# Plant Talk with The Tender Gardener: How to Choose a Houseplant with The $T$ 

## Chapter 1 - Plant Talk with The Tender Gardener: How to Choose a Houseplant Overview

(upbeat music) - Let's talk about how to choose a house plant, whether you're looking to buy your first plant or you're trying to sneak one more plant into your collection without your partner noticing we're going to go over all the basics you need to know. I'm Lana Williams, I'm a artist, avid gardener and plant enthusiast, and owner of a plant shop called The Tender Gardener. (upbeat music) In this class, I'm going to share with you, all the things you need to know to keep your pets and family safe and to choose the right plant for your space. So let's talk plants. (upbeat music)

## Easy care plants

- If you're just getting into house plants, you might want to start with something that is on the easier side, so I'm gonna go over some of the easy care house plants that you'll find at your local nursery or online really easily. One of the most common easy to care for house plants, it's gonna be the pothos family. This one is called Marble Pothos. Pothos have heart-shaped leaves and grow in these long vines that will eventually trail down, and they're really easy to care for because you can let their soil dry out. They don't require tons of water, and they're really forgiving in light conditions. They can go from bright, indirect light to lower light, and they will still grow and are really one of the hardest plants to kill. Another easy plant that is great goes by many names. Some people like myself grew up calling it the Mother-in-Law's Tongue. They're also called Snake Plants, and this one is called the Sansevieria Laurentii, and it has the gorgeous yellow edges on the leaves and this wonderful striation between the light green and a dark green. The snake plants are also excellent air purifiers, where they release their oxygen into the air at night, so a great plant to have by your bed. These plants are also super versatile. They can go from a low light situation to even direct sunlight, an all around great plant to have in your collection and super hardy and strong. The leaves are really thick and it's a tough, tough plant. Another really tough, hard to kill plant is the zamioculcas zamiifolia, or better known as the ZZ plant. I love this plant. It has these super waxy leaves that grow on these beautiful arching stems, and it can get really big. A great plant for a low light, doesn't require lots of watering, so if you forget about it for a while, that's perfectly fine. Don't over-water it. That would be the one thing that would do it in, but a really tough plant as well, and just adds beautiful foliage in any space with these really waxy shiny leaves. Love this plant. Fittonias are also called the Nerve Plant, and they come in different colors. This one is the pink variety, but they come in white and red, and they have really cool looking patterns on their leaves and veining, which look like nerves, which gives its nickname, but these plants, one reason they are super easy to care for is because their leaves will just faint when the plant gets thirsty and flop down, and you might think you've killed it, but if you water it, it's a miracle, it just perks right back up. So that's why I think that fittonias are really easy to care for, because their are leaves will tell you when you should water. A classic easy plant is gonna be the spider plant. These, you probably have seen at your grandparents' house or someone you've known has either shared one of the babies with you. You've definitely seen this plant around. These can also dry out a lot between watering, they're very forgiving. They can be in really sad shape, and if you start taking care of it again, it will just come back to life, send out babies, and you can share with your friends. Another family of plants that is a really easy to care for is gonna be the peperomia family, and the peperomia family has these thick, waxy leaves, and
they are really coming all different shapes and colors. This one's called Peperomia rosso, and it has these darker green leaves with this gorgeous red on the underside and red stems. They're kind of these more pointy leaves, and peperomias can dry out between watering and are pretty resilient because their leaves are so thick, they hold a lot of water in them, so it's not a plant you have to worry about too much. They do like a lot of light, though. Next, we have the syngonium, also known as the Arrowhead Plant, are really easy to care for, and they like moisture and water, but they just keep growing leaves. If you're someone who is new to plants and you are excited about watching a new leaf unfurl, I would highly recommend a syngonium, because they are constantly shooting up leaves, and you can watch them unfurl, and they're a really fun, easy plant. This one is called Polly and they all have different names, and there are hundreds of varieties of the syngoniums. Next, we have an aglaonema. Aglaonema are also called Chinese Evergreen Plants. They are very easy to care for. They do well in low light situations, and you really want to let their soil just about dry out between waterings, so it's a plant you don't have to think a lot about, it's gonna be really happy. A lot of times you see these in offices and that's because probably plants in offices get a lot of neglect, but these will do really well and last a long time, especially if they're taken care of. Lastly, I want to go over one more family of plants that is an easy to care for family, and that's the tillandsias, air plants, and you've probably seen these, and you could be intimidated by them, but they're actually very easy because they don't have soil. They have these aerial roots, and they don't require a lot of watering, and you don't have to worry about pests in the soil or anything like that, you just can prop them up in a place around your house. They do like a lot of bright light and even some direct light, but you have a different type of watering regimen with them, and it's not too difficult. You just want to soak them in water for five minutes, and then dump them out, 'cause these little crevices that they have will store water, and then they're good to go. You could also mist them, and when you get these wet, you'll notice that they change from this soft sage color to a more vibrant green, and that's when their leaves have really soaked in the moisture. So it's easy to know when they're watered, and you just dump them out, let them dry out, put them back in a bright place, and they're good to go for a week. These are all recommendations for when you're just beginning to care for plants or even ones to add to any collection of plants, and there's even more out there that are easy, but these are some of my personal favorites, and so you should give them a try.


