

The Green Gold Rush: Uncovering the Lucrative Secrets of Urban Gardening



In the heart of our concrete jungles, a green revolution is unfolding. Urban gardening, once a mere hobby for city dwellers, has transformed into a burgeoning movement with the potential to reshape our communities and economies. Dubbed the “Green Gold Rush,” this trend is not only beautifying our

urban landscapes but also revealing a plethora of lucrative opportunities. Let's delve into the secrets of urban gardening and discover how it's paving the way for a greener, more sustainable future.

The Rise of Urban Gardening



Gardening in urban areas has seen a meteoric rise in popularity, driven by an increasing awareness of environmental issues and the desire for sustainable living. In cities around the world, rooftops, balconies, and abandoned lots are being

converted into vibrant green spaces. These gardens are more than just aesthetic enhancements; they're vital ecosystems that contribute to biodiversity, reduce urban heat islands, and improve air quality, making our cities more livable.

Economic Empowerment Through Urban Farming



Urban gardens are turning into profitable ventures, contributing to economic empowerment. Entrepreneurs are

harnessing the potential of small-scale urban farms to supply fresh, locally grown produce to markets, restaurants, and communities. This not only generates income but also creates jobs, stimulates local economies, and reduces food transportation costs and emissions.

Health and Wellness: The Urban Oasis



Urban gardening offers a sanctuary for mental and physical

well-being in bustling city life. Gardens provide a serene escape, reducing stress and promoting relaxation. Moreover, they encourage physical activity and offer access to fresh, nutritious produce, combating the urban food desert phenomenon and fostering a healthier population.

Maximizing Small Spaces for Big Yields



In the heart of urban jungles, space is a luxury, but creative

urban gardeners see this not as a limitation but as a canvas for innovation. The rise of vertical gardening, rooftop gardens, and container gardening has revolutionized the concept of urban green spaces. Techniques such as succession planting, where crops are planted at intervals to ensure a continuous harvest, and companion planting, which maximizes space and promotes plant health, are key strategies in urban gardening. These methods not only increase the efficiency of small spaces but also turn them into lush, productive areas.

Community and Social Connectivity



Urban gardens are becoming community hubs, fostering social connectivity in increasingly isolated urban environments. These green spaces provide a platform for community engagement, education, and cultural exchange, strengthening the social fabric. They are a testament to the power of collective action and community spirit in creating positive change.

Sustainability and Environmental Stewardship



Urban gardening is at the forefront of the sustainability movement, promoting environmental stewardship. By utilizing sustainable practices such as composting, rainwater harvesting, and organic gardening, urban gardeners are reducing waste, conserving water, and minimizing their ecological footprint, setting a precedent for sustainable urban living.

Technological Innovations in Urban Gardening



The integration of technology is revolutionizing our approach to gardening in urban areas, making it more efficient and accessible. Innovations such as hydroponics, vertical farming, and smart gardening systems are maximizing space and productivity, enabling the cultivation of a wide variety of plants in limited urban spaces and creating opportunities for high-tech urban agriculture ventures.

Urban Gardening Education and Outreach



Education and outreach are key components of the city gardening movement. Workshops, seminars, and community programs are spreading knowledge about sustainable gardening practices, and empowering individuals to start their own gardens. Schools are incorporating gardening into their curricula, instilling the values of environmental stewardship and healthy living in the next generation.

Policy and Urban Planning for Green Spaces



The expansion of urban gardening is influencing policy and urban planning. Municipalities are recognizing the benefits of green spaces and are incorporating urban agriculture into their development plans. Policies that support community gardens, green roofs, and urban farms are becoming more prevalent, paving the way for a greener urban infrastructure.

The Future of Food Security



Urban farming is playing a crucial role in addressing global food security challenges. By localizing food production, urban gardens are making fresh produce more accessible and affordable, reducing reliance on imported foods, and enhancing food sovereignty. This decentralized approach to food production has the potential to significantly impact global food systems.

Urban Gardening Has a Lot to Offer!



The Green Gold Rush is more than a trend; it's a transformative movement reshaping our urban landscapes, economies, and communities. Urban farming offers a pathway to sustainable living, economic empowerment, and environmental stewardship, proving that even in the concrete jungle, green gold can flourish. As we continue to uncover the lucrative secrets of urban gardening, it's clear that the future of our cities is greener, brighter, and more sustainable.

