

BRING OUT THE GARDENER IN YOU: LEARN TO CARE FOR FITTONIA PLANTS!

We human beings are naturally drawn to plants as they make us feel good. Interaction with plants has also been shown to reduce stress and improve cognitive abilities. It improves concentration and the sense of belonging to a greater community.

Growing plants is like having a little slice of nature that is dependent on us. We will get invested in it as we watch it grow up a little bit every day. Apart from that, it gives us more physical exercise and also explores our creativity. It surely does bring fun and excitement in our lives!

We at PH Frugality and Sustainable Living want to give you all a chance to have a plant of your own, learn some basics of gardening and attend interesting workshops. Hence, we are giving away Fittonia plants for you to keep and grow in your room. Read on to learn more about it.

Fittonia plant is also known as the nerve plant, mosaic plant or net plant. It can be grown as a house plant. Here are some reasons why having plants in your room can be beneficial for you:

- Boost your mood, productivity, concentration and creativity
- Reduces stress and fatigue
- Cleans your indoor air by absorbing toxins, increasing humidity and producing oxygen

Fittonia is a spreading evergreen with deep green leaves. Although the plant rarely flowers when grown as an indoor house plant, it does occasionally bloom with reddish or yellowish white spikes. (Let us know if yours flowers!) It is tricky to grow this as it requires very high and constant humidity, but we're lucky because it is an ideal condition in Singapore. It is very sensitive to strong, direct sunlight and will quickly suffer from leaf burn.

Here are some useful tips for you to grow your Fittonia well:

1. Avoid direct sunlight and grow under fluorescent light.
2. For this plant to grow well the soil should be moist but should also drain well.
3. While watering the Fittonia, take care to avoid providing too much water and ensure that the water is at room temperature.
4. Fittonia needs a moist environment to grow and terrariums are naturally moist environments. (Fittonia plants don't like static conditions very much.)

Hence, we would recommend you join the Terrarium workshop!

Please keep in mind that growing plants is a trial and error process. If what we have given to the plant does not work, then maybe we can tweak its environment a bit, by either moving it from a shady area to a more sunny area or vice-versa or control the amount of water we are giving it. In these testing times, nature has never been more important.

Gardening is a great way to connect with nature and so let us make gardening a meaningful activity. Get inspired from the master gardener of the universe – mother nature!

Don't forget to share pictures of your plants and your experience of growing them - we would love to hear from you! And when you're ready to share your work of art, send them to Yukta, marketing director of F & S @ telegram handle: @Yuuu8818!