



# INDOOR PLANT PROGRAM



**Neighborhood Forest**  
giving trees to children



*Neighborhood Forest's mission is to give free trees to kids every Earth Day. Our Indoor Plant Program was created to engage youth without access to a yard by giving them a little piece of nature to care for and watch grow inside of their homes.*

## SUCCULENT PLANT CARE INSTRUCTIONS:

### 1. Initial check

Check the soil after receiving your succulent. Water ASAP if soil is very very dry. Do NOT water if soil is wet/moist.

### 2. Finding a good location

Place your succulent near a window so it can get sunlight! If you have pets, be sure to keep your succulent out of reach. Most succulents are considered non-toxic, but it's best to avoid ingestion by our furry friends.

### 3. Sunlight / Shade

Give your succulent 2-4 hours of (sun)light every single day. Do not exceed! Too much sun could burn the leaves. Your succulent loves shade too!

### 4. Watering

Water when the soil looks or feels very dry (1-2 times / week). You can dig your finger into the soil to check the moisture level. Do not over water - this will cause root rot!

### 5. Take a picture with your succulent!

Take a picture with your succulent and share it with us on facebook or instagram! Don't forget to tag @neighborhoodforest





# ALL ABOUT SUCCULENT PLANTS



## WHAT IS A SUCCULENT?

Succulent plants, also known as succulents, are plants with parts that are thickened, fleshy, and engorged, usually to retain water in arid climates or soil conditions. The word succulent comes from the Latin word *sucus*, meaning "juice" or "sap". Succulents overall are drought-resistant plants and are low maintenance plants to care for.

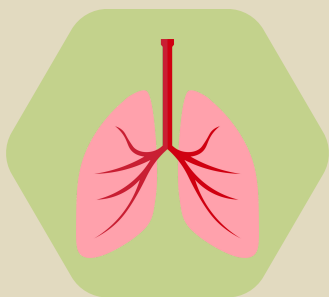
"Succulent plant." Wikipedia, The Free Encyclopedia.

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## HEALTH BENEFITS OF SUCCULENTS:

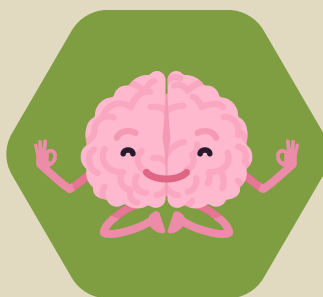


**PURIFY  
THE AIR**

**HELP YOU  
BREATHE**



**HELP YOU  
FOCUS**



**IMPROVE  
HEALTH &  
WELLBEING**

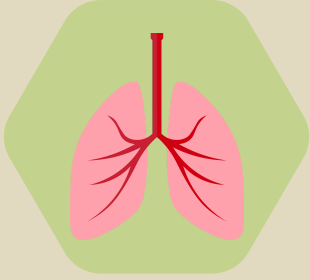


**BOOST YOUR  
MOOD**

**> Keep scrolling to read more about each benefit!**



# ALL ABOUT SUCCULENT PLANTS



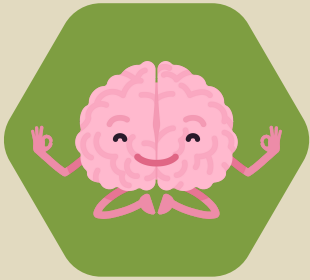
## HELP YOU BREATHE

During the process of photosynthesis, plants release oxygen, however at night most plants respire like humans, releasing carbon dioxide. However, succulents, keep producing oxygen all through the night. Keep these plants in the bedroom for an extra boost of refreshed air during your sleep.



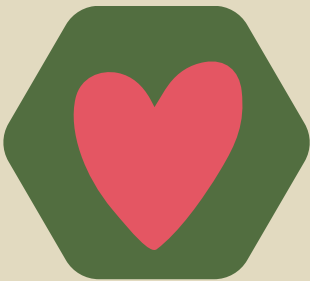
## PURIFY THE AIR

Research from NASA suggests that succulents can remove many volatile organic compounds (VOCs) from the air. Plants emit water vapor, and that in turn generates a pumping action that pulls contaminated air down to the roots of the plant. The succulent converts these contaminants to plant food, thereby purifying the air of your home.



## HELP YOU FOCUS & IMPROVE MEMORY

A number of studies of both students and workers have found that concentration, attentiveness, and brain capabilities improve when studying or working with plants in the room. A University of Michigan study found that memory retention improved as much as 20% when plants were present.



## IMPROVE HEALTH & WELLBEING

Succulents can contribute to reducing flu-like symptoms, headaches, fever and coughs. According to researchers at Kansas State University, hospital patients with plants in their rooms required less pain medication, had lower blood pressure and heart rate and experienced less fatigue and anxiety.