Read More

- [Low-Cost Mulching Options for Weed Control and Soil Health](#)
 - [Seed-Saving Techniques You Should Master](#)
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When Should I Transplant Sunflower Seedlings?



In the world of gardening, sunflowers stand tall as symbols of happiness and resilience, drawing both seasoned gardeners and beginners to their sun-seeking blooms. With the growing trend towards sustainable living and the joy of home gardening, understanding the nuances of growing sunflowers, particularly when to transplant sunflower seedlings, has never been more

relevant. This article will guide you through each crucial step, ensuring your sunflowers flourish.

Growing Sunflowers from Seeds Indoors



For some gardeners, starting their sunflower journey begins with planting seeds indoors. This method gives your sunflowers a head start, protecting them from early-season frosts and pests. Use quality seed-starting mix in pots or trays, placing the seeds about an inch deep. Sunflower seeds typically germinate within 7 to 10 days in warm conditions, so ensure they're kept in a spot that receives plenty of light and warmth. Also, keep the light a bit low, as it helps the plants become more robust. By doing so, this controlled environment fosters strong, healthy seedlings, ready for the great outdoors when the time is right.

How to Tell If Sunflower Seedlings Are Ready for Transplant



Sunflower seedlings announce their readiness for transplanting in a few key ways. First, look for the development of their second set of true leaves, a reliable indicator that they've outgrown their initial confines. Generally, you want at least four true leaves before moving forward. Additionally, a robust root system should start to fill the confines of their pots, signaling a need for more space. These milestones typically occur a few weeks after germination, depending on the growing conditions and sunflower variety.

Optimal Season and Weather Conditions for Transplanting

Sunflower Seedlings



The best time to transplant sunflower seedlings outdoors is after the last frost when the soil has warmed sufficiently. Sunflowers thrive in warm conditions and can be stunted or damaged by cold snaps. Ideal transplanting conditions include a mild, overcast day to prevent immediate sun exposure stress. This gentle introduction to the outdoor environment can significantly improve the seedlings' chances of thriving once they're planted outdoors.

Best Location to Transplant Sunflower Seedlings



Sunflowers are heliotropic in their early stages, meaning they follow the sun across the sky, so choosing a sunny spot is crucial. Select a location that receives at least 6-8 hours of direct sunlight daily. Sunflowers aren't fussy about soil but prefer well-draining ground. Avoid spots prone to waterlogging or that remain in shadow for extended periods.

Preparing Sunflower Seedlings for Transplanting



Preparation is key to a smooth transition. Begin by hardening off your seedlings, gradually acclimatizing them to outdoor conditions over a week. This process involves exposing them to outside temperatures and sunlight incrementally, reducing transplant shock. Ensure your garden bed is ready, too, with loose, fertile soil to welcome the young plants.

How to Transplant Sunflower Seedlings Correctly



Transplanting day is crucial for your sunflower seedlings. Dig holes slightly larger than the seedlings' root balls, spacing them according to the variety's expected mature size. Gently remove the seedlings from their containers, trying not to disturb the roots unless they're root-bound. If the roots are dense and tangled, gently loosen them. Then, place the seedlings in the holes. Finally, backfill with soil and water thoroughly to settle them in and eliminate air pockets.

Properly Spacing Sunflower Seedlings



Spacing is vital for sunflower seedlings to ensure they have enough room to thrive. Proper spacing prevents competition for nutrients and light, both of which are essential for healthy growth and maximum bloom size. Smaller varieties can be planted closer together, potentially as close as 6 inches apart. Taller sunflowers typically require at least 1 foot of space, while giant sunflowers need more room, so plant them about 2-3 feet apart.

Caring for Sunflower Seedlings After Transplanting



Post-transplant care involves regular watering to keep the soil moist but not soggy, especially during dry spells. Mulching can help retain soil moisture and suppress weeds. Watch for pests and diseases, and support taller varieties with stakes to prevent them from toppling over in strong winds.

**Successfully
Sunflowers**

Transplanting



Transplanting sunflower seedlings at the right time and with proper care sets the foundation for a garden filled with these joyful blooms. By paying attention to the readiness of your seedlings, the optimal conditions for transplanting, and providing the care they need in their new environment, you'll be rewarded with a stunning display of sunflowers. Whether for their beauty, the seeds they produce, or the joy of gardening, sunflowers bring light and life to any garden space.

