



RED SPLASH POLKA DOT PLANT (HYPOESTES)



Polka Dot Plants like a more humid environment, so misting occasionally will help it flourish!

- The colorful Hypoestes phyllostachy, also known as the polka dot plant, adds a bright burst of color to shaded container gardens, indoor gardens and pots.
- This Madagascar native likes consistent watering – not soggy or dried out soil.
- Too much light and the color will fade, too little and they'll disappear altogether.



RED PRAYER PLANT (MARANTA)



At night, the prayer plant raises her leaves to a vertical position as if she is praying! In the morning the leaves lower back to the horizontal plane. This fascinating behavior is called "nyctinastic movement".

- *M. leuconeura* var. *erythroneura* is native to Brazil, growing in tropical forests in humid conditions in moist soil. It loves a daily spray!
- Keep soil moist, but not soggy.
- Red-veined prayer plants will thrive in medium to bright, indirect light, but too much light will scorch its leaves.
- Related to pinstripe plant, peacock plant, and rattlesnake plant



HOLIDAY CACTUS



Once the Thanksgiving Cactus (Zygocactus) or Christmas Cactus (Schlumbergera) is done blooming, you can prune it to encourage new growth. You'll also find that the plant will bloom better next year if it is trimmed this year.

- The Holiday Cactus is native to the South American jungles.
- The colorful flowers naturally bloom once a year.
- Plant thrives with good air flow.
- Holiday cactus loves sunlight, but too much will cause the leaves to burn.
- Dip your finger into the soil. If the soil feels dry to the touch, give your plant some water.
- Allow soil to dry fully between watering.



JEWEL DRACAENA



Dracaena warneckii is also known as the Dragon Tree.

- Jewel Dracaena is an easy-to-care-for tropical plant with deep-green, variegated, white and dark green leaves.
- Dracaenas appreciate high levels of humidity year round and benefit from misting with water every 1-2 days.
- They like well drained moist soil.
- Allow the potting soil to dry between waterings.
- Only prune away leaves as they die back. It's normal for older leaves to die as the plant matures.



MINI HOSTA MIGHTY MOUSE



Hosta is a genus of plants commonly known as hostas, plantain lilies or by the Japanese name, gibōshi.

The genus is in the family Asparagaceae.

It is native to northeast Asia.

- This adorable little hosta is sure to get noticed.
- Growing 4-5" tall, Mini Hosta Mighty Mouse features thick, round, blue-green leaves (that later turn green) with yellow margins.
- This Mini Hosta stays quite small, so is great for Fairy Gardens!
- These shade-loving perennials prefer well-drained soil.



RABBIT'S FOOT FERN: DAVILIA FEJEENSIS



Davilia fejeensis is a species of fern in the family Davalliaceae, commonly referred to as Rabbit's Foot Fern. It is native to the Fiji Islands in Oceania.

- The rabbit's foot fern plant gets its name from the furry rhizomes that grow on top of the soil and resemble a rabbit's foot.
- The rhizomes absorb moisture and nutrients as they crawl across the moist soil.
- Growing a rabbit's foot fern so its rhizomes hang over the edge of the Eldergrow Garden shows off the furry rhizomes the best.
- The rhizomes can grow quite long.
- Never bury the rhizomes under the soil as this encourages rot.



“SILVER AND RED” PEPEROMIA



- *Peperomia trinervis* is a creeping plant with small pointed leaves marked with parallel veins.
- Peperomia is a perennial related to pepper plants and comes from a large South American family (about 1,000 species in the genus – a few from Africa).
- Unique, succulent leaves make Peperomias attractive and fun to collect.

*'Peperomia' translates to:
“plant related to the pepper.”*

Care Tip: *Let soil dry out
between waterings.*



BLACK KNIGHT HEUCHERA



Black Knight Heuchera, otherwise known as 'Coral Bells' is a butterfly attracting plant when flowering.

Propagate by leaf division.

- New growth of the Black Knight Heuchera has varied colors of green to deep wine with an underside of purple-maroon shades.
- As the leaves age, they deepen to many shades of black.
- The ruffle edged leaves of this shade loving perennial plant add lovely visual interest.
- Keep soil moist and well-drained.



HAWAIIAN SPIDER PLANT



Care Tip: *Thrives in bright indirect light. Dead leaves should be trimmed in order to promote growth and prevent disease. To promote bushier growth, remove the baby plantlets. Requires watering when the top 1 to 2 inches of soil are dry to the touch.*

- The Hawaiian Spider Plant has slim, elongated leaves mirroring an arachnid's legs as they grow tall and then curve downward as a spider.
- This tropical, perennial evergreen originates from Africa, and is also known as *Chlorophytum comosum*



PIN STRIPE PRAYER PLANT



Goepertia ornata
(aka *Calathea ornata*)

Keep this plant's soil lightly moist at all times, but never wet. Water as soon as the top inch or two of the soil is dry. It likes some humidity, so give it a daily spritz of water.