## Low light plants

- I get lots of questions about what kind of plants will do well in low light. Maybe you don't have a lot of windows in your apartment or home and you're trying to find a plant that will do well in lower light. I will say that there are plants that will tolerate low light, and some can even thrive in low light, but all plants are gonna want some light. So don't put any of these in a dark, no light corner, unless you're providing it with some artificial light. One plant that does really well is English ivy. It likes low light and usually it will grow at the bottom of the forest floor. This is a plant that is gonna grow and do fine in a lower light condition. A great family of plants for low light is gonna be the snake plant family, or the mother-in-law's tongue, Sansevierias, also called Dracaenas. Sometimes plants get reclassified with different names. It happens all the time, no need to get too upset about the names of plants. But this one is called the starfish. Love the cylindrical leaves of this plant and the cool variegation. And these also get quite large. A great little plant to have for a low light condition. They also like brighter light, but it thrives in low light and won't have any trouble growing. Just might grow a little bit slower. Excellent choice. This parlor palm or the bella palm is an awesome choice for
lower light. This one you will see all the time in maybe a hotel or office space where there's not a lot of light, and that's because it just does so well and is really happy in these lower light conditions. And it's very easy to grow. And it's also a pet-friendly option. Love the bella palm. And the ZZ plant is one that's also great for low light conditions. Will be happy and thrive in these lower light situations. Pothos, again, this one in particular, which is nicknamed devil's ivy or golden pothos, they do the best in lower light in the pothos family. And that's because they have a lot of the darker green pigment in their leaves, whereas the lighter versions of pothos are gonna need a little bit more light 'cause they have less chlorophyll. The dark green has more chlorophyll, and so will do better in lower light 'cause it's able to absorb more light, even in the low light situations. Dracaenas are another family of plants that can tolerate low light. This one is called the Dracena sted sol, and it has these gorgeous yellow streaks in the leaves. And these will tolerate lower light. I would say that the Dracaena marginata, which is gonna have like darker green leaves, would be better in low light than the sted sol, but they do tolerate lower light. And again, the spider plant, very versatile plant, easy to care for, tolerates low light. Love the way these plants just trail and hang. They're very fun. And then here we have an Aglaonema Silverado, which has these gorgeous sort of silvery variegated leaves. And Aglaonema's another great choice for low light. They don't need a lot of light to maintain these big, healthy green leaves. And they are really great choice for lots of foliage in a lower light situation. There are also other plants that do well in low light, like a cast iron plant. And you just wanna make sure that your plant can tolerate the lower light and not require brighter or direct light if you're gonna put it in a low light situation. And you wanna look out for problems. If you start seeing yellowing leaves or if, especially on like your pothos, the leaves start getting really spaced out, that's because it's really reaching to try to find more light. So be aware when you are putting a plant in a lower light situation, and just look at how it's doing and how it's growing. And if it seems to be doing fine, then you have nothing to worry about. But if you start noticing it getting stretched out or turning yellow, you might wanna move it a little bit into a brighter light situation. Or you could always supplement with artificial light. If your house or apartment only has low light, you don't have a lot of windows, there's no need to fret. There are definitely plant options out there that will do well for you, so give it a go.

