaves
- Replace the soil
- Use a solution of water and soap to spray into the top layer of soil and on the leaves of your plant

#### LACK OF SUNLIGHT
Pale, flimsy new growth, leaning towards lights, shedding leaves

Solutions:
- Move to a windowsill or somewhere with direct sunlight

#### OVERWATERING
Wilted, droopy, lighter-coloured leaves that are soft

Solutions:
- Temporarily relocate plant to a shady area and remove dying/dead leaves
- Water only when soil is dry or replace soil if needed
- Ensure there is proper drainage

#### NUTRIENT DEFICIENCIES
Yellowing tips & edges

Solutions:
- Add 2-3 drops of plant food to the water
- Add organic matter to the soil
LOW-WASTE TIPS

**REUSE ITEMS**
Instead of buying new, use items you already have as a pot for your plant, such as plastic containers or a milk carton.

**REUSE WATER**
Don’t dump that pot of water yet. Reuse water from kitchen activities to water your plants.

**USE COMPOST**
Use compost or kitchen scraps to fertilize your plant’s soil.

**UTILIZE ITEMS**
Give old household items a new life by utilizing them for plant care -- an old sponge or cloth can be used to dust your plants.