



Nook & Nature

By Neha Kunal Deshmukh

FERTILIZER CYCLE & CARE GUIDE

Simple steps for healthy , happy plants

Seaside Heliotrope



Category

 Tropical

Family

 Apocynaceae

Common Name

 Seaside Heliotrope
 Beach Heliotrope

Vairty of colour



Description

 Seaside Heliotrope (*Heliotropium curassavicum*) is a low-growing, spreading plant native to coastal regions of North and South America. It has fleshy blue-green leaves and clusters of tiny white flowers with purple centers. It grows well in sandy soils and tolerates salty air, making it an excellent choice for seaside gardens and ground cover.



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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

🌱 Easy to propagate through seeds and stem cuttings.

Stem Cutting Method

1. Cut a healthy stem 10–15 cm long.
2. Remove the lower leaves.
3. Plant in moist, well-draining 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 🌱



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