- Like other prayer plants, this species closes up its delicate leaves when night falls and opens them back up at dawn.
- Naturally grows in forested regions in tropical Colombia and Venezuela.
- Known for its eye-catching silvery to pink leaf veins that look like pinstripes.



CHARD



Fresh, young chard can be used raw in salads. Mature chard leaves and stalks are typically sautéed, leaving a refined flavor that is more delicate than that of cooked spinach.

- Chard is a dark leafy green vegetable common in Mediterranean cuisine.
- To pick chard so it keeps growing, cut off the outer leaves 1.5 to 2 inches above the ground.
- While Swiss chard may be the best known, it comes in a variety of colors, including red and golden chard.



BEGONIA



Red Rex Begonias may occasionally need light pruning to remove any dead or damaged stems or leaves. They prefer deep watering once a week.

- Begonias are easy to grow.
- Wax, tuberous and Angel wing begonias are all popular varieties.
- They like indirect sunlight or shade, regular watering, and well-drained soil.
- They need regular deadheading.



BENEFITS OF SAGE



- Reduces anxiety
- Lowers cholesterol
- Improves concentration
- Stops night sweats
- Improves bad body odor
- Heals cold sores
- Promotes healthier skin
- Purifies & cleans the air
- Plant fairly drought-tolerant and likes well drained soil
- Needs medium to bright light



ZEBRA PLANT



Zebra Plant, Aphelandra squarrosa, is Native to Brazil and thrives in higher humidity, so feel free to give it a regular misting!

- Zebra Plant has unique dark green leaves striped with white veins.
- Loves bright, filtered light (but not direct sunlight).
- Soil should be consistently moist.
- Signature yellow bract will bloom in late summer or early fall.
- Once flowered and the bracts appear to be dying, prune the spent bract and any surrounding leaves or stems that appear wilted.



COLEUS (COLEUS SCUTELLARIOIDES)

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Pro tip: *Coleus grows tiny white, purple, or blue flowers on tall stalks, but it's best to pinch these off to encourage bushy larger leaf growth. Periodically pinch off new leaf growth as well.*

- Coleus is a member of the mint family that is thought to have originated in Southeast Asia.
- Was popular in Victorian gardens, where it was used in a technique called carpet gardening.
- These plants have vivid, contrasting foliage, which adds long lasting color in the garden.
- It is easy to propagate by rooting stem cuttings in water.
- Likes a lot of bright light.



ZONAL GERANIUMS (PELARGONIUM HYBRIDS)

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Pro tip: Geraniums prefer to be a bit dry rather than consistently moist. However, if they start to wilt they are too dry which stresses them and they may not flower for awhile.

- Geraniums come in a wide variety of colors and many have variegated leaves for additional color interest.
- Its ancestors are from South America.
- For bigger blooms, water with fertilizer at 1/4 strength.
- For quicker re-blooms, deadhead a zonal geranium (or dying leaves) by following the spent flower stem back to the main stem and snap it off.
- Makes a great companion plant to fend off other insects.



BLOOMING KALANCHOE (KALANCHOE BLOSSFELDIANA)

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Pro tips: Prune spent flowers, dead leaves, and shriveled branches. Create more kalanchoes by breaking off pieces and sticking them in soil so they can form roots. Pronounced “kal-un-KOH-ee”

- A popular succulent, kalanchoe boasts long-lasting flowers and interesting foliage
- Native to Madagascar – brought to the rest of the world in 1932 by the botanist Robert Blossfeld
- Drought tolerant and easy to grow – thoroughly water occasionally like most succulents – when in bloom, needs more water
- Wet soil can cause root rot
- Blooms for up to eight weeks



NERVE PLANT (FITTONIA)

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Don't be alarmed if you look over to see your Fittonia completely limp and wilted – they are a thirsty plant. Give it a good drink and it should perk up in no time.

- Fittonia originate in South America – mostly found in Peru.
- They grow in tropical rainforests as ground cover under canopies of trees.
- They stay relatively small and prefer indirect light.
- Fittonia is a compact plant with vibrantly patterned foliage and brightly colored veins.
- They prefer humid environments and will benefit from regular misting (2-3 times per week).
- They will drop their leaves if too cold.
- Leaves will turn yellow if over watered.



ROSEMARY

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



‘Salvia rosmarinus’

Like oregano, thyme, basil, and lavender, rosemary is a member of the mint family Lamiaceae.

- Rosemary is used as a culinary condiment, an ingredient in perfumes, and for its potential health benefits such as.
 - Improves memory
 - Good source of iron & calcium
 - Reduces muscle pain
 - Promotes hair growth
 - Natural pest control
 - Improves digestion
- Rosemary is a fragrant evergreen herb native to the Mediterranean.



CREEPING THYME

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Care: *Thyme likes moist, but well draining soil. Prefers a well lit area of the garden.*

These perennials are part of the mint family and are pleasantly aromatic.

