

The spot you choose for your houseplant will determine its success; plants need light to grow. Light intensity and duration are

affected by such things as the angle of sunlight through a window, trees or curtains inside and out of the room, and reflective surfaces like mirrors or bright walls. Most houseplants are tropical and therefore prefer bright, indirect natural light. Cacti and some succulents are the exception to this; they thrive in hot, direct sun year-round.

The amount of light a space receives differs greatly season to season. A rainy winter day at noon may provide 20 times less brightness than in the heat of the summer. It may be necessary to move your plants to more light in winter, or shadier locales in the summer.

Too much light causes foliage to burn at the edges, or become colorless and wilt.

Too little light can make a plant leggy and cause leaf loss. If you are unable to move the plant to a more ideal location in your home, artificial light may be used to supplement (the lighting must be bright enough to stimulate photosynthesis).

Light Levels

LOW: far from any windows, barely enough natural light to read by.

MODERATE: areas around sunless windows or 5-8 feet from a sunny window; easy for most plants to adapt to this light.

BRIGHT INDIRECT: within 5 feet of a window that gets direct sun, but no direct rays on the foliage; preferable to most.

SOME DIRECT SUN: less than 5 hours of direct sun daily (such as an east or westfacing windowsill or a few feet away from a south-facing window; plants on western sides may need protection from heat in the summer); flowering plants and herbs do well here.

FULL SUN: at least 4-5 hours of direct sun each day; in summer, only cacti and succulents can handle this.

List of Common Plants

LOW:

Aglaonema-Chinese Evergreen, Silver Queen Aspidistra-Cast-iron Plant Dieffenbachia-Dumb Cane Sanseviera-Snake Plant Zamioculcas Zamiifolia-Eternity Plant

MODERATE:

Acrostichum- Leather Fern
Adiantum- Maidenhair Fern
Aglaonema- Chinese Evergreen, Silver Queen
Alocasia
Alternathera-Parrot & Calico Plant
Araucaria-Norfolk Island Pine
Asplenium/Spleenworts-Mother Fern, Bird's

Nest Fern

Calathea- Peacock Plant

Chlorophytum- Spider Plant

Cissus- Grape Ivy, Kangaroo Vine

Dieffenbachia- Dumb Cane

Dionaea- Venus Fly Trap

Dracaena- Corn Plant Epipremnum- Pothos, Taro Vine Globba Winitii Graptophyllum- Caricature Plant Heliconia- Lobster Claws Maranta- Prayer Plant Nepenthes- Pitcher Plants Nephrolepsis- Boston Fern, Sword Fern Nephthytis- Butterfly Plant Palmae- Palms (please ask about specific ones) Pilea- Creeping Charlie, Friendship Plant, Aluminum Plant Polypodium- Rabbit's Foot Fern Sanseviera- Snake Plant Spathiphyllum- Peace Lily Strobilanthes- Persian Shield Tradescantia- Wandering Jew, Inch Plant, Spiderwort Zebrina- Purple Wandering Jew

BRIGHT INDIRECT:

Adiantum- Maidenhair Fern Amorphophallus- Devil's Tongue Anthurium- Flamingo Flower Bertolonia- Jewel Plant Billbergia- Friendship Plant Button Fern Calathea- Peacock Plants, Zebra Plant Callisia- Striped Inch Plant, Wandering Jew Ceropegia- String of Hearts, Rosary Vine Chlorophytum-Spider Plant Clerodendron- Glorybower Clivia- Kaffır Lily Coleus Colocasia- Taro, Elephant Ear Cryptanthus- Earth Stars Ctenanthe

Coleus
Colocasia- Taro, Elephant Ear
Cryptanthus- Earth Stars
Ctenanthe
Cyanotis- Teddy Bear Vine
Cyathea- Tree Fern
Cyclamen
Darlingtonia/Sarracenia- Pitcher Plant

Dizygotheca elegantissima- False Aralia

Drosera- Sundews

Fatsia Japonica- Japanese Aralia

Ficus- Figs, Rubber Plant

Fittonia- Net Leaf

Gardenia

Gynura- Purple Passion, Velvet Plant

Hedera- Ivy

Hoya- Wax Plant

Hypoestes- Polka Dot Plant, Freckle Face

Mimosa- Sensitive Plant

Monstera- Swiss Cheese Plant, Mexican

Breadfruit

Musa- Banana

Nepenthes- Pitcher Plant

Nephthytis- Butterfly Plant

Peperomia

Platycerium- Stag's Horn Fern

Rhipsalidopsis- Easter Cactus

Saintpaulia- African Violet

Schefflera- Amantie Stump

Schlumbergera- Christmas Cactus

Selaginella- Resurrection Plant, Rose of Jericho

Setcreasa- Purple Heart

Streptocarpus- Cape Primrose

SOME DIRECT SUN:

Acalypha- Chenille Plant, Copperleaf

Alpinia/Costus- Ginger

Begonia

Caesalpinia/Strelitzia-Bird of Paradise

Caladium

Caryota- Fishtail Palm

Clerodendron- Glorybower

Coffee Plant

Columnea- Furry Goldfish Plant

Cryptanthus- Earth Stars

Curcuma- Turmeric

Cyanotis- Teddy Bear Vine

Cycads

Datura- Angel's Trumpet

Gardenia

Iresine- Blood Leaf, Beefsteak

Rhododendron/Azalea

Setcreasea- Purple Heart

Stapelia- Carrion Flowers

Sedum- Donkey's Tail (Burro's Tail)

Tillandsia

FULL SUN:

Abutilon

Aeschynanthus-Lipstick, Goldfish Plant

Agave

Allamanda- Golden Trumpet

Aloe

Aphellandra- Zebra Plant

Asparagus Fern

Citrus

Codiaeum- Croton

Crassula- Jade Plant

Echeveria- Hen & Chicks

Euphorbia- Crown of Thorns, Poinsettia

Gerbera Daisy

Hibiscus

Hydrangea

Iresine- Blood Leaf, Beefsteak

Jasmine

Justicia/Jacobinia- King's Crown

Kalanchoe

Oxalis

Pelargonium- Geranium

Rose

Solanum- Jerusalem Cherry

Tillandsia

REFERENCES

Ortho's Complete Guide to Successful Houseplants, 1984 ed. The Houseplant Expert, 1998 ed., by Dr. D.G. Hessayon

Compiled by Chrystal Young

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Houseplants

LIGHT INTENSITY AND DURATION

PORTLAND