



Edibleroom presents

# HYDRATION FOR INDOOR PLANTS

Your Modern Handbook to Plant Hydration For Indoor  
Plants

# Importance of Water in Plant Growth

Water is an essential input to plant survival and growth, being key components in photosynthesis, transpiration and cellular activity.

Not all water provided is directly taken up by your plants. Water can be lost through other processes, such as evaporation and leaching.



A close-up photograph of a black watering can being used to water a green plant in a greenhouse. The watering can is tilted, and a stream of water is falling from its spout. The background shows the glass panes of the greenhouse structure. The text "Why Adequate Watering is Important" is overlaid in white serif font across the center of the image.

# Why Adequate Watering is Important



Not providing enough water to a plant leads to a condition called **drought**.

This leads to leaf wilting and leaf drop as the plant attempts to conserve water through physiological changes. Drought can happen quickly for young plants and sprouts as they have yet to develop resistance capabilities.

Prolonged drought leads to the death of the plant.

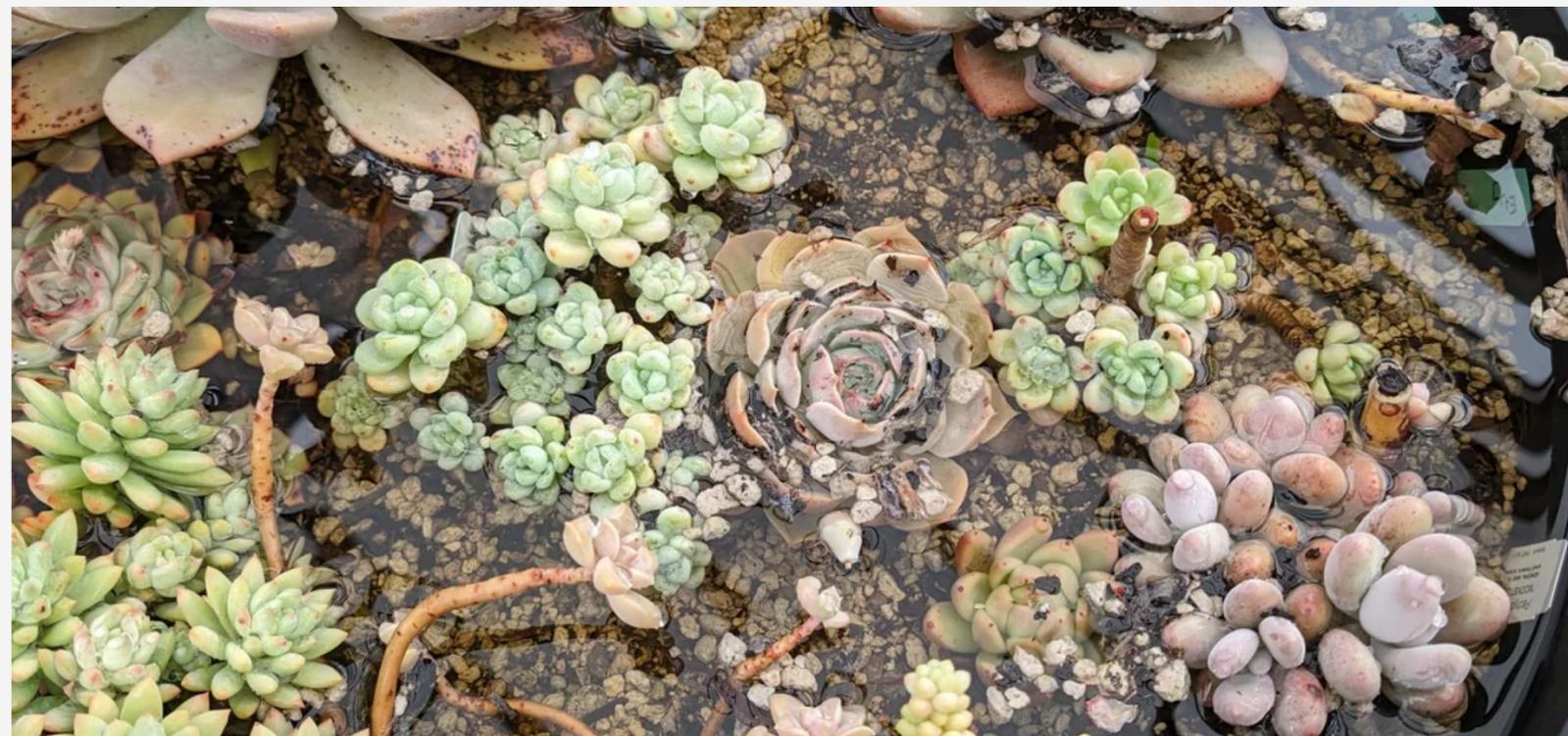
## Underwatering



On the other hand, providing too much water leads to a condition called **waterlogging**. This happens when the media in which plants grow is oversaturated with water, causing root suffocation.

