

# URBAN FARMER

LOVE THE EARTH

## How to overwinter house plants:

Some people may keep their houseplants indoors all year round, but others move their sun and heat loving, oftentimes tropical, plants outdoors during the summer months so they can enjoy the sunlight. However, once the seasons begin to change to cooler weather, and you need to bring the houseplants back indoors to shelter them from the coming cold months, it's not as easy as just moving the potted plant from your patio to your sunniest window.

### Changes in environment:

Certain changes in a houseplant's environment, such as light and humidity levels, can be stressful on the plant if the change is brought about too drastically. When a houseplant is stressed from a sudden environment change, it will drop its foliage, it may wilt or it can even die. That's why gardeners should follow certain tips and tricks when transitioning their houseplants indoors to ensure the best results for their plant.

### Moving indoors:

When it is a few weeks prior to the temperatures reaching a low of 45 degrees, move the houseplants under the shade of a large tree or under a back porch awning so they can begin to adjust to less light since they won't receive as much light indoors as they did outdoors, even if they're in a south-facing window. You can also bring the plants indoors but keep them near open windows so it's easier for them to adjust.

### To do and not to do:

Do not repot your plant before moving it inside because its growth will slow in the fall



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and winter, so it won't even need repotting until the spring time. Do cut back any leggy stems or branches, or if its overgrown, you can even take cuttings to try to root inside.

Do spray your plant gently with the hose before bringing it inside, making sure to hit all or most of the leaves because pests may be hiding on the undersides of the leaves. You can also soak your plant in warm water with dish soap, unless it's a cactus or something that prefers dry soil, because this will help rid of any pests living in the soil.

Do thoroughly clean the windows where you will be placing your plant because as dirt and smudges build up, it reduces the amount of light that filters through.

### Once indoors:

Do not place your houseplant near any furnaces, heater or drafts and also be sure to keep them away from doors that are frequently opened. If the plant prefers high



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humidity, you can group them together or place them in a steamy bathroom to replicate the humidity they received outside.

Cut back on watering once the plants are indoors because overwatering is the most common cause of houseplant death. Since the houseplants won't need as much water in the winter months, make sure you adjust your schedules accordingly.



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