

A white circular logo with the text "EdibleRoom" inside. The "E" is green and the rest of the text is black.

EdibleRoom

Edibleroom presents

# NUTRITION FOR INDOOR PLANTS

Your Modern Handbook to Plant Nutrition for Indoor Plants

# Importance of Nutrition in Plant Growth

Apart from water and sunlight, a plant needs to meet its essential mineral needs.

There are about 20 types of mineral elements identified as necessary for healthy plant growth.

Just watering your plants does not provide all the macro and micronutrients your plant requires.

Fertilisers are used to provide these nutrients for plants. They are made out of organic or inorganic materials, made to enrich soil or water (in hydroponics).



# Why Adequate Nutrition is Important



If your plants are underfed, they become malnourished and enters a state of **nutrient deficiency**.

Effects of nutrient deficiency includes:

- Yellowing and browning of leaves
- Stunted and small growth of leaves, stem or roots
- Leaf curling and wilting

**Under-fertilising**



On the other hand, when plants are overfed, excess mineral salts can cause poisoning, and your plants enter a state of nutrient toxicity.

Effects of nutrient toxicity includes:

- Leaf burn and scorching
- Leaf discolouration - turning purplish or yellow
- Leaf necrosis which shows up as black or brown patches



**Over-fertilising**

# 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/>



# Types Of Fertiliser



Organic fertilisers are of plant or animal origin. Some examples of organic fertilisers are compost, seaweed, worm castings and bone meal.

Inorganic fertilisers are synthetically created. Most commercial off the shelf fertilisers are inorganic.



## Organic VS Inorganic

Slow-release fertilisers are usually solid pellets or granules. They are specially coated with materials that slowly break down in soil. They provide a steady supply of nutrients across several weeks.

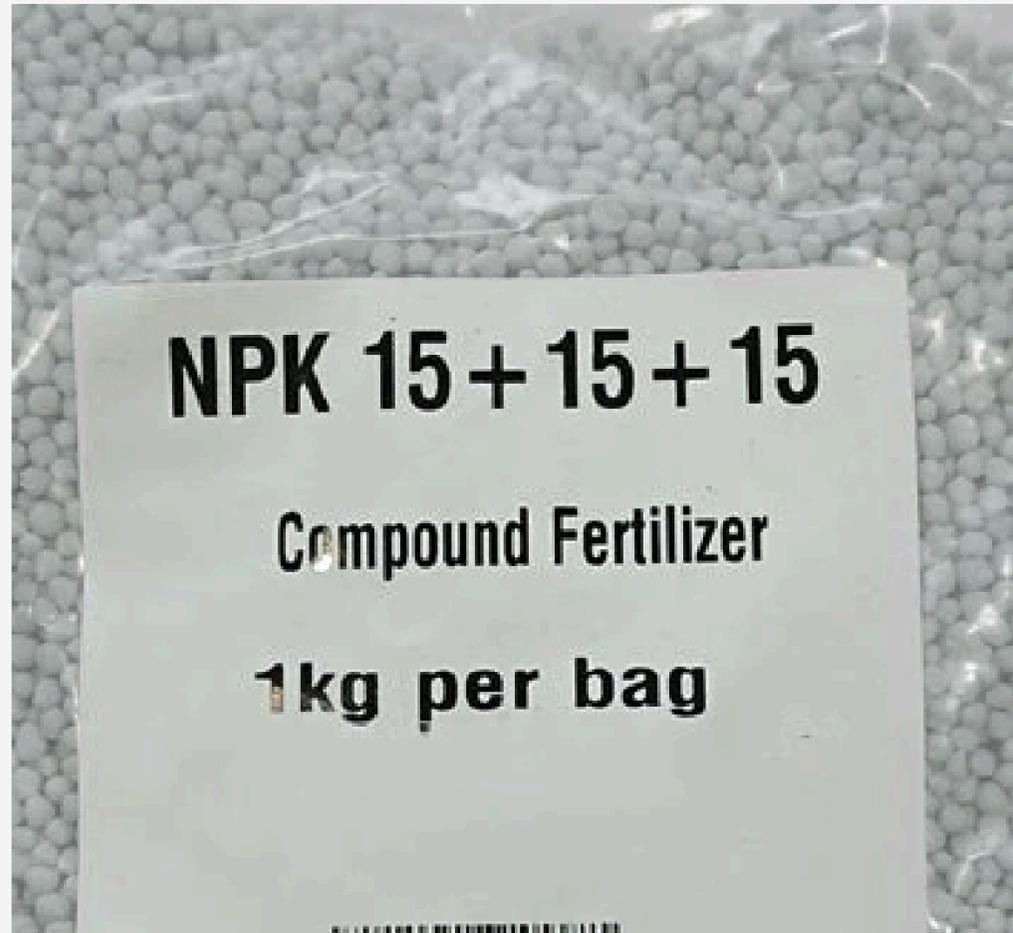
Fast Release fertilisers are in liquid or powder form. They are made to dissolve quickly, facilitating immediate nutrient absorption by the plant.