In most circumstances, waterlogging is caused by over-frequent watering or inadequate drainage.

Prolonged waterlogging eventually also leads to plant death.



**Overwatering**



# Modern Techniques



Water only when the **top layer** of the soil is dry. You can check using a moisture meter or by dipping your finger 5 cm (2") into the soil.

For new plants, soil or environment, regularly check the moisture of your soil to determine how quickly your soil dries up. You can implement a reminder or a schedule after you understand your plants watering needs.

## When to Water



# Want to grow edible plants indoors but don't know where to begin?

Claim a **FREE** self-paced micro-course which is designed to help you get started quickly, without the hassle of filtering through various internet advice, tutorials or garden hacks.

- Tell us about your plants and objective, and we will curate a short course **personalised for you**, comprising of:
  - Quick start on soil, seeds and seedlings
  - What edible plants are best for your first garden setup
  - Your first garden set-up and planting schedule
- And more!



Scan the QR above or visit the link below to find out more:

<https://edibleroom.com/services/>

Use a **pressure sprayer** with fine misting capability for microgreens, seedlings and small potted plants. Light misting is gentle on the roots of these sensitive plants.

Move around the soil uniformly to ensure the entire soil mix is fully saturated with water.

Ensure excess water is drained off through the drainage holes and out from the bottom of the pot (usually into your saucer).

If water is puddling on the top layers of soil and not draining out, it could mean your soil mix is not well draining enough. In this case, change to a well-draining medium instead.

The key to optimal watering is watering without letting the soil dry out for too long while maintaining good drainage.



## How To Water



# Types of Water



## **Municipal Water Supply**

Most tap water is appropriate for watering plants. However, the quality of the tap water might affect the accumulation of different minerals.

Check your municipal water supply on whether it is hard water or soft water.

Hard water is water that contains high levels of Magnesium and Calcium. Soft water contains low levels of Magnesium and Calcium and can contain higher levels of Sodium instead.

Generally, hard water is preferred over soft as Magnesium and Calcium are beneficial in plant growth. However, using either hard or soft water can eventually lead to accumulation of specific mineral salts, causing toxicity effects.

Monitor your plants and change the potting medium if you notice potential toxicity effects caused by mineral buildup.

You may also choose to use collected rainwater for watering plants. It is naturally soft and has neutral pH (if collected directly).

Water that is at ambient room temperature is preferred when watering plants. Avoid hot water (above 35°C) or cold water (below 15°C).

Avoid using the following types of water during:

Untreated recycled water

Soapy water

Water with commercial cleaning agents

Water with high salt content

When you suspect your water source is impeding your plants' growth, consider using filtration systems such as a Reverse Osmosis filter.



## **Water Quality**

# Equipment And Tools





A watering schedule is useful after you identify your plant's watering needs. A simple repeating reminder can be set on your **Google Calendar**.

For new plants, you can start implementing a set schedule 2 to 4 weeks after you identify how the duration where your soil mix dries out.

Use a repeating alarm or reminder to keep yourself reminded to water your plant. Always test your soil moisture before watering to prevent overwatering.

## Watering Schedule

Self-watering pots use a wick system to take in water when the soil becomes dry.

Terracotta pots are submerged with only its neck above the soil. Water is gradually released from the small pores of the pot, which keeps soil moist over time.

Hydroponic Systems are also great alternatives. These systems usually have a water pump that circulates water to the plant roots continuously.



## Self Watering Tools

A woman with long dark hair, wearing a white floral-patterned top and a black apron, is shown in profile from the chest up. She is holding a clear plastic handheld mister and spraying a large green leafy plant. The background is a blurred indoor garden or greenhouse with various plants and wooden structures. The overall lighting is soft and natural.

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Modern Plant Care Built For You