



## Houseplant Light Requirements

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What does “bright, indirect light” mean? Read on to learn more information about understanding lighting and plant needs.

Before purchasing a new plant, first ask yourself “What type of light can I provide this plant?” then “What type of light does this plant require?”. Start by observing your space. Identify the direction of your windows (north, south, east, or west) and how much (AKA how many hours of) sunlight they receive throughout the day. This helps to determine the best placement for your plants and aids in their success!

### **Understand Light Levels:**

**Low Light:** Plants that thrive in low light conditions are suitable for areas with minimal natural light. Rooms with a northern exposure have the lowest levels of light and no direct sunlight.

**Medium Light:** Most common houseplants prefer medium light conditions. Place them near a window with filtered sunlight (shade from an outdoor tree, close neighbours, or curtains) or a few feet away from a bright window. Typically, this applies to windows with east or west exposure. They receive bright sun in the morning or late afternoon, and filtered light the rest of the day. Also referred to as “bright indirect” light.

**High Light:** This refers to direct sun, all day long. A south facing window will receive 4+ hours of direct sun. This area is perfect for plants that require plenty of sunlight. If your window provides too much intense sunlight for your plants (read below for monitoring plant responses), use a curtain or blinds to diffuse the light.

**Rotate Your Plants:** Turn your plants regularly to ensure all sides receive equal sunlight. This prevents one side from growing toward the light source and encourages balanced growth.


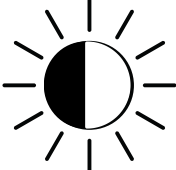
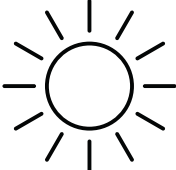
**Adjust Distance from Light Source:** If you notice signs of too much light (leaf burn or discoloration), move the plant slightly away from the window. Conversely, if the plant is stretching (a rapid upwards growth spurt resulting in lean plants with few leaves) towards the light, bring it closer.

**Use Artificial Lighting:** Supplement natural light with artificial light, especially in spaces with limited sunlight. LED grow lights are energy-efficient and come in various spectrums suitable for different stages of plant growth.

**Monitor Plant Response:**

Watch for signs of light stress. If your plant's leaves are turning yellow, brown, or becoming bleached, it may be getting too much light. If the plant is leggy and reaching for light (stretching), it may need more light.

Remember that different plants have different lighting requirements, so it's essential to research the specific needs of each plant in your care. Below is a list of lighting requirements and the plants that do well under those conditions.

Low Light		Pothos, Snake plant, ZZ plant, Peace Lily
Medium Light Bright Indirect Light		Monstera, Fiddle Leaf Fig, Orchids, Dracaena, Spider Plant, Rex Begonia, Philodendron, Tradescantia, Ficus
High Light		Succulents & Cacti, Citrus