**Shopping for Grow Lights?
Learn the Optimal Number of
Lumens Required for Your**

Plants.



If you're venturing into the realm of indoor gardening, one essential tool you'll need to master is the grow light. These artificial light sources mimic the sun's rays, providing the energy necessary for plants to thrive. However, choosing the best grow lights for plants can be a daunting task. After all, there are a large number of options on the market. You want to stay frugal but you want to get a good light. One thing to consider is the number of lumens required for your plants.

What Are Lumens?

Lumens are a unit of measurement used to quantify the total amount of visible light emitted by a light source. This is calculated as it is perceived by the human eye. In simpler terms, lumens are a measure of how bright a light appears to us.

The concept of lumens is based on the sensitivity of the human eye to different wavelengths of light. The eye is more

sensitive to green-yellow light, so light sources that emit more light in this range will appear brighter to us.

Brighter Isn't Always Better

In the context of grow lights, lumens can be somewhat misleading. That's because plants have different light requirements than humans. Whereas lumens are measure by how our eyes perceive them, a plant's "eyes" would see them differently. Plants primarily use specific wavelengths of light in the blue and red spectrum for photosynthesis. Therefore, even though a grow light might have a high lumen output, it may not provide the right light spectrum or intensity that plants need for healthy growth. Nevertheless, lumens are one good indicator to look at when choosing the best grow lights for your plants.

Lumens and the Best Grow Lights for Plants

Let's start out speaking generally. First, higher lumens generally indicate a brighter light output. If you know that you have plants that need a lot of bright light, then you might want to look for grow lights with higher lumens. But what's a high number for lumens? Most grow lights will offer between 2000 – 10000 lumens per square foot, so plants that need a lot of light will be closer to that 10000.

As a very general guideline, some indoor growers recommend around:

- 2000 to 5000 lumens per square foot for low-light plants
- 5000 to 7000 lumens per square foot for medium-light plants
- 7000 to 10000 lumens per square foot for high-light plants

What does that mean?

Low-light plants can tolerate indirect or filtered light. They are ideal for areas in your home or office with less intense light levels. Examples include spider plants and snake plants as well as peace lilies.

Medium-light plants thrive in moderate light levels and can tolerate some direct sunlight. Placing them in locations with a bit more light will help them grow and remain healthy. Examples include philodendron, African violets, and Boston fern.

High-light plants benefit from intense light exposure, making them well-suited for use with high-output grow lights. They are often cultivated for their flowers, fruits, or specific culinary uses. Tomato and basil plants are common examples. Orchids are also in this category.

The Best Low, Medium and High Light Grow Lights for Plants

If you're ready to start looking at some good options for grow lights, then you can head to Amazon to get started. Here are some top options in each category:

Low Light Grow Lights

- [GYTF's T5 White Full Spectrum LED Plant Growing Lamp Strips](#) are 3000 lumens. They have very bright LED bulbs that provide full spectrum light. This is great for plants. You can get them in packs of 2, 3 or 4 ranging in price from \$19.99 to \$34.99.
- FECiDA's Desk Grow Lights for Indoor plants are another good option at 2000 lumens. These are designed to sit nicely on your desk. They have an adjustable height of 16" – 24". They cost a little over \$30 on Amazon.

- Need something a little taller? LBW's Adjustable Tripod Stand adjusts to between 15 and 48 inches. It's 3800 lumens.
- Monios-L T8 LED Grow Light 4FT grow light strips are 4300 lumens, so they're at the higher end for low light grow lights.

Medium Light Grow Lights

MILYN's 100W Led Grow Light Bulb is 5000 lumens. If you have a range of low-light and medium-light plants then you might want to try these.

[FECiDA's 600W LED Grow Light Dimmable lights](#) are good for seed starting and for medium-light plants. It offers 5000 lumens.

High Light Grow Lights

FECiDA's dimmable lights don't just come in the 600W. There's also a 1000W and even a 2000W. These offer 12000 and 20000 lumens respectively. Therefore, if you primarily grow indoor plants that fruit or flower, then you might want to check out what they have to offer.

