



One consistent feature in all the spaces we design, whether it is a bedroom, a retail space or a café; is plants. Bringing a little bit of nature indoors adds the finishing touches to a space. Over the years we have been selecting plants for clients and growing and caring for a collection of plants within our own homes and have gathered quite a bit knowledge! We would love to share all we've learned with you; the plant varieties that we love and the best way to care for them and keep them looking their best. We know that the thought of caring for indoor plants can be daunting, so we have included our hardest recommendations. We also know that keeping indoor plants is beneficial for your health and wellbeing, so we have included some species that thrive indoors, as well as looking great in your home. We hope that you enjoy our tips and are inspired to cultivate your own indoor jungle.





Plant featured: Ficus Benjamina

## PLANTS AND WELLBEING

Caring for and enjoying indoor plants is so rewarding. Existing in spaces full of indoor greenery always makes us feel happier and more productive.

Recent studies from Melbourne University and RMIT University have proven that keeping indoor plants does boost your wellbeing.

The benefits of living and working in spaces with plants include reducing stress, improving concentration and raising your overall wellbeing. Plants also clean the air of carbon dioxide and other common pollutants, as well as release clean oxygen which is perfect for our homes. Plants that are great for air purifying and perfect for indoors include Devil's Ivy, Peace Lilies and many Ficus species, like the one pictured here, in our Surry Hills studio.



## EASY PLANTS

The thought of caring for indoor plants can be intimidating, but we can recommend some easy and hardy indoor plants to get you started here:

1. Rubber Plant (*Ficus elastic*) With their beautiful dark green foliage these plants have been a long standing favourite of the team at Triibe

2. String of Pearls (*Senecio rowleyanus*) This unique looking succulent is striking, yet surprisingly easy to care for. Just pop it in a well lit spot and don't over-water

3. Aspidistra (*Aspidistra elatior*) Also known as the 'cast iron' plant, these plants have large dark green leaves and will do well in virtually any environment.



Aspidistra



String of Pearls



Plant featured: Rubber Plant



## WARM CLIMATE PLANTS

If you live in a warm climate then you can embrace luscious plants. Some of our favourites include:

1. Banana Tree (*Musa acuminata*) If you live in a warm enough climate Banana trees can actually make beautiful and unique houseplants
2. Umbrella Palm (*Schefflera* or *Heptapleurum*) We love the unique leaf pattern created by the Umbrella Tree, these plants are fast growing and will thrive in a well lit spot in your home
3. Fan Palm (*Livistona chinensis*) The delicate pleated leaves of the Fan Palm are beautiful, they look great on their own or mixed with other taller tropical plants



Banana Tree



Fan Palm



Plant featured: Umbrella Tree



## COOL CLIMATE PLANTS

Many of the plants on this list are native to warm climates but tolerate the cold well and thrive indoors away from frost.

1. Fruit salad plant (*Monstera deliciosa*) These plants like shade and moisture so keep them topped up when the soil feels dry. They're quite happy indoors and are rather hard to kill.
2. Chinese Money Plant (*Pilea peperomioides*) These delicate looking little plants actually tolerate the cold extremely well, keep them in bright indirect light
3. Succulents (*Sempervivum* or *Sedums*) These two varieties of succulent will thrive in a cooler indoor climate and are easy to care for