Direct sun and bright light plants

- Let's talk about sun-loving plants, plants that just really wanna bathe in the sunlight. First, we're gonna talk about the ones that like direct sunlight. These are the ones that really just from the desert, the more arid plants, can really handle that heat of the direct sun, and for at least four hours or more a day. First, we're gonna talk about the euphorbia family. This is the euphorbia tirucalli, which is also known as the pencil plant or the firestick plant or the pencil cactus. And it has these long, kinda fleshy little leaves that grow and really can handle the intensity of the sun. And when it gets cold, the tips will turn a sort of red color. That's why it's called firestick. But these plants love the sun and do great in like a south facing window where they're gonna get a lot of sunlight. This euphorbia is called the euphorbia mammillaris or lady finger cactus. And it has these tiny little spines covering the whole thing that is really like almost little stars all over it. It makes beautiful flowers, and it loves the sun. It's a desert plant cactus, so it can really handle the heat of the direct sun. And this one, which was a euphorbia mammillaris variegata, is a funny little one that has these long spikes and is this really interesting soft green, almost whitish color. But when it gets cold, it also turns pink on the tips. And it's a really interesting plant that also has gorgeous flowers and loves so much sun. So give it a lot of sun. Put it in that window that is getting poured on with light.

These also can go outside as long as you don't have freezing temperatures or frost. But you could bring them in in the wintertime if you live somewhere where it does get cold. Another family of plants, or it's gonna be more like the succulents, and these are the senecio, but now the curio family, and these are gonna be like your strings. So we've got the string of bananas, string of dolphins, and maybe the most popular, string of pearls. And these plants really like some direct sunlight and do well in direct sun. But if you're getting them from the nursery, sometimes you want to acclimate them to more direct sunlight. And so I would start out with just a couple hours a day. And if you start seeing them turn a little reddish color, then back it off and give it a little less direct sun, and you can slowly inch it into more direct sunlight. This is one of mine that, honestly, I've almost killed this. It was a bigger plant. And string of pearls is really easy to over-water and kill. And so I was able to bring this baby back, and now it has these cute long little trails. And I keep it in a spot that gets lots of sunlight, and it seems to be really happy and has a lot of new growth. These also will flower. I think this string of dolphins is flowering. And you can see it has these pretty insignificant, but still cute little flowers. They need lots of light, whether you keep them outside, which they do well outside, or you keep them inside, maybe hanging in a window. These just soak up the sun and love it. And you really can let them dry out, though. Don't over-water them. Wait till they are pretty bone dry to water, and they'll do great. Another plant family that likes to bask in the sun and can also have direct sunlight, but one you might want to gradually introduce is the crotons. And these you will see outside growing, especially in more tropical, warmer climates, and they can handle direct sun all day. This one is called the gold dust croton, which is gorgeous, little gold speckles all over the leaves. And this one I just can't get enough of. It's called the mother and daughter croton, and it has these funny little babies that are hanging off that are part of the leaf. It's just extension of the leaf and just a really fun plant. So these want bright light, and you can put them in a more direct spot, but just watch the leaves. Look out for any spots that are starting to turn brown or get a little crispy, and back it off, and you can slowly introduce it to the full sun. Now I wanna show you this gorgeous plant. This is part of the cordyline family. This one's called cordyline Red Sister. It has this incredible fuchsia-colored leaves that match my shirt (laughs) and one of my favorite colors. And these just love sunlight, but because they are often the ones you will find are grown in a greenhouse, they will have had a layer over the top of the greenhouse that filters the sun. So when you bring them home, you're gonna want to slowly introduce them to that direct sun, but they love direct sun. Just make sure you watch the leaves closely if you are gonna put it in direct sun. And if not, keep them in bright indirect light, and they will also thrive. A great plant to add lots of color and contrast the sea of green you might have in your home. This funky little lady is called the ponytail palm. And love this plant. It has so much personality. Just has a little hair up on top, And this is called a caudex, and it's a nice thick stump that the leaves grow out the top of and really just kind of cascade like a fountain. And this plant is not a palm at all, actually, but it does like lots of sun. And the sun will just really help this plant be lush and green and full and happy. And it can handle bright indirect light and loves that, but you can also give it some morning direct sun or for a couple of hours of sun during the day. But unless you're gonna slowly introduce it to the sun like the other plants, I would keep it in a bright indirect light spot 'cause you don't want the ends getting too crispy. But you do see these outside, and so if you have the patience, you can introduce it to more of sunlight. Flowering plants also love lots of sunlight. This is the tradescantia Nanouk. and it will produce the little flowers that are very cute. And then this plant also trails, but what keeps this gorgeous fuchsia bright purply, almost like iridescent color is gonna be lots of bright light. It has more sensitive leaves, I would say. They're a little bit fleshy. And it doesn't wanna have scorching