In Addition to Lumens: PPFD

If you want to use lumens as a rough reference, you can look for grow lights with higher lumen outputs, but it's crucial to also consider the light spectrum and coverage area. For example, plants in the vegetative stage require a higher proportion of blue light, while flowering and fruiting plants benefit from more red light. Therefore, a balanced spectrum with a higher total output of usable PAR light would be more valuable than just looking at lumens.

If you want to dig deeper, then you should also look at [Photosynthetic Photon Flux Density](#) (PPFD). PPFD measures the number of photons in the photosynthetically active

radiation (PAR) range that reach a specific area (usually measured in micromoles per square meter per second, $\mu\text{mol}/\text{m}^2/\text{s}$).

Different plants have varying PPFD requirements at different stages of growth. It's crucial to provide the right amount of light for optimal photosynthesis and overall health. Therefore, when shopping for grow lights, it's essential to consider the light's PPFD output and its spectral distribution (the balance of red and blue light), rather than focusing solely on lumens.

But, getting the right number of lumens is a great place to start! It will help you narrow down the options. Then you can choose among those select options by looking at PPFD, cost, and other details.

Read More:

- [6 Inexpensive Grow Lights for Indoor Plants](#)
- [6 Tips to Revive Wilted Plants](#)
- [Container Gardening: Fabric Pots vs. Plastic Pots](#)

Cheap and Effective Liquid Nutrients for Your Indoor Plants



If you're a plant enthusiast, then you know that your indoor plants require a balance of light, water, and nutrients to thrive. While water and sunlight are easy to provide, it can be challenging to find the right liquid nutrients for indoor plants without breaking the bank. Fortunately, there are plenty of cheap and effective liquid nutrient options that you can make at home. Here are some of the most popular options:

Compost Tea as Liquid Nutrients for Indoor Plants

Compost tea is one of the most popular DIY liquid fertilizers for indoor plants. This isn't tea, per se. Instead, it's a means of creating a tea-like liquid of steeped compost.

To make compost tea, you'll need to gather some compost and a container to brew the tea. Fill the container with water and add the compost. Use a ratio of one part compost to four parts water. Stir the mixture well. Then, cover the container to

keep out pests. Let the “tea” brew for several days, stirring occasionally. After several days, strain the liquid through a fine mesh strainer or cheesecloth to remove any solid particles.

Once you’ve made your compost tea, you can use it to water your indoor plants. Be sure to dilute the tea with water before using it, as it can be quite potent. Once again, use a ratio of one part compost tea to four parts water. So, yes, add water again. Then use the diluted “tea” as liquid nutrients for your indoor plants. Most plants want this added about once per week. However, it obviously depends on which plants you have.

Fish Emulsion as Nutrients

Another popular DIY liquid fertilizer is fish emulsion. Fish emulsion is made by mixing fish waste with Molasses to create a nutrient-rich liquid fertilizer. Fish emulsion is an excellent option for indoor gardeners who want to provide their plants with a boost of nutrients without spending a lot of money.

To make a fish emulsion, you’ll need some [fish waste, molasses, and a container to mix](#). You can use any type of fish waste, including fish guts, heads, and bones. Place the fish waste in the container with the molasses. Let the mixture sit for 21-30 days. After several weeks, strain the liquid.

Once you’ve made your fish emulsion, you can use it to water your indoor plants. You want to dilute 2-5ml of fish emulsion in 1 liter of water.

You should apply it during the vegetative stage of the plant (between the germination stage and flowering stage). Spray it in the soil once a week.

Seaweed Extract

Seaweed extract is another popular option for liquid nutrients for indoor plants. Seaweed extract is made by soaking dried seaweed in water to create a nutrient-rich liquid fertilizer. To make seaweed extract, you'll need some dried seaweed and a container to brew the fertilizer. Place the dried seaweed in the container and cover it with water. Let the mixture sit for several days, stirring occasionally. After several days, strain the liquid. Again, dilute with a ratio of one part to four parts water.

Eggshell Water

Eggshells are rich in calcium, which is an essential nutrient for plants. To create a liquid fertilizer from eggshells, start by collecting your eggshells. Rinse them thoroughly to remove any remaining egg whites or yolks. Then let them dry completely. Once the eggshells are dry, crush them into small pieces.

