Children's Garden Club
Volume #8, Sheet #3
March 3rd, 2007
"My Garden by my bedside"
Sherwood's Forest Nursery & Garden Center
2651 Barrett Station Rd.

Welcome to the March Meeting.

I would like to thank you all for coming and especially Dave for hosting this month's meeting. Dave has some neat and fun things planned for us to look at and develop your own Indoor garden.

So how many of you entered in the Home & Garden Flower Show at the Builders Home & Garden Show, how many Ribbon Winners do we have here today? Many of you who did not pick them up on Sunday evening, here are your projects as we said we would bring back with the ribbon that you have won and we would like to award them Now!

Now to Continue on Today's program

As we know America's foremost hobby is gardening, the art and science of growing plants fulfills basic human needs to nurture , create, and enjoy beauty, for us we nurture plants, they nurture us, enrich our lives, bring warmth to our homes, today our bedrooms and live to our landscape.

Today we have planned on doing all of the above by creating your own “My Garden by My Bedside”. With the past meetings we have learned of the child’s delight in the germinating of seeds into plants and growing into vegetables, herbs, flowers, so today they can use tropical plants that can become a indoor garden. Today David has some indoor plants, clay pot to decorate for your bedside garden.

We will go over the needs and information on these great indoor plants and how to care for them and their importance in your environmental

You will be planting your shade indoor plants in the Clay pots you have decorated and then planting them into a prepared soil mixture for Container plants. Container gardens soil must retain moisture without becoming waterlogged. It should be porous enough to hold plants in place. Creating a mixture using a sandy potting soil (such as a cacti mix) with a soil-less potting soil mix with organic material and perlite which is a volcanic rock particle used to improve soil drainage.

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Foliage plants can be grouped according to their light requirement. There is variation within each group, and plants will also survive in other conditions.

Full Sun loving plants are good in or near sunlit windows, or in places where there is strong reflected light. These plants frequently like plenty of fresh air too, though not cold or hot drafts.

Diffused Light prevails in an average well-lit position of direct sunshine, or with a sheer curtain between the plants and sunlight. Plants in this group are best placed inside the room 4 to 6 feet from windows; or on a north facing windowsill.

Shade loving plants grow best with indirect light: in dull corners; or more than 8 feet from window, or with good lamp light.

Sunlight streaming through a window quickly warms up the room. Direct sun heats any surface it falls on, so much that furnishings can be bleached and plants scorched. Delicate plant tissues, especially flowers and shade loving foliage plants, are most susceptible; but the majority of foliage and flowering house plants prefer some protection from full midday sun during summer.

Foliage plants are generally very adaptable and will adjust to your temperature provide this doesn’t fluctuate to much. While most of them need about 60 + degrees but will tolerate lower; but not below 40 degrees remembering that they are really tropical plants adaptable to the indoors.

Watering no matter how often or rarely you water your plant, be sure each time that the whole root ball (all the soil in the pot) is thoroughly moistened; and that excess water can drain out of the pot into a saucer.

A thorough watering followed by a period of time to allow the soil at least to start drying, permits air to be drawn into the soil. Plants roots need oxygen for life and growth, and if they are constantly saturated by water they will soon die.

How often do they need water? This depends on the variety and growth rate as temperature, light, and humidity. But you can tell when your plant needs water by the way feel or look. Most foliage plants need to be kept uniformly moist but *not wet:* the soil may be allowed to dry out occasionally. Generally watering once a week a good watering is best, it could be a week and half depending on you individual location.

GREEN PLANTS:

With March being the month to bring out the green, St. Patty's Day and all, this is a good time to appreciate and revive ourselves of how plants clean our air.

According to Dr. B. C. "Bill" Wolverton, releasing information from his research to support systems for space stations with NASA found that plants have the ability to remove many pollutants from the air and break these substances down for use in growth processes. Yes, green plants can actually improve the quality of the air we breathe.

Dr. Wolverton recommends using one plant per 100 square feet (a room size of 10 x 10 feet).

Some of the plants noted from his research were Philodendron, Spider plants, Pothos, Bamboo Palm, Sanservuia, English Ivy, Peach Lily (Spathiphyllum), Dracaena ("Margenta"), and Gerbera daisy, were especially powerful air purifiers. If your favorite houseplant did not appear, it does not mean it is not an effective air cleanser – it just was not part of this test.