## BOOST YOUR MOOD

Succulents can be a powerful tool for improving mental health and well-being. They provide an opportunity for relaxation, stress relief, and a sense of accomplishment. The act of taking care of a living thing can provide a sense of connection which can be a source of inspiration and joy.





# WHAT TYPE OF SUCCULENT DO I HAVE?



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*We procure a diversity of succulents from a family owned and operated business located in Southern California. Use our photo guide below to find your succulent.*



**SEDUM ADOLPHII GOLDEN GLOW**



**GRAPTOSEDUM ALPENGLLOW**



**COTYLEDON TOMENTOSA BEARS PAW**



**HAWORTHIA ZEBRA**



**GRAPTOVERIA OPALINA**



**SEDUM JELLY BEAN**



**GOLD TOOTH ALOE "ALOE NOBILIS"**



**PANDA PLANT KALANCHOE**



**GRAPTOSEDUM GHOSTY**



**SEMPERVIVUM GREEN WHEEL**



**FLAPJACK KALANCHOE**



**SEDUM CLAVATUM**





**Echeveria Atlantis**



**Echeveria Cubic Frost**



**Echeveria Agavoides  
Lipstick**



**Echeveria Orion**



**Echeveria Agavoides  
Christmas**



**Echeveria Blue Sky**



**Echeveria Neon  
Breakers**



**Echeveria Bittersweet**



**Echeveria Setosa  
var. De Minuta**



**Echeveria Harmsii Ruby  
Slippers**



**Echeveria Water Ripple**



**Echeveria Emerald Ripple**



**Echeveria Elegans Blue**



**Echeveria 'Perle von  
Nurnberg'**



**Echeveria Topsy Turvy**



**Echeveria Sedevevia  
Blue Elf**



**Echeveria Melaco  
Brown Rose**



**Echeveria Lola**



**Echeveria Minima  
Blue Rosette**



**Echeveria Derenbergii  
(Painted Lady)**



**Echeveria Blue Atoll**



**Echeveria Lolita**



**Echeveria Violet Queen**



**Echeveria Fleur Blanc**



**Echeveria Golden  
Glow**



**Echeveria Elegans  
Mexican Snowball**



**Painted Echeveria  
Nodulosa**



**Echeveria Black Prince**



**Echeveria Afterglow**



**Echeveria Doris  
Taylor**



**Echeveria Colorata**



**Echeveria Blue  
Fairy**





**Echeveria 'Lime N' Chile'**



**Echeveria Tippy Pink**



**Echeveria Black Knight**



**Echeveria Dusty Rose**



**Echeveria subsessilis 'Morning Beauty'**



**Echeveria Chroma**



**Echeveria imbricata Blue Rose**



**Echeveria Ramillette**



**Elephant Bush  
Portulacaria afra**



**String of Pearls  
Senecio rowleyanus**



**Baby Toes**



**Graptoveria Blue Pearl**



**Senecio serpens Blue Chalk Sticks**



**Aloe 'Crosby's Prolific'**



**Senecio vitalis Blue Chalk Fingers**



**Sedum Donkey's Tail**





**AEONIUM MARDI GRAS**



**AEONIUM LILY PAD**



**AEONIUM KIWI  
SUCCULENTS**



**CRESTED AEONIUM SUNBURST**



**AEONIUM BLACK  
ROSE ZWARTKOP**



**AEONIUM GREEN  
PLATTERS**



**AEONIUM SUNBURST**



**IRISH ROSE SUCCULENT  
AEONIUM ARBOREUM**



**CRASSULA RED PAGODA  
SHARK TOOTH**



**CRASSULA BABY NECKLACE**



**CRASSULA IVORY TOWERS**



**CRASSULA TIGER'S JAW**



**CRASSULA  
MEEMBRYANTHEMOIDES**



**CRASSULA HUMMEL'S  
SUNSET**



**CRASSULA WATCH CHAIN**



**CRASSULA COTYLEDONIS**



**CRASSULA TOM THUMB  
PERFORATA**



**JADE PLANT  
CRASSULA OVATA**



**CRASSULA GOLLUM JADE**



**CRASSULA MOONGLOW**



**CRASSULA RUPETRIS  
HIGH VOLTAGE**



**CRASSULA FALCATA  
PROPELLOR PLANT**



**CRASSULA CAMPFIRE**



**CRASSULA  
MESEMBRYANTHEMOIDES  
TENELLI**



**CRASSULA BREVIFOLIA**



**RUFFLE JADE  
CRASSULA**



**CRASSULA DEVIL'S  
HORNS**



**CRASSULA OVATA  
HOBBIT**



**CRASSULA SPRINGTIME**