sun, except maybe in the morning time or when the sun's less intense, but loves bright indirect sunlight and really will soak it up. And then you'll also have lots of little shoots. This one has some little new growth coming up down here at the bottom. This will make the plant even bushier and fuller, and you also will have less space between the nodes of each leaf. So you're gonna have a much more beautiful plant when you keep this in bright indirect light. And you also keep the variegation. If you put this in lower light, you're gonna end up with a lot more green in the leaves. Same with this Hoya carnosa variegata. which is this one is the Krimson Princess, and it has the pink variegation on the new leaves and on the stems. And when it gets a lot of bright light, you're gonna have more variegation like this, That's what you're really looking for in the variegated plants is to keep the variegation. When they don't get enough light, they can revert back to just solid green leaves. So make sure all your variegated plants get enough bright light. And this is also a flowering plant, so when it gets a little more mature, it will also put out beautiful scented flowers. That's kinda what the Hoya family is known for. And then the strawberry firetails is a really fun plant because these flowers will go all year long if you give it enough light. Whether it's winter or summer, this one will just keep producing these flowers, and they can get to be like four, five, six inches long even. This one likes to say moist. You have to keep an eye on it. But give it lots of bright indirect light. Because the leaves are pretty delicate and they're a little hairy and the flowers are a little hairy, you don't wanna scorch it with direct sun, but lots of light. This is another plant you wanna be careful when you water too to just water directly in the bottom of the plant and not the top of the plant. That will cause these delicate, fuzzy flowers to get moldy and gross, and it will defeat your whole point of this gorgeous plant. And then one of the most popular plants, I feel like, is the begonia maculata wightii. And it has these incredible angel wing leaves with the silver spots that come all over it. And these also flower. So it's a plant that's gonna want a lot of bright indirect light. Begonias, because they have these big, showy leaves that are a little bit thicker and almost leather-like, they could burn, and you'll end up with getting these crispy, unwanted tips on your begonia if there's not enough humidity and it's getting too much direct sunlight But I would say these could handle a little morning direct sun. The tillandsia family. This one is called Spirit, and they have these gorgeous flowers as well. And so they like to have the bright indirect light or even some direct sunlight. This one is different than the one I showed you earlier because it's actually potted in soil. So sometimes you'll see these potted in soil. Other times they're more just like the air plants, and you're gonna get the flowers when they have enough light. A favorite plant out there is the pilea peperomiodes, and it is these cute little coin-shaped leaves, and they're really rubbery and have a nice little bounce to them. And this plant loves light. Put it in your window, and it is gonna be happy. Now, you don't wanna put it in a south-facing window, though, where it's gonna get blasted all day long with that direct sun. So be careful if you start seeing a little bit of crisping or burn spots, but you wanna make sure this plant is getting lots of good light. And you can see this is also a great plant because it has all these babies, and you can eventually cut these out and share them with your friends. This funky little guy is called the devil's backbone. It has these really prominent stems and leaves that kinda stick out on either side. And as it grows, it's gonna get a really crooked stem, which will look like a crooked spine. Really cool plant. And it likes lots of bright indirect light. You can also introduce it to the direct light, but just keep your eye out for little brown dots on the leaves, which would be sunburn. But it is a waxier plant and can handle a good amount of sun. This is the ficus decora Tineke, and this is the ficus decora Ruby. These plants also really want a lot of bright light. You'll see them growing outside in certain places, and they can handle full sun. I would say that when you're bringing them home, though, a lot of times they can't handle as much direct
sun, so I like to keep them in really bright indirect light, and that's gonna help keep these gorgeous pinks and variegations in their leaves, and it will also help it grow bigger leaves. So you wanna make sure that these are getting plenty of light. Otherwise, you're gonna see the leaves start to drop, and they really just wanna have enough sunlight. Raphidophora tetrasperma, also known as the monstera minima. It's because it has these really awesome split leaves that are similar to a monstera, but they're smaller. This is a really vigorous plant, and so it likes to have lots of bright indirect light 'cause it needs it to make enough energy to really grow. And this plant just wants to climb. When it gets a little bit bigger than this, you can see that this is starting to really rest on the side of the pot. So this plant will grow even bigger leaves and have more fenestration in the leaves if you give it some sort of support. And it will have these little aerial roots which you can see are already starting to form that are gonna support the plant. So this is a plant, very hungry, loves light, grows fast, and is a really excellent choice. Lastly, I wanna share with you the dieffenbachia family. This is dieffenbachia compacta. Dieffenbachias have these gorgeous broad leaves that have lots of different types of variegation. Some are gonna be a solid kinda pale yellow or random spots and patches on their leaves. And they're really gorgeous plants. And they also do their best in bright indirect light. And these are a plant that I wanna share with you because these are a plant that will grow towards the light. And a lot of plants will grow towards the light, so you really wanna make sure when they're getting lots of light that you rotate them. That way they're don't become lopsided, and you'll have a more round and balanced plant. There are tons of plants out there that love direct and bright indirect light, so you'll have no trouble finding the one for you.