Chinese Money Plant



Succulents



Plant featured: *Monstera Deliciosa*



## MAINTENANCE

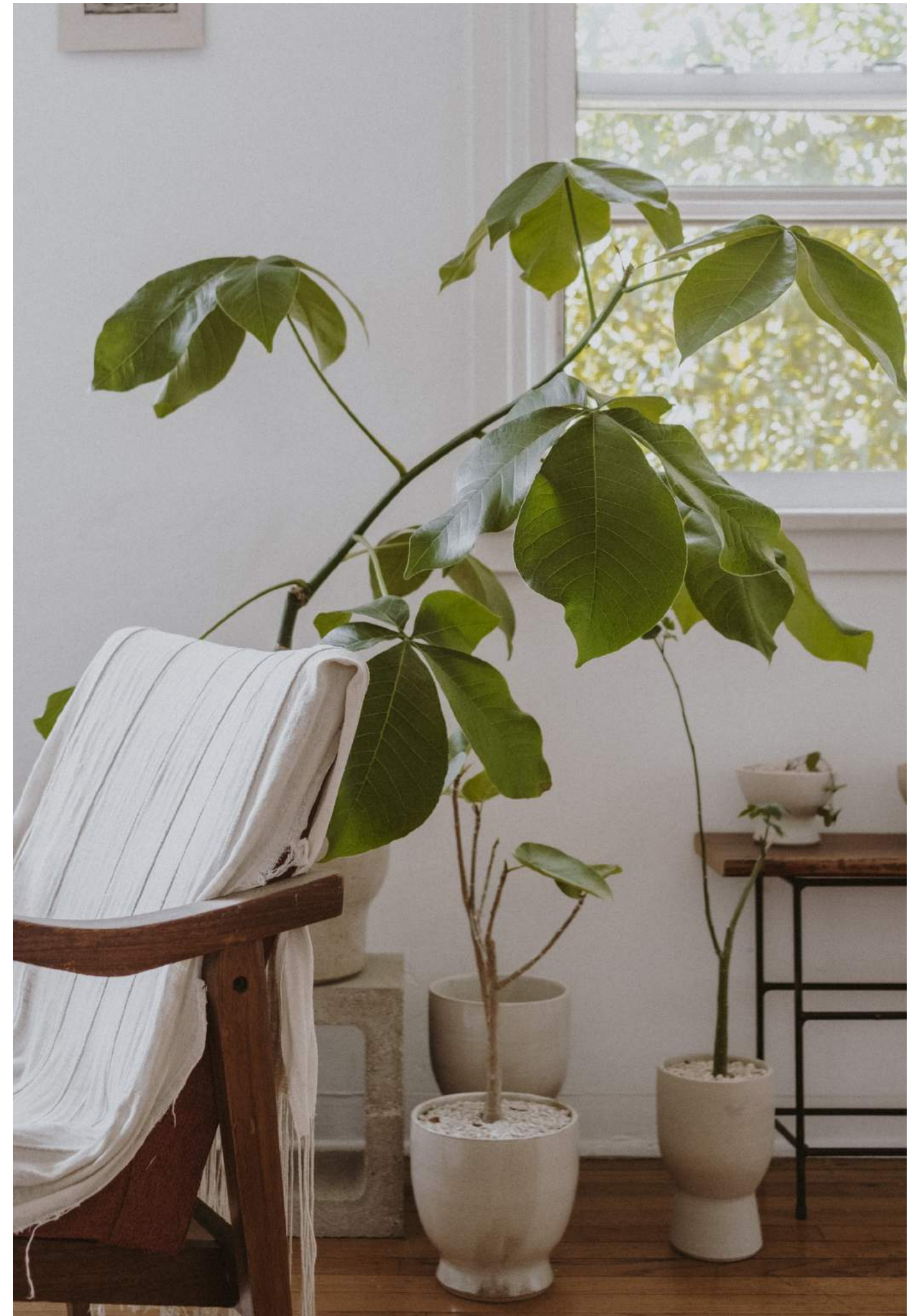
Caring for your houseplants is easy and quick, here are a few tips to keep your plants healthy and beautiful

1. Clean the leaves of your plants regularly to allow them to photosynthesize. You can either rub each leaf gently with a damp cloth or give them a cool shower every month

2. Observe your plants in the warmer months and look for any signs which indicates they are stressed. You can move them to a cooler spot, or to a position which does not receive direct sunlight, rotate the plant so it receives an even amount of indirect-light all over and ensure there is enough water

3. During the cooler months remember to water your plants less, some plants need to be watered as little as once a month during this time

