

Houseplants

Winter Care



Winter Preparation Tips

Houseplants benefit from spending time outdoors during summer months. Warmer temperatures and brighter light stimulates lush, new growth and helps plants recover from less-than-ideal indoor growing conditions. When bringing plants back inside for winter, follow these tips:

- 🌿 Move houseplants indoors when minimum night time temperatures drop to 50-55° F.
- 🌿 Clean up plants before bringing them inside. Remove dead, damaged or diseased growth, which can harbor pests. Avoid pruning live growth, which can cause stress.
- 🌿 Inspect plants for pests before bringing them indoors, and treat as needed. Continue to monitor plants for pest eggs that may hatch in warmer indoor temperatures.



Keep Your Indoor Houseplants Healthy Through the Colder Winter Months

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Discover the many benefits that indoor plants provide. Houseplants add a living touch to home decor, lift the mood, and improve indoor air quality. Caring for houseplants in winter is different than the rest of the year. Follow these tips to keep your indoor houseplants thriving and healthy through the winter months.

How To Care For Houseplants In Winter

Reduce Watering

Houseplants receive less sunlight during winter months and produce little or no growth. This means plants absorb less water and soil dries out more slowly. One of the most common problems is overwatering, which can cause root rot and other diseases. Cut back watering to once or twice a month depending on the type of plant. Drought-tolerant sedums and succulents will need little or no supplemental water, while leafy tropicals will need periodic watering.

To check if plants need watering, poke a finger into the soil 1 to 2 inches deep. If soil is dry, it's time to water. Use room temperature water rather than cold tap water to avoid shock. Remove residual water from plant saucers, and don't allow plants to sit in standing water.

Cease Fertilizing

Because plant growth slows down or halts during winter months, plants need less nutrients. Continual fertilization during winter, causes salt buildup, and may stress plants, as they are less able to absorb nutrients. Any new growth will be weak and vulnerable to damage. Resume fertilizing in early spring when your plant receives more sunlight to spur new growth.

Provide More Light

Shorter days in winter result in lower light levels. Move your plants to a brighter light source such as a south- or west-facing window. Some houseplants such as succulents, cacti or citrus trees may need a greater amount of light than natural window light can provide. Use an artificial grow light to provide supplemental light.

Keep Plants Warm

Most houseplants ideal indoor temperatures during the day are between 65 -75° F, While plants can tolerant night time temperatures around 10° cooler. Colder temperatures can cause stress and shedding of leaves.

Avoid Temperature Extremes

During winter, houseplants are more vulnerable to temperature extremes, which can cause stress and leaf drop. Keep plants away from heating vents and other heat sources and avoid exposing them to cold drafts.

Check For Pests

Houseplants are more susceptible to indoor pests during winter. Some of the most common pests include aphids, whitefly, scale and spidermites. Inspect soil, stems and leaves, including the undersides, regularly for signs of pests or damage. To remove pests, rinse foliage gently with water or dab affected areas with a cotton ball dipped in 70% rubbing alcohol. For more severe infestations, apply insecticidal soap or neem oil according to package instructions.

Increase Humidity

Home heating sources such as furnaces, wood stoves and fireplaces dry out indoor air which lowers room humidity. Many houseplants originate in tropical regions with high humidity. Dry air can cause leaves to turn brown and crispy along the tips and edges, yellow foliage, or leaf drop. To boost humidity, place plants on a tray of water filled with pebbles. Don't allow the bottom the pot to sit in standing water, which can cause root rot. Humidity can also be increased by misting plant leaves, using a room humidifier, and grouping plants together. Bathrooms and kitchens are more humid than other rooms. Cacti and succulents prefer lower air humidity and won't need extra measures.

Clean Foliage

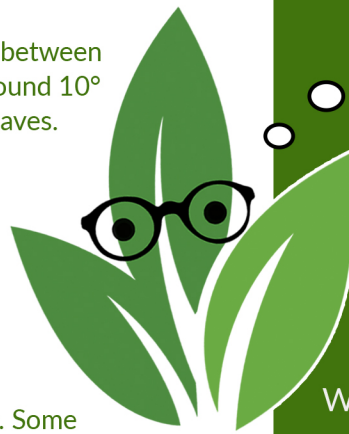
Houseplants can acquire dust from indoor heating systems, which impairs the ability for plants to absorb light through their leaves. Dust off leaves with a damp cloth every few weeks, or rinse plants in a sink or shower.

Remove Spent Foliage

Houseplants will naturally develop some yellow or brown leaves, or experience leaf loss as they adjust to indoor conditions. Prune out affected leaves and stems as needed and keep dead foliage cleaned up to discourage pests.

Avoid Repotting Plants

The best time to repot houseplants is during warmer, spring and summer months when plants are actively growing. Don't repot houseplants until early spring when plants begin to show signs of growth. Transplanting in winter can cause shock to resting houseplants.



FAQs

Will my houseplants survive winter?

When providing proper winter care, houseplants should be able to survive in most indoor environments. Evaluate your home to find the optimal spots for your plants and adjust for individual plant needs accordingly.

Is it okay to buy houseplants in the winter?

Nurseries, florists and garden departments sell houseplants year-round.

-  Purchasing houseplants in winter requires protection from cold between the store and your home. *Don't leave plants in your car.*
-  Place plants in a warm, bright spot in your home and allow them to acclimate to their new environment.
-  Isolate from other houseplants for several weeks to make sure new plants don't spread possible pests to other plants.
-  New houseplants may experience mild shock or leaf drop, which is normal.



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