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(female professor) So, we usually think of plants trying to get as much sunlight as possible. And in most cases it’s true; plants grow toward light. But what’s interesting is in some cases plants do the opposite. Sometimes plants actually grow away from or avoid light. Let’s talk about a couple of reasons why.  
  
Now, uh, some plants need to find other objects like trees to cling to, to grow on for support. These plants are attracted to the dark shadows that tall objects cast on the ground. By growing along the ground in the dark shadow, these plants eventually reach the tall object and then grow upward, along it, being supported by it. For example, some vines do this. Vines grow in shadow until they reach a tree or a building. Then the vine will climb or grow up that object.  
  
Other plants avoid light in ordeListen to part of a lecture in a Biology class.

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Other plants avoid light in order to conserve moisture. Usually a plant’s leaves face upward so their whole surface is exposed to the Sun’s rays. However, since intense sunlight makes plants lose water, some plants are in danger of drying out from too much exposure. So during the day when the light gets really intense, these plants change the position of their leaves to decrease their exposure to the Sun and therefore retain moisture. For example, a species of bean plant does this. When the bean plant senses that the sunlight’s too strong, in the middle of the day, it turns its leaves sideways so the Sun only hits the sides of the leaves, the thin edge. This way the bean plant avoids drying out.r to conserve moisture. Usually a plant’s leaves face upward so their whole surface is exposed to the Sun’s rays. However, since intense sunlight makes plants lose water, some plants are in danger of drying out from too much exposure. So during the day when the light gets really intense, these plants change the position of their leaves to decrease their exposure to the Sun and therefore retain moisture. For example, a species of bean plant does this. When the bean plant senses that the sunlight’s too strong, in the middle of the day, it turns its leaves sideways so the Sun only hits the sides of the leaves, the thin edge. This way the bean plant avoids drying out.