- *Thymus serpyllum*
- Strongly scented flowers are either lilac, pink-purple, magenta, or a rare white
- Thyme contains the volatile oil thymol which is a natural antiseptic and also repels insects.
- Excellent low growing ground covers
- Start out as slow growers but will start spreading quicker
- Best types of thyme to grow for culinary use are bushy ones such as *Thymus vulgaris*, not this ornamental creeping thyme.



PINEAPPLE SAGE

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Care: *Pineapple Sage is easy to grow! Tolerates light shade, poor soils and some drought!*

Part of mint (Lamiaceae) family, and propagates easily from cuttings in water

- Scientifically known as *Salvia elegans*
- Native to Mexico and Guatemala
- Showy red flowers and irresistible scent
- Outdoors it will attract butterflies and hummingbirds with its bright blooms
- Perfect for homegrown herbal teas, helps with relaxation, and aids in digestion – relieves an upset stomach
- Gives off a mouth-watering, pineapple aroma that is even stronger when its soft, velvety leaves are rubbed
- Good to add to an herb bundle to dry



MINT

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



- Easy-to-grow aromatic herb in the lamiaceae family
 - Mint family: has identifiable square stem
 - Enhances food, aids digestion
 - Perennial with toothed leaves and tiny purple, pink, or white flowers
 - Aromatic, versatile kitchen companion
 - Adds flavor to foods and tea
 - Roll its leaf between your fingers – aromatic scent reminiscent of candy, sweet teas, or even mint juleps
 - Used as garden accents, ground covers, air fresheners, and herbal medicines
- **Care:** *Mints are vigorous perennials that thrive in moist soil with good drainage something like their native habitat along stream banks.*
 - *Prune runners so it won't take over.*



RAINBOW GINNY PEPEROMIA

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Care: *Let soil dry out between waterings.*

Expect to water more often in bright light conditions.

Leaves that yellow then drop, combined with moist potting mix, can be a sign of overwatering.

- Scientifically known as *Peperomia clusiifolia* of the Piperaceae family
- Colorful, low-maintenance plant
- Native to South America, succulent-like
- Fleshy leaves: Yellow-pink variegation
- Tolerates low light conditions well so can be planted next to larger plant
- Can grow up to one foot
- Peperomia can be easily propagated by taking stem cuttings or dividing the stems via root division



CALATHEA MAKOYANA 'PEACOCK PLANT'

"Plant of the Month" Talking Points – Learn about and how to care for Eldergrow Safe Plants!



- Calathea Makoyana is native to Brazil.
- Pale green leaves are patterned with thin green lines and large ovals of dark green, bold markings, similar to that of a feather!
- The leaves undersides boast a dark purplish-pink and new growth shows up in a sweet little roll.
- Growing to around 2' tall, they occasionally show some tiny white flowers.
- These plants like moisture, but not excessive amounts and extreme temperatures need to be avoided.

*Regularly wipe dust off of leaves.
If leaves have browned or curled
excessively, cut off at the stem.
Prune any dead or damaged leaves.
Deadhead blooms to encourage
leaf growth.*



CALATHEA 'WHITE FUSION'

"Plant of the Month" Talking Points – Learn about and how to care for Eldergrow Safe Plants!



- The variegated foliage of the calathea 'White Fusion' features a green leaf with contrasting white markings.
- The underside has a magenta hue that runs down the stems.
- These plants like moisture, but not excessive amounts and extreme temperatures need to be avoided.
- Keep its soil consistently moist but not soggy. Once the top inch of soil is dry, your plant needs more water.

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If leaves have browned or curled
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Prune any dead or damaged leaves.
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AFRICAN VIOLET

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



- African Violets are one of the favorites of houseplants and have been popular in the United States for nearly a century.
- They are small plants with fuzzy leaves that produce clusters of white, blue or purple flowers.
- The key to keeping them happy is giving them the conditions they'd get in their native Tanzania jungle: humidity, damp soil and lots of bright, filtered light.
- They like moist, not soggy soil.
- The easiest way to grow a new African violet is with a leaf cutting.

PRO TIP: Let tap water sit for two days so chlorine evaporates from it before watering. They're sensitive to chemicals in tap water and prefer water at room temperature, not chilled.



MAIDENHAIR FERN

“Plant of the Month” Talking Points – Learn about and how to care for Eldergrow Safe Plants!



Maidenhair fern is part of the Adiantum genus that includes over 200 types of ferns grown around the world.

- Maidenhair ferns (*Adiantum raddianum*) are deciduous ferns with delicate, fan-shaped leaf segments clustered on wiry black stems.
- The genus name is derived from the Greek word *adiantos*, which means "unwetted"—its leaves repel water.
- Indoors, maidenhair ferns prefer indirect or dappled light, warm, humid conditions, and moist, well-drained soil.
- Keep its soil consistently moist but not soggy.
- Watch for yellow leaves that may occur from overwatering. Fertilize monthly.
- Moisture is vital, but drainage is important to avoid root rot.
- They are easy to propagate by division.