

UNIVERSITY OF MANITOBA OFFICE PLANT GUIDE



University
of Manitoba

| Sustainability

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

EASY-TO-CARE-FOR PLANTS



ALOE VERA



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.



CACTI & SUCCULENTS



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.



PARLOR PALM



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.



PEACE LILY



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!



POTHOS



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.



RUBBER PLANT



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.



SNAKE PLANT



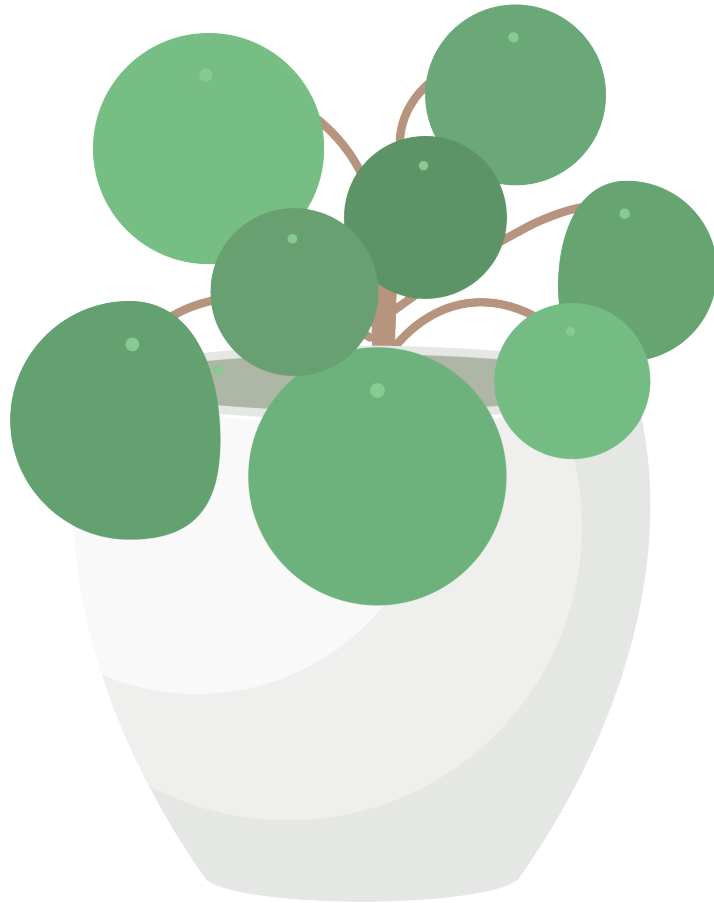
These plants are generally low-maintenance. They like indirect light, so they'll flourish even if you have a dark, windowless office. You can also let the soil go dry between waterings.



SPIDER PLANT



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.



CHINESE MONEY PLANT



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.



ZZ PLANT



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.

CARE TIPS

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.

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

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

PESTS/INFECTIONS

Brown spots, holes, nibbled edges, insects, mold, yellowing, etc.

Solutions:

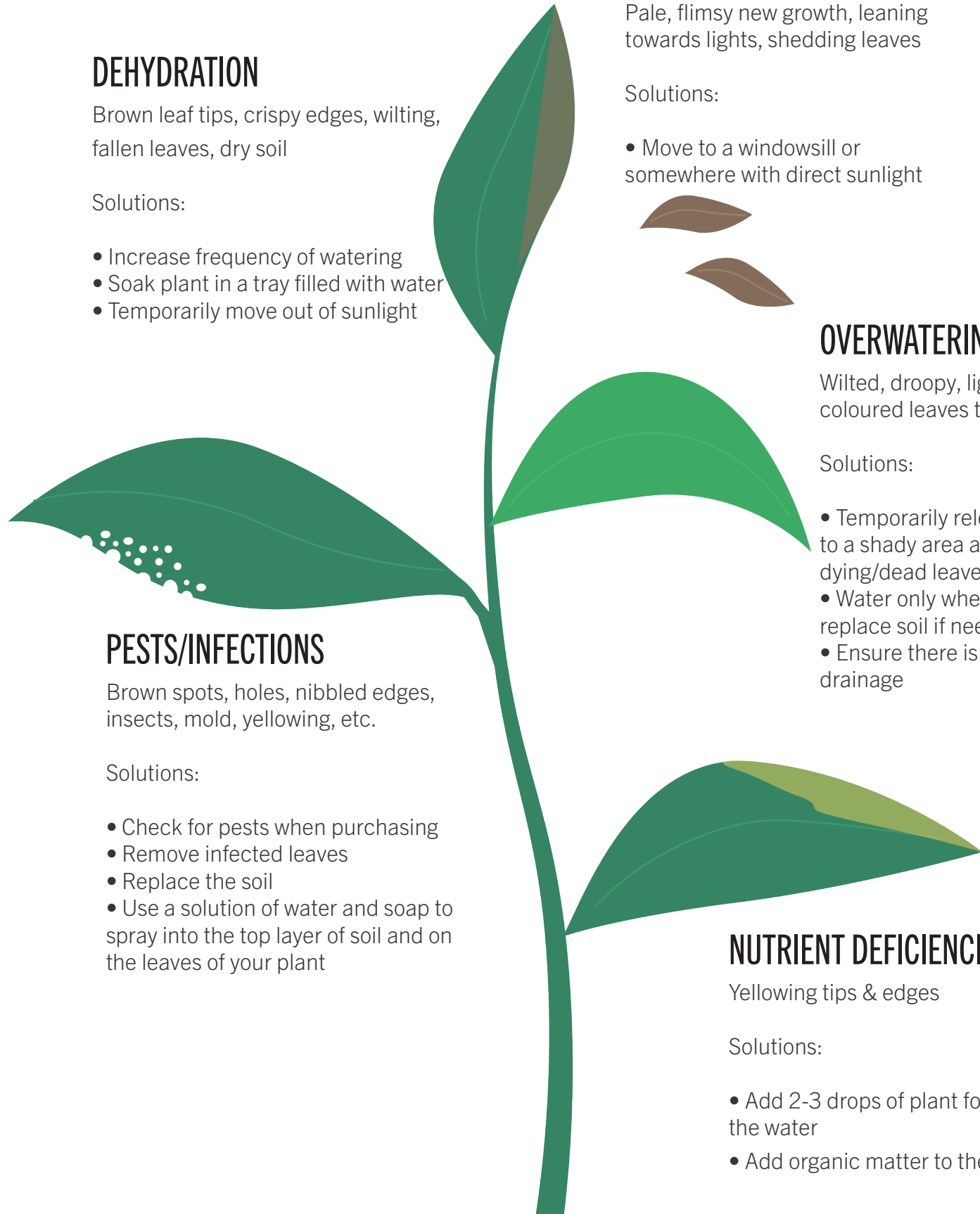
- Check for pests when purchasing
- Remove infected leaves
- Replace the soil
- Use a solution of water and soap to spray into the top layer of soil and on the leaves of your plant

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.