

# Bringing the Outdoors In

Enjoy the life and energy of plants, even in the smallest of spaces.

Even if you don't own acres of property, you can still enjoy the presence and benefits of plants or a garden in a small space. If you're one of the millions of Canadians who rents, owns a condo or simply doesn't have a yard, there are still plenty of opportunities for plantscaping in every window, balcony and corner of your abode.

## The Benefits of Indoor Gardening

- Indoor gardens create vibrant, inviting spaces and can provide year-round enjoyment (unlike an outdoor plant in the dead of winter).
- Houseplants clean and clear the air in your home. According to a study by NASA, indoor plants along with carbon plant filters can help improve the air quality in your home.



- With a pinch of creativity, container garden arrangements and terrariums are a colourful way of providing living art in your home.
- If the above reasons aren't enough, consider this: plants provide a living, human touch that other interior elements just can't match.

## The Needs of Indoor Plants

In designing your indoor greenery paradise, remember that potted plants have different requirements than their ground-dwelling relatives. Help them thrive by following the tips below.

### Be consistent.

Read up on the plants that you purchase, and understand how much light and water they require and what temperatures suit them best. The more stable environment that you can provide for your leafy pets, the healthier they will be.



### Feeding time.

Since potted plants have limited soil resources, it's crucial to get into the habit of fertilizing your indoor friends on a regular basis. Use liquid fertilizer, a special soil mix or fertilizing sticks to keep them healthy.

### Room to grow.

As your baby blossoms outgrow their initial pots, transplant them into larger containers to keep their roots from growing out through the pot's drainage holes and coiling up around the container's edges.

## Indoor Plants and Feng Shui

Houseplants are an integral component of the feng shui approach to a healthy home by providing life and vitality to your indoor environment. According to feng shui, plants connect us to the natural world and increase the flow of positive energy throughout our home. To take full advantage of the feng shui philosophy when it comes to your indoor garden, consider the following:

- Choose plants that have round or soft edges over spiky, more aggressive-looking species.
- Get rid of sick or dying plants to avoid negative energy. It is better to have no plants at all than ones that are sick.
- Create a positive impression and energize the entry of your home by placing a plant or floral arrangement near your front door.
- In feng shui, the angles and corners so abundant in Western architecture are seen as dumping grounds for negative energy. In order to allow energy to flow freely throughout your home, place plants or indoor trees in the corners of a room.
- Conceal electronic equipment—it gives off an artificial energy as opposed to the natural energy of plants. Drape or hang a potted plant near your computer or stereo equipment, or place a plant that can be easily moved in front of the television to counter negative energy.
- No matter where you place them, know that the best way to enhance your home's feng shui with plants is simply just to have them.

