

RYE DRIFTWOOD GARDEN CLUB

Why Every House Should Have Houseplants

By Joanne Kalet

Due to the current Covid 19 situation, Rye Driftwood Garden Club will not be holding meetings until further notice. Please visit our website <http://www.ryehgardenclub.org/> to get the latest update on our club's activities and news.

While we are spending so much of our time indoors during the Winter Season, careful thought should be given to the air that is in our homes. There are many toxins, from a variety of sources, that can make the air in our homes a cause for concern.

Indoor air pollution can come from many sources, including toxic emissions like benzene, formaldehyde, trichloroethylene, xylene, and toluene – all of which have negative effects on our health. Many common household products such as cleaning products, nail polish, shampoo, dryer sheets, candles, cigarette smoke, and almost anything that has a scent, can release some toxins. Opening windows or running an air filtration system is helpful but so are houseplants!

Wondering how houseplants do this? Plants are able to absorb toxins, carbon dioxide, and viruses in the air through tiny pores on their leaves. Photosynthesis is the process by which green plants use sunlight to synthesize foods from carbon dioxide and water. Water vapor is emitted from the leaves which create a pumping action to pull contaminated air down around a plant's roots, where it is then converted into food for the plant.

Taking care of house plants is fun and an easy hobby to begin if you already haven't! In addition to purifying the air, having plants in the home also increase moisture which helps with dry skin, dry coughs as well as colds, and flu. They may even help you fight your allergies, improve your sleep, and reconnect you with nature while in your home during the winter months. It's even been proven taking care of plants can lower blood pressure, reduce stress, and boost your mood. Having houseplants is an easy way to improve your environment and release oxygen into the air. They just make your home prettier, greener, and a nice place to spend time in!

Here's a listing of common plants that are efficient air purifiers and easy to grow: Pothos (*Epipremnum aureum*), Bamboo Palm (*Chamaedorea*), Philodendron (*Philodendron bipinnatifidum*), Corn Cane (*Dracaena fragrans*), Rubber Plant (*Ficus elastica*), Ficus (*Ficus benjamina*), Chinese Evergreen (*Aglaonema*), Janet Craig (*Draacaena fragrans*), Snake

Plant/Mother-In-Laws Tongue (*Sansevieria trifasciata*), Peace Lily (*Spathiphyllum*, ZZ Plant (*Zamioculcas zamiifolia*), and Spider Plant/airplane plant (*Chlorophytum comosum*).

So, if you don't already have a plant or two in your home, you should probably think about adding some, you'll find the benefits are well worth it!



Ficus



Pothos



Rubber Plant



ZZ Plant