Pet friendly plants

- I'm a big plant lover, but I'm also a big animal lover. So, for everyone who has pets or small kids out there let's talk about plants that will keep your family and pets safe. I have a cat, but luckily my cat's not too curious and leaves all the plants alone, otherwise I'd be in big trouble running a plant shop. But, my sister's cats are very curious and they will eat all of her plants. So, you have to be careful to make sure you don't have any toxic plants if you have pets or small children. I'm excited to share with you a bunch of plants because there really are tons of plants out there that are gonna be safe. This is the Ponytail Palm, the fun and funky plant. Needs minimal water, easy plant, and pet safe. Sometimes I think there's either fern people or not. But, luckily if you are and you have pets or kids, there are some options for you. This is the Boston Fern. It has these beautiful, bright green leaves, and a really classic fern. Also, the Button Fern is a great fern option. It has darker, glossy leaves, which is another super cute variation. If you wanna go for a real funky sort of alien fern, I love the Staghorn Fern. It has these like furry, soft, fuzzy leaves and this plant, sometimes you'll see mounted on a wood plank or hanging in a basket. This one is potted. But, they're really cool, pet safe plant and my friend actually hung one that was mounted in her baby's bedroom so when the baby is sitting in its crib it has something really cool to look at. Selaginella, this is Selaginella Uncinata, really cool plant. This plant is so special because it is actually one of the oldest plants on earth right now, and they date back to over 150 million years before dinosaurs. So, it's a really sort of like primitive plant and incredible that we still have this plant growing. I love this one because you get this blue, almost iridescent color and it's called the Rainbow Moss or Peacock Fern, even though it's not moss or fern at all. Pileas are also a great pet friendly choice. I've got three different ones here. This is the Aluminum Plant, which has really cool silvery variegated leaves. This is the Pilea macrophilia, which is also called the Artillery Plant. It is really cute and has these teeny tiny little leaves and is a great choice. And I also love the Pilea Aquamarine, also called Baby Tears. It has this
sort of silvery bluish leaves that will really grow and trail down the plant. These like bright, indirect light, medium indirect light. And you can let their soil get pretty dry, maybe halfway down the pot between watering, great pet friendly choice. And we also, I almost forgot, this big guy. This is the Pilea obtusifolia, which has these really big round leaves. This one is particularly full and lush and happy, so, great plant. Then there is a huge family of plants in the Calathea family. Calatheas have these incredible, gorgeous patterns on their leaves. They're known for their really decorative foliage. And this one is the Mediallion, which has these kinda white rings around them with these like super dark burgundy underside. They're also part of the Prayer Plant family. So, that means that their leaves are gonna kinda stick up during the morning part of the day and then at night they kind of go down. That's why they're called the Prayer Plant family because they move up and down. So, don't be concerned if you're like, oh, my plant was so perky and looked so great and now it's down like, blah, flopping down, 'cause that's perfectly normal and you don't need to worry about that. But, there's just an infinite variety when it comes to the Calathea family and a really good choice, especially if you wanna be a little more adventurous, I would say. These are about kinda like a medium level plant, or a more experienced plant. And then the last family of plants I wanna talk about are Hoyas. Hoyas are another great option and there's tons of different types of Hoyas out there. This one is so fun and wild. It kinda looks like grass to me. It's goin' everywhere and it trails down and will also produce little flowers. It's called the Hoya retusa. So, Hoyas, they like lots of bright light and they also you wanna let their soil really dry out between waterings. It doesn't have to stay dry for a long time, but you definitely wanna avoid over watering Hoyas. There are so many different plants out there for pet safe plants and kid friendly plants. Great resource is go to the ASPCA website. They have a ton of plants listed that are all pet friendly and you can still have a full jungle of house plants even when you have curious cats.