## **Slow-Release VS Fast-Release**

# Choosing Your Fertiliser Composition





## NPK on Plant Development

Commercial fertilisers label their products with the ratios of 3 important macro-nutrients, namely Nitrogen - Phosphorus - Potassium (N-P-K):

**Nitrogen (N):** Promotes healthy leaf & stem growth.

**Phosphorus (P):** Promotes healthy root development.

**Potassium (K):** Improves plant's overall well-being.

**Balanced Fertilisers** are those with the same NPK ratios (Eg. 10-10-10).

Higher NPK does not equate to better growth.

Excess N can lead to overly quick but unhealthy leaf and stem development.

Excess K can cause mineral imbalances that stunts growth and leads to yellowing leaves.

NPK ratios provide a direct reference point to choose the right product for their plants.

Different plant types have different nutrition needs. Refer to the following for a generic guide when starting out.

Houseplants: Use balanced fertilisers and low NPK. For generic use, consider fertilisers with a 10-10-10 ratio as a start.

Leafy Veg: Use balanced fertilisers for young plants, use higher N for larger or fast-growing greens.

Flowers & Fruits: Use fertilisers with higher P or K to stimulate flowering and fruiting, Eg. 13-13-21.

Monitor your plants closely after starting a new fertilising for signs of over or under fertilising, and adjust your plans based on actual observations.



## Choosing the right fertiliser



# Feed Techniques





Not all indoor plants require fertilisers. Certain low maintenance indoor house plants can grow well without application.

For other plants, you can follow the guideline below.

- Certain House plants: Fertilise once you notice nutrient deficiencies, ideally during their active growth period (usually between March to October).
- Edible leafy greens: Begin light fertilising at the seedling stage and gradually increase after true leaves mature.
- Flowering and fruiting plants: Switch to fertilisers suited for flowers and fruits before plant starts flowering.

Take note that fertilising needs changes across:

- Different plant varieties
- Different plant maturity
- Different environmental conditions indoors

## When Do You Need to Fertilise?

Follow the product's instructions for fertiliser quantity and frequency. If nutrient deficiencies appear, adjust by gradually increasing the frequency of application and monitor plant response.

Avoid increasing fertiliser dosage initially, as that can cause over-fertilising.

For hydroponics systems, use a household Electrical Conductivity (EC) meter to measure EC, and add in liquid fertiliser into the reservoir till you meet the target EC for your plants.



**Miracle-Gro All Purpose Water Soluble Plant Food**

UNIQUE MIX OF 10 NUTRIENTS

Why use Miracle-Gro All Purpose Water Soluble Plant Food?

- Ideal for all plants indoors or outdoors whether in beds, borders, pots, containers, hanging baskets or the lawn.
- Healthier, more beautiful plants within 2 weeks.

carefully balanced to provide plants with essential nutrients required for optimum growth and flowering.

How to use

- 1. Choose the dosage size and dilute into water according to the guide.
- 2. Soak the soil around the base of the plant.
- 3. Wet the leaves with a fine rose on a watering can.
- 4. Feed every 2 weeks from early spring - late summer.

Makes up to 80 watering cans

Storage and advice

- Keep out of reach of children.
- Wash splashes from skin.
- Wash hands after use.
- Reseal pack after opening.
- Store in a dry place.

EVERGREEN Garden Care

Evergreen Garden Care UK Ltd, 1 Archipelago, Lyon Way, Frimley, Surrey GU15 7DR

EU Importer: Evergreen Garden Care France SAS, 4 Allée des Séquoias, 93760 LIMONEST, FRANCE, Tel: +333 828 882 479

UK Fertiliser Declaration

# How Do You Fertilise?

A close-up photograph of a person's hand holding a small terracotta watering can, pouring water into a larger terracotta pot containing a green plant. The background is blurred, showing a blue surface and a plaid shirt. A white circular logo is centered over the image.

EdibleRoom

Modern Plant Care Built For You