

## **BRIGHTEN YOUR HOME AND MOOD WITH HOUSEPLANTS - March 2020**

By Amanda Parker, your friendly Houseplant buyer for City Peeps

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Did you know houseplants are good for your physical and mental health? Plants clean the air and having living plants around is a wonderful reminder that life goes on and can thrive despite obstacles and illness. Houseplant species have incredible survival skills just like us! If you're spending most or all your time at home, it may be a good time to spend some time and energy on your plants. They'll appreciate it, and it's sure to enliven your spirit! Here's some ideas to get you started:

- Clean your plant's leaves with a damp rag. Plants breathe and absorb sunlight through their leaves so removing dust is sure to give them a boost!
- Clean your windows so your plants can get more sunlight.
- Water and spray your plants as needed.
- Rotate your plants so they grow evenly.
- Rearrange your plant to create a visually pleasing area of the home.
- Inspect your plants carefully for pests and disease. Quarantine any unhealthy plants to protect your healthy plants.
- Repot if needed.
- Perhaps a creative houseplant project: mount a plant on a wall plaque, make a Kokedama moss ball, build a terrarium, paint a terracotta pot, make a macrame plant hanger, or assemble a pebble tray to increase humidity.
- Include the kids. You're never too young to appreciate the diversity and interdependence of nature.
- Propagate!
- Add some new plants to your collection.

City People's is offering remote sales with pick-up and delivery options. Reach out via phone or email. I can provide pricing and availability and would love to find you a houseplant that fits your home environment, skill level and desired level of maintenance.

Stay healthy and connected to nature!

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