



Growing

It is important to take care when handling compost and plant materials. Hands should be washed thoroughly with soap and water after handling compost as it contains bacteria. Parts of plants such as seeds in the activities must not be eaten. Gloves should be worn to protect broken skin from bacteria from soil.

Houseplants

Caring for Houseplants has been shown to improve mood, reduce stress, increase productivity, increase reaction times, improve attention span and increase tolerance to pain.

<https://www.rhs.org.uk/plants/types/houseplants/for-human-health>

We need to care for our plants, watering them, feeding them, and providing the right conditions for them to flourish. Plants have the ability to grow from a seed, reproduce and sometimes sadly, they die. They are not really so different from people, so care for yourself by caring for a plant.

Zebra Plant (Haworthia Fascitata)



The Zebra plant is generally easy to grow, like other succulents, the Zebra Plant appreciates bright light. They need plenty of moisture in the summer, but prefer dryer conditions in the winter.

The most important aspect of displaying this plant is to have it near to a window, allowing it plenty of sunlight.

LIGHT: Give your Zebra Plant plenty of light and it will flourish
CARE: In winter, let the soil dry out between waterings as too much water will rot the roots of your plant.
TIPS: Feed with a liquid plant food 2-3 times during the growing season from late spring to summer. This plant needs good ventilation, so is ideal for a porch or near a doorway.

Post your progress on our facebook page, we would love to see your plants grow.

<https://www.facebook.com/getupandgrowNW/>

Get Up and Grow promotes and supports the health and wellbeing of the local community through social and horticultural therapy, regardless of age and ability

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