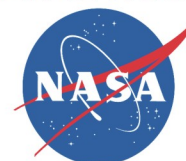




Top 10 Houseplants for Clean Air



Dr. B. C. Wolverton worked on a project for NASA that found that houseplants purified the air in enclosed spaces, removing various Volatile Organic Compounds (VOCs) from interior spaces. These compounds include things like formaldehyde, benzene, TDH and other toxins that are commonly used in carpeting, insulation, paint and other pollutants. Indoor spaces may be up to 10 times more polluted than our air outside!

For additional information, read Dr. Wolverton's book titled "Grow Your Own Fresh Air".

While all plants filter surrounding air, here are NASA's Top 10.

Areca Palm *Chrysalidocarpus lutescens*

NASA Purifying Score 8.5

Areca palms are relatively inexpensive palms that do clean the air, but are tough to grow in offices with dry air. They will benefit from sitting in a tray of moist pebbles to keep the surrounding air humid.

Lady Palm *Rhapis exelsa*

NASA Purifying Score 8.5

The Lady palm is a prized plant that is slow growing and very adaptable to low light in most interior spaces. The investment in a *Rhapis* plant will yield rewards in years of trouble free growth and beauty.

Bamboo Palm *Chamaedorea seifrizii*

NASA Purifying Score 8.4

The Bamboo palm has a nice columnar habit. It's light green foliage adds a dramatic flair to any home or office. Provide moderate light and water when the soil surface is dry.

Rubber Tree *Ficus robusta*

NASA Purifying Score 8.0

The Rubber tree is probably the easiest to grow of the ficus family of trees. It will grow in bright light but adapt well to lower levels. Look for new varieties like the Teneke for colorful, variegated foliage.

Janet Craig Dracaena *Dracaena deremensis*

NASA Purifying Score 7.8

The *Dracaena* 'Janet Craig' is one of many dracaenas that will filter the air in any room. Known for their ease of care, these plants do well in moderate to bright light levels.

English Ivy *Hedera helix*

NASA Purifying Score 7.8

WebMD suggests English Ivy as a fix for people with mold and other indoor borne allergies. Placed in a room, ivy was shown to reduce airborne mold by up to 60% in just 6 hours.

Pygmy Date Palm *Phoenix roebelinii*

NASA Purifying Score 7.8

The Pygmy Date palm has an elegant growing habit and a uniquely textured trunk. This palm removes toxins from the air in moderate to brightly lit areas.

Weeping Fig *Ficus macleilandii*

NASA Purifying Score 7.7

Ficu Alii is another fig in a large family of houseplants that also includes the *Ficus benjamina*. Both varieties reduce indoor air pollution. Ficus should be placed in a moderately lit area away from heating ducts and not moved to keep from dropping leaves.

Boston Fern *Nephrolepis exalta*

NASA Purifying Score 7.5

The ever-popular hanging basket plant works at cleaning air, especially mold in interior areas. Boston Ferns thrive on high humidity and moderate light, plus, the fern makes us all feel cool and refreshed.

Peace Lily *Spathiphyllum*

NASA Purifying Score 7.5

The Peace Lily is at home in an area with moderate to low light. Check it regularly for water and the *Spathiphyllum* will reward you by fighting indoor toxins 24/7.

For more information, please visit <http://webecoist.momtastic.com/>

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