



Nook & Nature

By Neha Kunal Deshmukh

Plant Care Guide

Simple steps for healthy , happy plants



Boston Fern

(*Nephrolepis exaltata*)

Boston Fern, or *Nephrolepis exaltata*, is a popular fern variety known for its lush, feathery fronds and graceful appearance. The fronds are typically bright green and arching, adding a touch of elegance to any indoor space.



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Origin: Tropical regions around the world, including the Americas, Africa, and Asia.

Care Level & Placement: Medium care, Indoor or outdoor (in mild climates)



Light

They prefer filtered sunlight or partial shade. Avoid placing them in direct sunlight as it can scorch their delicate fronds. If the fronds start turning pale or yellow, it may indicate insufficient light.



Water

Keep the soil consistently moist but not soggy. Boston Ferns prefer slightly humid conditions and regular watering. Water thoroughly, allowing excess water to drain away. Mist the fronds occasionally to increase humidity. Avoid letting the soil dry out completely, as it can cause the fronds to wilt.



Soil

Plant Boston Ferns in a well-draining soil mix. A combination of peat moss, perlite, and regular potting soil works well.



Fun fact

Boston Ferns are excellent natural air purifiers. They can help remove toxins from the air, improving indoor air quality. Their lush foliage not only adds beauty to the space but also contributes to a healthier living environment.



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Pet Friendliness

Boston Ferns are non-toxic to pets, making them a safer choice for households with cats, dogs, or other animals.



Stress Signs

Wilting fronds: If the fronds start to droop or wilt, it may indicate underwatering or dry conditions. Check the soil moisture and water the fern appropriately to revive the fronds.

Brown or yellowing fronds: Overwatering or excessive moisture can lead to browning or yellowing of the fronds. Ensure proper drainage and avoid allowing the plant to sit in standing water. Adjust the watering frequency to maintain the right moisture balance.

Leaf loss: Boston Ferns can shed older fronds naturally over time. However, if you notice significant leaf loss or fronds turning brown and dying, it could indicate poor environmental conditions, such as low light, extreme temperatures, or improper watering.



Botanical Family: Nephrolepidaceae

Botanical Name: Nephrolepis exaltata

Common Name: Boston Fern, Sword Fern



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