

# Manhattan PLANT EXPERTS INC.



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## PLANT TECH CORNER

Ah, Spring! The birds are chirping, the bees are buzzing...the plant pests are multiplying! Spring is the time of year when plant pests can become a real problem. With a little diligence and a few easy tips, you can keep them at bay. For above ground pests (mealy bug, spider mites, scales, etc...), it is important to take action at the first signs of trouble. One of the easiest and safest products to use is Safer Soap. It is safe to use on all plants. It is available pre-mixed in a spray bottle, so what could be easier! To use, spray it on the plant, wipe the plant down with a soft cloth or paper towel, then spray plant again and let air dry. You may need to re-treat several times before you notice an improvement.

Another common pest is gnats. They live in the soil, and fly around to mate. One way to control them is with sticky traps which you lay directly on the soil. These traps catch the gnats as they go in and out of the soil. Remove the first inch of soil in the pot than spray Safer Soap directly on the soil surface or you can also use a small water bottle filled with half water half rubbing alcohol, follow same steps as safer soap. Gnats usually proliferate in very wet, soggy soil, so you may want to cut back a little on your watering as well. Follow these easy tips, and your plants should be on their way to a happy, healthy pest free life!

~ Raymond Emrich

## The Health Benefits of Indoor Plants

Indoor Office Plants do more than just brighten up a room with color and living energy. Along with being pleasing to the eye, they bring real health benefits to your body. Not only do complaints about headaches, stress, heart/circulation-symptoms and colds decrease when indoor plants are present, according to Dr. Leona Rogler in "The comprehensive office series," but also richly decorating a room with plants can help to keep the air clean.

### Indoor Plants Clean the Air

The good news is that a classic NASA study found that common plants could improve air quality. In fact, they reported that plants were able to remove up to 87 percent of air toxins in 24 hours. The recommendation? Use 15 to 18 "good-sized" house plants in 6 to 8 inch diameter containers for an 1,800 square-foot office.

Plants can remove a variety of toxic air emissions including ammonia, formaldehyde, carbon monoxide, benzene, xylene and trichloroethylene.

### Plants Make You Happy

Indoor plants make people feel calmer and more optimistic, says Bruno Cortis, M.D., a Chicago cardiologist. Interestingly, he says that studies have shown that hospital patients who face a window with a garden view recovered more quickly than those who had to look at a wall.

### Plants Fight Fatigue and Colds

According to a University of Agriculture in Norway study, indoor plants can reduce fatigue, coughs, sore throats and other cold-related illnesses by more than 30 percent, partially by increasing humidity levels and decreasing dust.

### Plants at the Office

Even major corporations and work environments are beginning to catch on that adding plants indoors does wonders for employee health and morale. According to one study published in Rehabilitation Literature, a manufacturing company integrated plants into its office so that no employee would be more than 45 feet from greenery. The result? Company administrators said they noticed enhanced creativity and increased productivity in employees.



### PLANT OF THE MONTH ORCHID (Phaleanopsis)

Orchid petals are always highly modified, stamens and carpels are fused, and the seeds are extremely small.



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