



Nook & Nature

By Neha Kunal Deshmukh

Plant Care Guide

Simple steps for healthy , happy plants



Heliconia

(Heliconia spp.)

Heliconia, also known as lobster claw or wild plantain, is a tropical plant known for its striking and colorful bracts that resemble lobster claws. These plants are often grown for their vibrant and exotic appearance.



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Origin: Tropical regions

Care Level & Placement: Moderate to Difficult Care, Outdoor in tropical climates, indoor in non-tropical regions.



Light

Heliconias require plenty of bright, indirect sunlight to grow and bloom successfully. In outdoor settings, they prefer partial shade or filtered sunlight. When growing them indoors, place them near a window with bright, indirect light or use fluorescent grow lights to supplement their light requirements.



Water

Allow Keep the soil consistently moist but not waterlogged. High humidity is crucial; use a humidifier or pebble tray.



Soil

Use well-draining soil with organic matter. Feed with a balanced liquid fertilizer during the growing season.



Fun fact

Heliconia flowers are a favorite nectar source for hummingbirds in their native habitats.



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Pet Friendliness

Non-toxic to pets, but ingestion may cause mild gastrointestinal upset.



Stress Signs

Leaf Browning: If the tips or edges of the Heliconia's leaves turn brown, it may indicate underwatering or low humidity. Increase watering frequency and consider using a humidifier to boost moisture levels.

Lack of Blooms: Failure to produce vibrant, lobster-claw-shaped flowers can be a sign of insufficient light. Ensure your Heliconia receives the right amount of bright, indirect sunlight to encourage blooming.

Yellowing Leaves: Yellowing leaves on a Heliconia may be a sign of overwatering or poor drainage. Allow the soil to dry out slightly between waterings and check the pot for proper drainage holes to prevent waterlogged roots and yellowing leaves.



Botanical Family: Heliconiaceae

Botanical Name: Heliconia spp.

Common Name: Lobster Claw, False Bird of Paradise



Plot No. 24/2 Balaji Lucky Point, Old Cotton Market Road,
Shree Agro Agencies, Balaji Lucky Point, Amravati, Amravati,
Maharashtra, 444601



+91 9284008858



support@nookandnature.in



www.nookandnature.in



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