

Benefits & Services

Plants in homes and offices create a healthier environment and a more pleasant one as well.

Houseplant benefits:

- provide humidity in dry indoor air
- raise our comfort level
- make us feel more at ease in our indoor setting
- reduce stress

Phelan Gardens offers a wide range of houseplants year-round. Whether you are looking for a large floor plant or a smaller tabletop version, we can help! Come see us also for fairy garden and terrarium plants.

Re-potting Services: Want to refresh your existing houseplants? Bring them to us! Our reasonable re-potting service will have your plants looking new again.



Open Year-Round
7 days a week

4955 Austin Bluffs Parkway
80918 * 574-8058

www.phelangardens.com

- *local gardening information
- *upcoming classes & events
- *what's new at Phelan Gardens

Phelan's E-News

Our newsletter is now offered monthly via e-mail. Sign up and receive timely seasonal advice, growing tips, and advance notice of special events.

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Houseplants... A Breath of Fresh Air

Houseplants help filter impurities from indoor air. How to find the right plant for you.



Phelan Gardens

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Success with indoor plants is easiest when **your indoor environment and plant growth needs match!** First, determine WHERE in your home you'd like add plants. Then, **determine what type of light** you have there— low (L), medium (M), bright indirect (BI), or bright direct (BD). Most houseplants will do well in bright indirect light. But, if you have extremes—very low light or bright direct sun—make sure you select plants that can handle these conditions. We're happy to help! Although our selections vary, below is a sample of houseplants we quite often carry.

Please see our houseplant products page at www.phelangardens.com for a more complete list.

*find more plants that are non-toxic to dogs and cats (and ones to avoid) on the ASPCA website at: www.aspc.org

Houseplants	Light	Tabletop	Floor Plant	Trailing	*Pet Friendly
Begonia, Rex *other begonias ARE toxic to cats & dogs	M	X			X
Bird of Paradise (Strelitzia)	BI, BD		X		
Bonsai varieties	BI	X			
Cactus varieties	BI, BD	X	X		
Cast Iron Plant (Aspidistra elatior)	L, M	X	X		X
China Doll (Radermachera sinica)	M, BI	X	X		
Chinese Evergreen (Aglaonema)	L, M	X	X		
Corn Plant (Dracaena massangeana)	L, M		X		
Dragon Tree (Dracaena marginata)	L, M, BI	X	X		
Dracaena, Janet Craig (green), Warneckii (variegated) (Dracaena deremensis)	L, M	X	X		
False Aralia (Dizygotheca elegantissima)	M, BI	X	X		X
Fern, Boston (Nephrolepis exalta)	L, M, BI	X		X	X
Ficus Trees (Alii, Amstel, Midnight, Fiddleleaf)	BI, BD		X		
Ivy, Algerian (Hedera algeriensis) variegated needs bright	L, M, BI	X		X	
Ivy, English (Hedera helix) green can take lower light, variegated needs bright light)	L, M, BI	X		X	
Ivy, Grape and Oak Leaf (Cissus)	M, BI	X		X	X
Palms— Lady & Neanthe Bella types	L, M, BI	X	X		X
Palm, Bamboo	M, BI		X		X
Pothos & Philodendron cordatum	L, M, BI	X		X	
Schefflera, Amate, Renegade & Umbrella Tree types	BI	X	X		
Succulent varieties	M, BI	X	X-some	X-some	

Houseplants as Filters

Ongoing studies continue to amass evidence that indoor air may be even more harmful than the outdoor environment. Some respiratory illnesses, coughing, nasal congestion, dizziness, and headaches can be directly related to the indoor air pollutants with which we come in contact.

These pollutants, which are released by chemical cleaners, various fibers, smoke, ink, paints, paper products, and aerosols, have no way to escape as we keep windows and doors closed to ward off the cold. Bottom line, your health may be at risk!

Combating indoor air pollutants can be achieved in part by ventilation, but also by selecting home or office plants proven to filter these common toxins. NASA, through extensive research, has concluded that **one 10" plant every 100 square feet will work to filter enclosed environments.**

According to this two-year study, conducted by NASA scientists and the Agricultural University in Oslo, Norway, **some of the best plants for filtration include:**



- Bamboo Palm
- Dracaena Marginata
- English Ivy
- Philodendron Selloum
- Golden Pothos
- Snake Plant
- Rubber Plant
- Spider Plant
- Peace Lily