

HOUSEPLANT HELPERS

Houseplants are a wonderful way to beautify and cheer up your indoor spaces, but the fact that they are exceptional air purifiers is often overlooked. Houseplants improve air quality by absorbing toxins along with carbon dioxide. Within their leaves, microorganisms break down the chemicals naturally. The plants then release fresh, clean oxygen for us to breathe.

Studies have been done to measure the amount of pollutants filtered out by common houseplants. In some studies the plants were able to remove up to 80% of the pollutants! Some research even showed that not only were the leaves doing the work, but the roots also helped in the process.



One study conducted by NASA suggests using one houseplant per 100 square feet of floor space for the most effective pollution control.

COMMON POLLUTANTS AND THEIR SOURCES



Formaldehyde:

Carpeting, pressed wood, foam insulation, fiberwood products (such as paneling), hair sprays, wax paper, paper towels, and various cleaning products.

Benzene:

Glue, spot removers, oils, paint, inks, varnish, rubber, plastic products, detergents, dyes, gasoline, and paint stripper.



Hydrocarbons:

Vinyl products (such as furniture and flooring), detergents, and fabric softeners.



Trichloroethylene:

Inks, paint, lacquer, varnishes, adhesives (such as rubber cement, epoxy, or spray mount).



Methylene Chloride:

Paint strippers, refinishers, and many aerosol products.



REFERENCES

How to Grow Fresh Air: 50 House Plants that Purify Your Home or Office by B.C. Wolverton

The internet also has many resources available.

Plants for Clean Air



Purify Your Indoor Air Naturally

PORTLAND
NURSERY
www.portlandnursery.com

INDOOR AIR POLLUTION

We all know how important it is to help clean and maintain air quality outside; but many people don't realize that indoor air pollution is one of the fastest growing environmental problems we face today. The alarming fact is that electrical equipment, furniture, cleaning products and building materials all release trace amounts of toxins such as carbon monoxide, formaldehyde, and benzene (a known carcinogen), into our homes and offices every day.

GROWTH REQUIREMENTS



Keep in mind that different houseplants have different needs. Variables such as light, humidity, water, and plant size are all important considerations when choosing houseplants. Please refer to care instructions or ask an employee for assistance when selecting the right air cleaning houseplant for your home or office.

PLANT SUGGESTIONS

Aglaonema commutatum
Chinese Evergreen

Aloe vera

Araucaria heterophylla
Norfolk Island Pine

Asplenium viviparum Mother Fern

Chamaedorea elegans Parlor Palm

Chlorophytum comosum
Spider Plant

Chrysalidocarpus lutescens
Areca Palm

Codiaeum variegatum Croton

Ctenanthe oppenheimiana
Never-Never Plant

Dieffenbachia seguine Dumb Cane

Dracaena spp. Corn Plant, Dragon Tree, Janet Craig, Warneckii

Epipremnum aureum Golden Pothos

Ficus benjamina Weeping Fig

Ficus elastica Rubber Tree

Howea forsteriana Kentia Palm

Monstera deliciosa Swiss Cheese Plant, Split-leaf Philodendron



Musa acuminata
Dwarf Banana

Neprolepis e.
'bostoniensis'
Boston Fern

Orchid *Phalaenopsis*, *Dendrobium*

Peperomia
spp.

Philodendron bipinnatifidum Tree Philodendron

Philodendron cordatum
Heart-leaf Philodendron

Pothos spp. Devil's Ivy

Radermachera sinica China Doll

Sansevieria trifasciata
Snake Plant, Mother-in-law Tongue

Schlumbergera Christmas Cactus

Schefflera spp.

Spathiphyllum spp. Peace Lily