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How to Do Indoor Gardening

By Nicky Pilkington

Plants are just as popular as furniture when one is deciding on furniture and soft furnishings.

Aside from the aesthetic value plants provide your home with, there are also health benefits – grade school science class tells us that plants cleanse the air through utilizing the carbon dioxide and producing more oxygen. Here is some important information on how to care for your indoor plants to gain the optimum health and aesthetic benefits.

Lighting

Most indoor plants need good lighting. You can provide this through natural lighting in the room of your choice or there must be electric lighting. Darker leaved plants usually don't need as much light as others.

Here are the varieties of plants (usually those that only require medium to low light) that are known to be suitable for indoor gardening:

- a. Philodendrons
- b. Boston ferns
- c. African violets
- d. Cyclamens
- e. Creeping Fig

Watering

A common mistake most people make in indoor gardening is they tend to over-water the plants, which may lead to rotting roots. Make sure to research the type of plant you have, because each kind of plant varies on their watering needs.

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Potting

Choose good quality and attractive container for your indoor plants. Make sure that the pot is clean before placing your new plant into it to prevent infection and to encourage healthy growth.

Humidity

In indoor gardening, humidity is a big issue. The amount of moisture in the air has effect on the growth of the plants. During mornings, you could spray the plants with water for their much-needed moisture. Make sure the leaves don't get covered in dust.

Fertilization

Just like watering, fertilizing depends on the type of plant. If you have managed to supply your indoor garden with the right amount of light, water and humidity, fertilization may not need much attention. A good indoor fertilizer can be bought from most home depot or hardware stores. Orchids need the special fertilizer available.

Find out more about gardening at

<http://aboutgardening.org>

Hydroponic Gardens

By Lee Dobbins

Hydroponic gardening might seem very scientific and difficult but, in fact, it is as simple – and maybe even easier – as regular gardening. They both have many elements in common that being the need for light, humidity, water and nutrients.

Hydroponic gardening, however, uses no soil. A soil substitute is used to hold the roots and the nutrients are carried by the water. You can do hydroponic gardening indoors and plants do respond well and thrive with this type of system.

One vital consideration in hydroponic gardening is the nutrient solution. The solution must maintain a pH level of 5 to 6 after it is diluted. In hydroponics gardening, the plants need to be watered more than three times a day which is typically done automatically using a pump and timer.

For indoor hydroponic gardens, the best temperature is between 71 to 76 degrees Fahrenheit. There can be exceptions to this depending on the types of plants you are growing so it is best to know the optimum temp of any plant you intend to grow.

Just like regular plants, those grown hydroponically need to get enough light. The amount of light, of

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course, depends on the plants but natural light is best. If you cannot provide enough natural light, artificial light such as high pressure sodium bulbs are a good substitute.

Plants love humidity so if you are contemplating an indoor hydroponic garden think about installing a humidifier in the room. Once you get your room hot enough, the air should be able to hold enough moisture for the plants, but a little bit of humidity can help. Not too much though, or you may end up with a mold problem in your home!

Many people prefer growing their plants using hydroponics as it can be totally automated. It is actually much less work than a traditional garden as there is no weeding or digging in dirt. The hydroponics system can be totally automated resulting in less work while still providing the exact amount of nutrients your plants need. This type of gardening is also more economical and the water can be re-used.

If you are thinking about starting a hydroponic garden but don't know where to begin, take a trip down to your local hardware store, many stores these days sell DIY home hydroponics systems that will get you set up in no time.

Lee Dobbins writes for

Backyard Garden And Patio

where you can get more great gardening and

landscaping tips.



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