



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants

Alpine Plantain



Category

🌿 Tropical

Family

🌿 Apocynaceae

Common Name

🌿 Alpine Plantain
🌿 Mountain Plantain

Vairty of colour



Description

🌿 Alpine Plantain (*Plantago alpina*) is a small perennial herb native to the Alps and other mountain regions of Europe. It grows naturally in alpine meadows, rocky slopes, and high-altitude grasslands.



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Watering

💧 **Water only when the soil is dry.**

- Summer: Once every 7–10 days
- Winter: Once every 15–20 days
- Avoid overwatering

Temperature

🌡️ **Best Temperature**

- 18°C to 28°C

Can Tolerate

- 10°C to 35°C

Protect from frost and freezing temperatures.

Sunlight

☀️ **Loves bright light.**

Ideal Light

- 3-5 hours of morning sunlight
- Bright indirect light indoors

Fertilizer

🌱 **Feed once every month during spring and summer.**

Recommended Fertilizers

- Succulent Fertilizer
- NPK 19:19:19 Liquid Fertilizer

Soil

🌿 **Requires very well-draining succulent soil.**

Simple Soil Mix

- 40% River Sand or Perlite
- 40% Garden Soil
- 20% Cocopeat or Compost



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Humidity

☁️ Prefers low humidity.

Ideal Humidity

• 30%–50%

Reproduction

🌱 Very easy to propagate through stem cuttings, division, and leaf cuttings.

Stem Cutting Method (Best Method)

1. Cut a healthy stem 8–10 cm long.
2. Let the cut end dry for 1 day.
3. Plant it in well-draining succulent soil.

Benefits

🌱 Easy to propagate through leaves, offsets, and seeds.

Leaf Propagation

1. Gently remove a healthy leaf.
2. Allow it to dry for 1–2 days.

Difficulty Level: Easy 🌱

🏠 Homes with sunny balconies

☀️ Outdoor gardens

🪴 Large decorative pots

🌵 Succulent collections

🏢 Commercial landscapes

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