

Day 11 Greenest

Garden Plan→

Considering the constant high temperatures in Mérida, Yucatán, it would be logical to go for heat resistant varieties, however, indoor plants don't need that characteristic. This is because AC's are very common and are on most, if not all, day. Creating instead an adequate environment for plants that need indirect sunlight and average temperatures. Knowing those requirements, we chose non-invasive plants that are suited for the region, have great benefits for our health, the environment, and are relatively low-maintenance. Additionally, we considered the types of soil and nutrients needed, so it'll be a regenerative garden.

Our chosen varieties are the following:

Mother-in-law's tongue or snake plant, *Sansevieria trifasciata* is known for helping cool down the environment and removing air toxins because of its high water content which lets out cool moisture as well as a lot of oxygen. It can handle sunny spots, meaning they'll make shade if placed in front of windows, helping keep the heat out even further.

The Spider plant, *Chlorophytum comosum*, is an easy-to-grow houseplant with nice grass-like foliage which absorbs chemicals as well. It has few pests problems; requires shaded areas in hotter climates, propagates easily, grows both indoors and outdoors; and lives in average humidity levels as well as temperatures.

The Chinese Evergreen, *Aglaonema 'Jubilee Compacta'*, is another houseplant that purifies air toxins and humidifies the air around it thanks to its high rate of transpiration. There are several variations, changing in foliage amount for example, though they all stay generally low maintenance, not needing much water nor light.

Sword Fern, *Polystichum munitum*, is an evergreen perennial fern which requires partially sunny and warm areas to grow properly, though it can't handle direct sunlight. It should be

kept at room temperature, avoiding drafts and heating air. It also requires consistent water to maintain moistness, though it can withstand short periods of dryness without much trouble.

Two options for fruits to include in the garden are tomato and pineapple, which can be grown through propagation, meaning you don't need to buy the seed, rather, you use a bit of it to grow your own. Some benefits include, not having to buy them, avoiding the transportation time, fuel, and resources to get it from an industrialized farm to your local supermarket to your kitchen; as well as harmful pesticides and fertilizers that are used when food grows in crops of such proportions. Instead having natural, accessible alternatives that won't harm your health nor your gardens, plants, and pets.

Tomatoes, *Solanum lycopersicum*, are incredibly popular for starter gardens. Whether store-bought or using a fresh slice with the seeds, they grow well outdoors, indoors, and in greenhouses. They need warm and sunny spots to grow in and more attention than priorly mentioned plants. Meaning, regular watering and feeding of high potassium fertilizer (which can be made easily leaving banana scraps in water for a couple of hours) to keep the dirt moist and healthy.

Pineapple, *Ananas Comosus*, can be upcycled by using the top, letting it grow out roots, by placing it in water, then finally potting them in dirt, until it grows out the pineapple from the top. It must be placed in a well-lit area, avoiding direct sunlight, keeping the pot well drained, and using the same banana water used for the tomatoes.

Sources→

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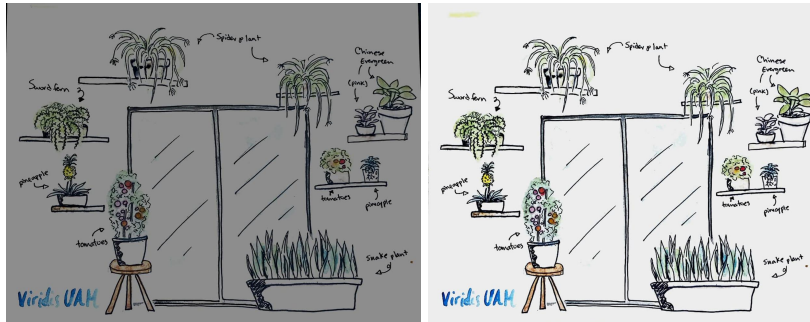
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