Plants that require a little more care

- If you're feeling confident and ready for a little bit of a challenge, I'm gonna go over some of the little bit trickier plants. This is the Asparagus plumosa fern. And ferns, some people really wanna stay away from ferns because they can be a little tricky. Maidenhair fern, very fussy. She is a diva plant. But the real trick with caring for ferns is that you really cannot let their soil dry out. Their leaves are really delicate, so when you let the soil dry out, they can just shrivel up overnight. You'll come back the next day and be like, "What the heck happened to my plant?" But watch the soil. Just, I check mine almost every day and now I know how long it takes for my plant to dry out. But if you get familiar with your plant and get that intuitive connection with your plant, then you'll know, okay, I need to go check my fern and water it because ferns don't wanna dry out. Another common thing you'll see, especially with the asparagus fern, is that some of the leaves might start turning yellow. And this is a fern that I would also recommend using water that has sat out for at least 24 hours, because these chemicals in the water can end up burning the leaves, and then you're gonna start seeing some yellowing. But keep it moist. It likes bright, indirect light to medium indirect light. It will tolerate low light, but really, to get this new growth and fluffy leaves, you're gonna need brighter indirect light. And I love this one. It's such a romantic fern to me, has really feathery, delicate leaves. It's screaming, "Put me near a bathroom and a bathtub," and I just wanna be surrounded by these. So, a beautiful plant worth trying to grow. The Ctenanthe family. This is Ctenanthe lubbersiana, also called the never never plant. Ctenanthes are a member of the prayer plant family, and so their leaves are also going to rise and fall throughout the day. But they can be a little bit particular, especially about their water. And that is also gonna be true for this beautiful

Maranta, which is also a prayer plant, and the same for this Calathea lancifolia, or rattlesnake plant. And also the Calathea orbifolia. All of these plants, part of the prayer plant family, and they are a little more challenging. I highly recommend that you either water with water that has sat out for 24 hours to let the chlorine and fluoride and other chemicals dissipate, or use distilled water or rainwater. 'Cause if you don't, you're gonna end up getting these brown tips, and that's burns from all of the chemicals in the water. And it's really, these plants, also Dracaenas, can be so sensitive to type of water that you water them with. So, I always give mine that water that has sat out for at least 24 hours. Looky here, we have a gorgeous little tiny flower about to emerge from this Maranta. It's gonna be a little purple guy. And the Marantas are a beautiful plant, and these will grow and trail really long. I have a Maranta Lemon Lime at my house. I gave it a haircut recently, but it is still hanging three feet down. It's gorgeous. And this is the Maranta Red, which is also beautiful 'cause it has these red contrasting veins. And then I'm obsessed with this little guy. This is the Calathea orbifolia, which has these incredible round, huge leaves. And they're super shiny, silvery. And it's so beautiful, but it can be really daunting 'cause you don't wanna start to see these crispy edges creep in on this plant. So, you really want to make sure that you have humidity for all of these plants and are giving it that water that it needs. One of the most popular Calatheas is the rattlesnake plant. I love its leaves because it has these almost like paintbrush markings. It's like someone just went and dotted all of the leaves. And they also have these ruffled-y edges that are super beautiful. And really, I feel like all of these families are known for their gorgeous foliage. And so, everyone wants to grow them. I wanna have so many of these all around my house because they're so beautiful. But they are a little bit more challenging, but by no means should that keep you from giving them a go. Whether you're just getting into plants or you have a lot of tools under your belt and feeling confident, and regardless of what your home is like. Maybe you have low light or bright light, pets, whatever, I'm confident there are plenty of plants to welcome to your home.

