Community Builder Outline Presentation

1. Why are plants good for dorm rooms
   a. Plants filter out carbon dioxide.
      i. CO2 can contribute to headaches and cause drowsiness.
   b. Plants not only take in CO2 but also release oxygen for fresher air.
   c. Can also remove toxins that are in the air which can help your concentration and memory.
   d. Plants can provide feelings of calmness, relaxation, positivity, and happiness which can in turn reduce stress.
   e. There are many studies that have done that prove being around a natural environment improves performance and increases energy. As humans we were made to be drawn to nature and the outdoors. This is why you see plants scattered around an office building.
   f. People who spend more time around nature tend to have better mental health.

2. Different types of plants
   a. Best plants for dorms we found to be were: succulents, tropical plants or palms, ferns and small trees.
   b. Succulents are water storing plants, only need few watering, adaptable to low light, many different color variations, typically plants stay small.
      i. Example: cactus, hens and chicks, orchid cactus
   c. Tropical: can handle moderate to low light areas, some can have flowers, typically they are palms or larger leafy plants, gives a tropical vibe.
      i. Ponytail palm, African violet, Philodendron, ZZ plant (very common in offices)
   d. Ferns: native plants, thrives well in windows, can tolerate warm or cold temperatures, and only needs a small amount of water every other day.
      i. Bird’s nest fern, button fern, silver brake fern, maiden hair fern
   e. Small trees: long lasting plants, can grow to be very big, or continually pruned to be kept small, can thrive indoors or outdoors, can be decorated.
      i. Bamboo and money tree

3. How can plants tie into the universities motto of truth, unity and love
   a. Having a plant in our dorm room can raise environmental consciousness, awareness, and appreciation.
   b. Having to care for a plant gives the owner a sense of responsibility and increases feelings of compassion.
   c. Caring for plants in general raises the feeling of empathy, aka being more inclusive and tolerant of differences.
   d. Part of Villanova’s Mission: “Respect a worldview that recognizes that all creation is sacred and that fosters responsible stewardship of the environment”

Community Builder Online:
https://www1.villanova.edu/villanova/sustainability/GetInvolvedSustainability/Resources.html
Plants for Dorm Rooms
Aka limited lighting and health benefits
Why are plants good for dorm rooms

- Excess CO2 in your room can contribute to headaches and drowsiness due to lack of oxygen
- Plants absorb CO2 and release oxygen for fresher air in your dorm room
  - Improved indoor air quality
  - Can remove toxins from the air, helps concentration
- Feelings of calm, relaxation, and reduce stressed
- Flowering plants add positive energy
Types of plants for dorm rooms

- Succulents and Catí: easy to grow, water-storing plants, dry humidity and warm conditions, adaptable to low light, minimal watering, color variation
- Tropical: moderate-low light areas, warm temperatures, some flower adding color
- Ferns: Medium light, thrives in windows that receive morning or late afternoon sunlight, high or low temperature tolerable, small amounts of water every day or every other day
- Small trees: long lasting, can grow to be very large, can be decorated, thrives indoors or outdoors, most trees will need to be pruned
Succulents
Aloe Vera
Epiphyllum
Sea Urchin Cactus
Aloe Vera

- Healing properties
- Good for burns, scrapes, and cuts
- Superfood: a nutrient-rich food considered to be especially beneficial for health and well-being
- Slow growing
- Holds water in leaves, needs few waters
- Do not overwater, let soil dry out
- Indirect bright light - will thrive next to a window
Epihyllum

- Aka Orchid Cactus
- Good hanging plant
- Flowering plant, color variation
- Bright indirect light
- Blooms only for a few days, but blooms regularly
- Soil moist
- During winter water sparingly
- Moderate temperatures and humidity
Sea Urchin Cactus

- Strong light only during growing season (direct sunlight)
- Winter time can have low light
- Dry soil
- Small in size
- Blooms colorful flowers
- Easy to grow
Tropical
Ponytail Palm
African Violet
Philodendron
ZZ Plant
Ponytail Palm

- Easy to grow
- Grows slow
- Tolerates medium and low light areas
- Stores water in thick trunk, can survive extended periods of time with no water ~7-10 days (good if you are forgetful!)
- Only fertilize a couple of times per year
African Violet

- Bright and cheerful colors
- Lukewarm water
- Do not water foliage
- Moist soil
- Medium to bright light for better flowering
Philodendron

- Good for beginners
- Plant will display what it needs
  - Too much light = yellow leaves
  - Droopy leaves = too much or not enough water
  - Pale leaves = not enough nutrients
- Bright, indirect sunlight - will grow well near a window
- Generally dry soil, check with finger
- Recovers quickly if incorrectly watered
- Can be a vined plant or a non-climbing plant
ZZ Plant

- “Indestructible house plant”
- Slightly larger plant, resembles fake house plans made of plastic
- Bright moderate light, indirect light, or low light
- Infrequent watering, water only when soil is dry
- Great plant if you forget to water
  - Can survive months without water
- Does not need fertilizer
Ferns
Bird’s Nest Fern
Button Fern
Silver Brake Fern
Bird’s Nest Fern

- Warm or humid conditions
- Can grow without soil
- Can grow with other plants or alone
- Fast growing
- Water only the soil around the plant, not at the center
- Damp soil, not soggy
- Low light, no direct sunlight
- Can sometimes be difficult to take care of
Button Fern

- Good plant for beginners
- Grows quick, but stays small
- Dry soil conditions, can have limestone rocks in the soil
  - Moderate watering, no soggy soil
- Indirect light
- Moderate temperatures and humidity
  - Can tolerate cooler air
- Do not need to mist leaves
Silver Brake Fern

- Adapts well to average indoor conditions
- Variations of leaf shapes and green colors
- Bright indirect light - will do well near a window
- Likes cooler temperatures at night
- Soil lightly moist
Small Trees
Bamboo
Money Tree
Bamboo

- Straight, shaped, or woven stems
- Bright green foliage
- Low light conditions, no direct sunlight
- Water every few days
- Can grow in water or soil
Money Tree

- Often grown and braided together, resembles a bonsai
- Indirect Medium indoor light, can tolerate low light
- Classy, sophisticated look
- Symbol of good luck and prosperity
- Infrequent watering, 7-10 days
- No regular pruning
African Violets

Snake Plant

Cast-Iron Plant

Bird's Nest Plant
Clean Indoor Air

Remove Workplace Toxins  Create Daytime Oxygen  Create Nighttime Oxygen
Where to buy bulk plants and pots

- Plastic Pots, Biodegradable Pots, Decorative Pots, Hanging Baskets, etc: http://www.greenhousemegastore.com/category/containers
- Wholesale Plant Supplier: http://creationsofearth.com/cgi-bin/catdisp8bps.cgi
- Etsy and Ebay