4. Make sure to tip any excess water from plant saucers as sitting in water can cause root rot



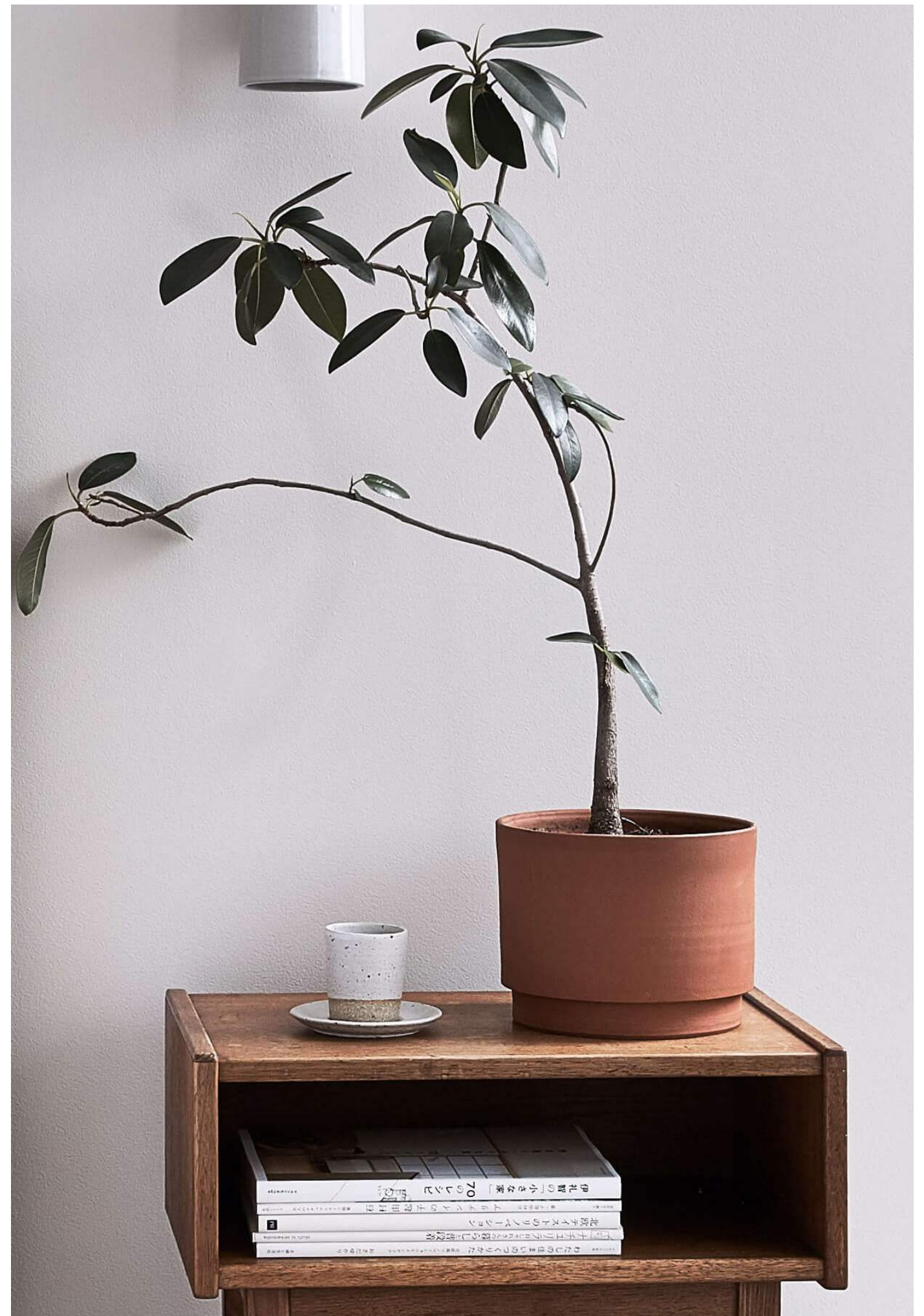
Plant featured: Umbrella Plant



## PLANTERS

Buying a variety of plants in different sizes will allow you to create beautiful layering and textural variation, and the same thing goes for the planters that you buy. We love textured, ceramic and handmade planters. If your planter doesn't have drainage you can simply drop your plant inside the planter in a simple plastic pot.

Your indoor plants will grow over time and will eventually require re-potting, as a general rule of thumb, multiply the current diameter of the pot by 1.5 and this will give you the size of pot to move up to, for example, if you have a 200mm pot, increase the size to a 300mm pot. The best time to repot your plants is late winter or early spring to ensure they have lots of room to grow in the warmer months.



Plant featured: Ficus



# Planter Suppliers

## MR KITLY

A hidden gem on Sydney Road in Melbourne with a great variety of handmade planters made by local designers  
Brunswick | [www.mrkitly.com.au](http://www.mrkitly.com.au)

## GARDEN LIFE

A range of specialty imported pots and homewares, located in Saint Peters precinct in Sydney  
Saint Peters | [www.gardenlife.com.au](http://www.gardenlife.com.au)

## WINGNUT & CO

A small showroom and workshop where you can view the latest collections of handmade ceramic planters  
North Melbourne | [www.wingnutand.co](http://www.wingnutand.co)

## LEAF AND THREAD

Beautiful range of handmade pots in handmade glazes, designed to reflect a deep affection for the natural world  
Online | [www.leafandthread.com](http://www.leafandthread.com)

## THE PLANT ROOM

Stocks a range of beautiful plants and handmade pots, including some of our favourite ceramic brands.  
Manly | [www.theplantroom.com.au](http://www.theplantroom.com.au)



Store featured: Wingnut & Co



## IMAGES

### Front cover:

Darlinghurst Residence,  
Photograph by Terence Chin

### Plants and Wellbeing page:

Triibe Concept Studio 2,  
Photographed by Terence Chin

### Easy Plants page:

Triibe Concept STudio 3.  
Photographed by Sam Riles

### Warm Climate Plants page:

IN BED Store Journal image,  
Images by Ana Laframboise & Daniel Klinckwort

### Cool Weather Plants page:

Image from Harkoon

### Maintenance page:

INBED Store Journal image,  
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### Planters page:

Darlinghurst Residence,  
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Wingnut & Co Studio,  
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