



How to Help a Plant Flourish



PLACE/SPACE

Plants need room to grow in order to spread their roots, this helps them have enough resources so they don't compete. With that being said, we can plant companion plants to support growth as well.



SUNLIGHT

Energy comes from the sun. Plants don't eat food like us, they use the sun to make their own food, a sugar called Glucose.

AIR

Plants breathe through holes in their leaves. They bring in CO₂, and out Oxygen. Air flow also helps to prevent disease like powdery mildew. And creates strong plants.



WATER

All living things need water, they need this to stay hydrated. They drink water through their roots. This also moves the nutrients through the plant.

SOIL

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NUTRIENTS

Help the plant grow healthy and strong. These nutrients live in the soil and can be obtained by adding different amendments like organic materials, compost, leaves, bone meal, etc.

Content developed by Meghan Garrity. Infographic developed by Megan Pullin, M. S. 500 RYT. For educational purposes only



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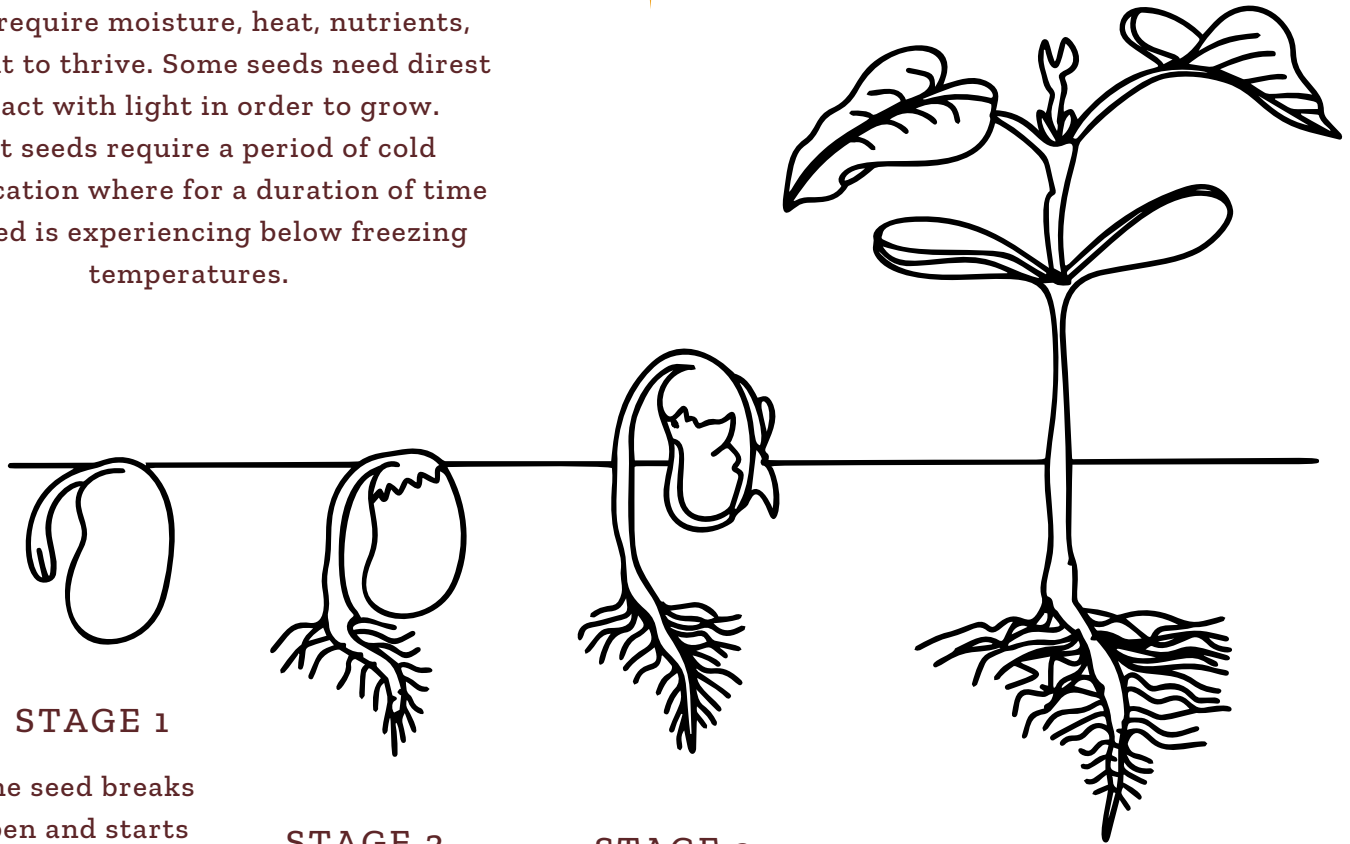
Seed Growth



ENVIRONMENT

Seeds require moisture, heat, nutrients, and light to thrive. Some seeds need direct contact with light in order to grow.

Most seeds require a period of cold stratification where for a duration of time the seed is experiencing below freezing temperatures.



STAGE 1

The seed breaks open and starts to soak up water.

STAGE 2

The seed grows a root to obtain water and nutrients from the soil.

STAGE 3

The seed breaks the surface of the soil to reach towards the sun for energy.

STAGE 4

The seed continues to reach for the sun and grows leaves to photosynthesize the sun's light into plant energy.

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