Next, add the crushed eggshells to a container of water and let it sit for several days. The water will become infused with calcium from the eggshells, creating a nutrient-rich liquid fertilizer. Wait 3-7 days. Then strain the mixture. Add water, again about a 1:4 ratio, to create your liquid nutrients for indoor plants.

Vegetable Water

When you boil vegetables, many of the nutrients leach out of the vegetables and into the water. Instead of pouring this water down the drain, you can use it to fertilize your indoor plants. This is a great option for frugal gardeners who are interested in sustainability. It helps prevent the waste of that water while also helping you to grow your plants.

To create vegetable water fertilizer, start by boiling your vegetables as usual. Once the vegetables are cooked, strain them out of the water and let the water cool. You can then use this nutrient-rich water to fertilize your plants. You can also freeze the vegetable water in ice cube trays and use them as a slow-release fertilizer. This is especially great if you'll be going on vacation and leaving your plants alone for a short period of time.

Urine as Liquid Nutrients for Indoor Plants

Okay, this might not be the right choice for everyone. Nevertheless, urine is a free resource [that will indeed work](#) as a plant nutrient if you are bold enough to try it. While it may sound unappealing, urine is actually a rich source of nitrogen, phosphorus, and potassium. These are all essential nutrients for plant growth.

To create a liquid fertilizer from urine, start by collecting your urine in a container. You can use any clean, empty jar. Once you have collected your urine, dilute it with water at a ratio of 1:10 and mix well. You can then use this mixture to water your indoor plants, making sure to apply it evenly to the soil around the plant. Be careful not to get any on the leaves or stems of your plants, as this can cause burning.

Using urine as a liquid fertilizer may not be for everyone, but it is a unique and effective option that is free and readily available. It is important to note that if you are taking any medications, you should consult with your healthcare provider before using your urine as a fertilizer, as some medications can affect the composition of urine and make it harmful to plants.

It's All A Type Of "Tea"

As you can see, there are plenty of cheap and effective liquid nutrients for your plants that you can make at home. They're all made creating a sort of "tea." You choose the nutrient-rich item that you want as your base. Then you boil it, steep it, strain it, and dilute it. After that, you're ready to use it!

Compost tea, fish emulsion, seaweed extract, eggshells, and vegetable water are all excellent options for creating nutrient-rich liquid fertilizers. By experimenting with these DIY options, you can find the perfect liquid fertilizer to meet your indoor plants' needs without breaking the bank. Just remember to dilute the fertilizer with water before using it and to avoid over-fertilizing your plants, as this can cause damage and potentially harm your plants.

Additional Links:

- [5 Reasons to Use Fish Amino Acid on Your Plants](#)
- [2 Homemade Fertilizers You Can Sell](#)
- [Should I Use Enviro Ice on My Plants?](#)

Inexpensive Alternatives To Grow Lights



Grow lights can be a really helpful tool for indoor gardening. Many people find that they are worth their cost. However, they aren't cheap. Therefore, you might want to consider some of these inexpensive alternatives to grow lights.

What Are Grow Lights?

Grow lights are exactly what their name says: lights designed to help plants grow better. As you might guess, [these aren't just any regular light](#), though. You can't just turn a desk lamp on to your plants and assume that they'll grow better as a result. Instead, plants need light that's similar to sunlight. Grow lights use particular colors from the light spectrum to help your indoor plants grow.

Inexpensive Alternatives To Grow

Lights

There are several good inexpensive alternatives to grow lights. However, it's important that when you look at these cheaper alternatives, you make sure that you're choosing the right ones for your plants. There are different types of grow lights, with different intensity and energy efficiency, etc. Do your research to find out what works best with your particular setup.

1. Fluorescent Lights

[Hydroponic Way](#) suggests using fluorescent lighting as one of the best inexpensive alternatives to grow lights. They note that they generally don't emit a lot of heat, which is important. A light bulb that burns too hot can burn your plants, doing the exact opposite of helping them to grow! However, because they don't burn too hot, they also don't burn too bright. As a result, they don't produce enough light for some plants to grow well. Do your research to find plants that will grow well under fluorescent lighting.

2. LED Grow Lights

There are actually many different types of grow lights on the market. Some are more expensive than others. If you want to purchase grow lights made for your indoor garden but don't want to spend a lot of money, then consider purchasing LED grow lights. They're easy to find. Moreover, they're energy-efficient so they won't run up the cost of your home electric bill.

