

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.



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-cleansing houseplant for your home or office.

The Plant List

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

Nephrolepis e. 'bostoniensis'
BOSTON FERN

Orchid Phalaenopsis, Dendrobium



Pepperomia 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

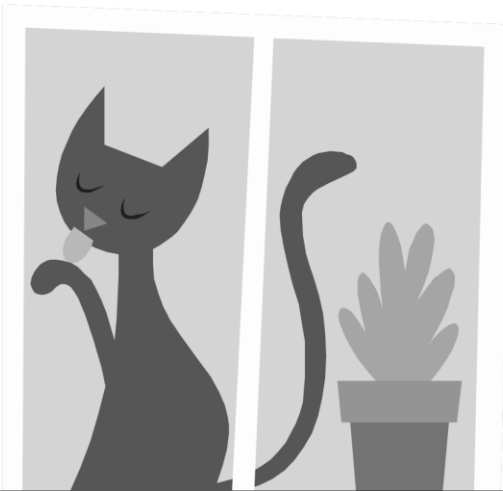
Schefflera spp.

Spathiphyllum spp. PEACE LILY

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 has many resources available

Plants for Cleaner Air



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