The green plant is a living oxygen maker. Plants use light/radiant energy from the sun or light to create food out of air and water thus initiating the cycle that supports all life on earth. This is commonly/technologically known as photosynthesis. Sunlight is absorbed by the green pigment, chlorophyll, in the leaf or stem and used to convert hydrogen molecules from water and carbon from atmospheric carbon dioxide into simple sugar, the basic food of all plant life.

Leaves are the photosynthetic centers on which plants depend for their lives, receiving light from the sun and carbon dioxide from the air in daytime. This carbon dioxide which is normally .03% of the air is absorbed through the breathing pores, or stomata, which are usually wide open during sunlight hours. In this process the all-important oxygen is made and sustaining all human and animal life, is produced by green plants.

How often should plants be watered? Room temperature, humidity and light all play an important part in the behavior of plants. Generally, there are two very simple ways to water plants. Feel the soil – put your finger in about an inch or so – if dry, water it. The other is give a good thorough watering once a week. Thorough watering means be sure the whole plant gets water and you see it come out into the saucer. Green is always good = Clean Air Plants

Help is on the way! With space travel, NASA is studying life support systems for the space stations, research is being led by Dr. B.C. "Bill" Wolverton and he has found that plants have the ability to remove pollutants from the air and break this substance down for use in plant growth processes. Over the past 30 years he has studied plants as a means of converting and cleaning up our environment.

It is a know fact that photosynthesis of plants and microorganisms purifies and revitalizes the Earth's atmosphere. So why not apply the same principal to the indoor environment, research to confirm the ability to interior plants remove polluting chemicals from the interior environment says Dr. Wolverton.

To combat these health-threatening concerns a combined research was started and conducted in 1989 by NASA and the Associated Landscape Contractors of America (ALCA) to study the potential of house plants as an indoor air pollution reducer on Earth's and in future space habitats. Continuing reports show house plants, especially those requiring low light, removed nearly 87 percent of the air pollutants within 24 hours.

Although all plants are good, different plants are better filters for different chemicals, reports NASA. Use philodendron, spider plant, golden potho, Dracaena marginata, Janet Craig, chrysanthemum, gerbera daisy, Dracaena warneckei, and peace lily. Trichloroethylene is best tackled with gerbera daisy, chrysanthemum, peace lily, Dracaena warneckei, and Dracaena marginata.

Present day Dr. Wolventon, is retired from NASA and is part of the Plants for Clean Air Council.

In new studies orchids, bromeliads, and azaleas have been added to the Most people appreciate plants for their beauty, the food and fiber they provide, I often wonder how many are aware of their importance they play in the environment. We hear so much these days about outdoor pollution, acid rain, auto emissions and global warming to name a few concerns. But what about our indoor air quality, Legion Air Disease scientist have discovered from tobacco smoke, many household chemicals. With today's energy efficient concerns of air-tight homes and offices if your ventilation filters are not working corrects this could become a fresh air exchange problem. Ever increasing levels of pollutants such as trichloroethylene, benzene, carbon monoxide, xylene and formaldehyde are being detected in many indoor environments. Beyond the Legion Air Disease, many buildings have gotten a to be know as "Sick Building Syndrome" different furnace filters

and more fresh air exchange has helped reduce this. For an example, formaldehyde is one of the most common indoor pollutants, is emitted, or “off-gassed”, into the air from sources such as certain types of insulation, fabrics, carpeting, plywood and household cleaning items (chemicals). A good example would be when you visit a new home there is a “newness” smell – the new fresh concrete etc., some are ok but who knows sometimes.

For your information a break down of the most found villains –

- Formaldehyde - foam insulation, plywood, clothes, carpet,furniture,facial tissues, and household cleaners.
- Benzene – tobacco smoke, gasoline, synthetic fibers, plastics, inks
- Trichloroethylene – dry cleaning, inks, paints, varnishes, lacquers and adhesives.

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Enjoy Your Indoor Garden and Keep Your Room Environmentally Clean !

See You Next Month April 7th Celebrate Arbor Day
For the Garden at Haefner’s
6703 Telegraph Road (314) 846-0078

Word Search Puzzle

"My Garden by my bedside"

R C H A Q P L X Z D O S X G L

W E L I C L A Y P O T E T R Z

I W Z R P X J R T O D H P O I

C G A I B G G D O S G R M W Y

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GREEN
GROWTH
INDOOR
PAINT
PLANT
ROOTS
SOIL
SUNLIGHT
TEMPERATURE
TROPICAL
WATER