3. Halogen Lights

Hydroponic Way notes that these are not the most efficient option. However, if you already have halogen lights or you can get them affordably, then you might want to see if they work well for your indoor garden.

4. Incandescent Light Bulbs

[Today's Homeowner](#) notes that you can use incandescent lighting bulbs as grow lights. However, as aforementioned, they burn hot so they have the potential to burn your plants. As a result, make sure that you keep the lights further away from the plants than you would with the other types of alternative lights. They note that a nice option is to combine incandescent lights with fluorescent lights because each emits a different type of light on the spectrum, giving your plants a better balance for good growth.

5. Sunlight

Obviously, the sun is the best light source for your plants. If you can skip the grow lights and use nature, then that's your best option. It's free, after all. Of course, you might not have the choice to grow all of your plants outdoors. Or you might want to enjoy indoor gardening during months when it's too cold for plants outside. If you can set plants up near windows that get the right amount of sun, this is still your best option.

Read More:

- [Seed Starting on a Budget: Germination](#)
- [6 Tips to Revive Wilted Plants](#)
- [Natural Plant Dyeing: Colorfast vs. Fugitive Light Dyes](#)

Indoor Plants That Produce

Soothing Aromas



For over a year now, many people have spent more time indoors than usual. The bonus? More time to admire your indoor plants? The downside? Well, truthfully, there are a lot. But plant-

wise, it's probably realizing that most of your pretty plants don't do much to refresh the stale air in your home. So add these indoor plants that produce soothing aromas to your space to freshen up your living quarters.

Set Realistic Expectations

A lot of people have unrealistic expectations about what their houseplants can do. No, adorning your home with plants won't remove every single airborne toxin. And while these indoor plants that produce soothing aromas can help deliver a dollop of fragrance, they won't envelop your home in a floral perfume. Temper your expectations. Because these plants won't replace your trusty air freshener, placement is key. Save these plants for walk-by areas so you can enjoy a pleasant whiff as you pass by.

Most Herbs

Most herbs are easy to grow [indoors](#) and have a strong scent. The type of herb you choose obviously depends on your scent preferences. Keep in mind that herbs require a bit more maintenance than many popular houseplants. You'll have to water them more often and harvest the leaves to prevent flowering.

Keep herbs near the kitchen, so they're easy to grab when you're cooking or plating.

Eucalyptus

You can grow eucalyptus indoors, but dried eucalyptus branches are even easier to deal with. You can style them in a large vase or hang them in the bathroom. Then, when you take a shower, the humid space will fill with a burst of freshness.

Scented Geranium

Not all scented geraniums are made equal. Some give off more pungent smells that are better for outdoor growing and keeping away mosquitoes. But there are also plenty of geraniums that give off pleasant aromas like lemon and chocolate.

These plants need lots of light and some pruning to keep their shape. They also like consistent [moisture](#) levels.

Citrus

A little trickier to care for than most houseplants, citrus plants like lemon, lime, and grapefruit, produce fragrant blossoms with a heavenly scent. You'll need to give these plants plenty of light and adequate humidity levels. Keeping them away from drafty parts of your house is also key to preventing stress-related problems.

Hoya

I've currently got a little hoya plant on my office bookshelf, but it's not even close to big enough to produce flowers. When it eventually blooms, though, the blossoms will give off a subtle, sweet scent. To bloom, hoya needs a lot of light, so keep it in a bright area. Water only once the soil has dried up between waterings.

A Word of Caution

Many scented plants are bad news for pets, and some can even be harmful to humans. So if you have cats, dogs, or other domesticated animals wandering about, be sure to check whether a plant is toxic before putting it within reach of curious noses and mouths. Want to find out if a plant is poisonous? Check out the [ASPCA's list of toxic and non-toxic plants](#).

Read More:

- [Where to Buy Seeds for Microgreens](#)
 - [How to Get Plant Spacing Right](#)
 - [A Frugal Gardener Is a Patient Gardener](#)
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Which Indoor Plants Purify Air?



WHICH INDOOR PLANTS
Purify Air?

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Let's get one thing straight. You probably won't improve your home's air quality by filling it with [indoor plants](#) that can purify the air. According to a [National Geographic](#) piece from

2019, houseplants won't do much to clean your home's air.

Most of the advice about air-purifying houseplants comes from an old NASA study. In a [2019 article in the Atlantic](#), Robinson Meyer reports that the study was indeed on the up and up, but it doesn't quite translate to the real world. Plants do have cleaning abilities, but they just can't handle cleaning an entire room, let alone a whole house of pollutants. Cleaning the air in your entire house would necessitate becoming a plant hoarder—which, come to think of it, isn't a terribly unappealing idea.

It's no surprise that this myth about indoor plants that can purify air has proliferated online. I believed it at one point! NASA did a study? It must be true! Unfortunately, that study results have taken on a life of their own. People love to talk about the air purifying qualities of plants.

But unless you're filling your home from floor to ceiling with plants—eliminating a clear path to walk—your pretty house plants aren't doing much to clean the air. You're better off investing in an air purifier if you're worried about air quality.

Houseplants still have a variety of benefits, though! They're attractive and are an inexpensive way to spruce up a room. They make great gifts, and research even shows that having houseplants can help boost your [mental health](#).

A Brief Word About Air Quality

In-home air quality is a complicated thing. Gardeners love to spend time outdoors but did you know that keeping your windows open can contribute to poor indoor air quality? If there's a lot of traffic nearby or the air is particularly bad outside, letting it in will only serve to tank the air quality in your home.

Other things that can contribute to [poor air quality](#) include:

- Cooking
- Faulty appliances
- Fuel-burning appliances, like a gas stove or furnace
- New construction
- Household products like cleaning supplies and candles
- Mold

Don't let their lack of air-purifying abilities dissuade you from acquiring [houseplants](#). They certainly won't make your air worse. Here's a video that goes through some of the easiest houseplants to take care of. Bonus: they're also some of the easiest to find for cheap!

<https://www.youtube.com/watch?v=Vy3oE5xAivY>

5 Plants That Easily Grow in Water



5 PLANTS THAT

Easily Grow in Water

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Potting up plants is a messy business. Even when I'm being careful, I manage to get soil everywhere.

One of my favorite plants in my home, though, requires no soil at all. I bought the plant at the grocery store several years ago for about \$3 and today, it's almost as tall as me! All it needs is water to flourish.

Sounds too good to be true, right?

But I'm absolutely serious. It's possible to grow plants without soil. This is something that air plant enthusiasts already know. There are a host of plants that grow in water.

Plants That Grow in Water

Most people think of houseplants as soil-bound creatures, but not every plant needs the earth to survive. Many plants actually thrive in water. Here are five plants that grow in water.

Lucky Bamboo

My [lucky bamboo](#) plant is my pride and joy. I brought it home several years ago and never thought it would become as big as it has. I simply filled up a vase with rocks and pebbles, set the bamboo inside, and topped it off with water. The plant has been growing like a weed ever since! While some sources might caution against using regular ole' tap water to satisfy a bamboo plant's thirst, my plant has gotten by just fine with it.

Did you know that lucky bamboo is also pet safe? It's an ideal low-maintenance plant that's non-toxic to dogs, cats, and birds.

Pothos

Also known as Devil's Ivy, this trailing plant grows exceptionally well in water. Unlike bamboo, though, pothos plants require some fertilization. Any all-purpose liquid

fertilizer should do the trick. In my experience, pothos plants don't need too much attention, so they're another excellent choice for busy plant lovers.

Philodendron

My heart-leaf [philodendron](#) is one of my favorite houseplants because it requires so little care. It's a stunning hanging plant that does well in water. If you plan to grow it in water, though, make sure to change the water frequently and check for algae growth.

Dracaena

This woody-stemmed plant is also well suited for growing in water. Filtered water is best, and it should be changed frequently to prevent algae growth. It's a fairly big plant, so pick out a large vessel to support it.

English Ivy

It's possible to grow English ivy cuttings in a glass jar or vase. It'll take a long time before the plant is ready to transplant into soil. It's a quick-growing trailing plant, so it's great for hanging planters. Add ivy to the top of a bookshelf and let the vine trail down for a wild effect.

Propagation

You can also propagate many indoor plants using water. This entails taking cuttings from an existing plant and rooting the piece in water. It can take some time for the roots to develop, but once they do, you just need to plant the piece in soil.

It's an easy way to create more greenery for your home. You can also propagate new plants to [share](#) with friends and family. Some people also like to swap cuttings by mail.