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What's Missing in Your Office?

Plants are a great addition to indoor spaces. If you get the correct ones, they are very easy to take care of and provide many benefits in return. They remove carbon dioxide from their environment and return fresh oxygen. We all understand why this is important outside. But did you know it may be even more important inside your home or office?

Our interior spaces are filled with items that can add to poor indoor air quality. Your best defense against this is plants. While they remove carbon dioxide they also provide a number of other psychological and health benefits. They filter air contaminants released by carpets and furniture, household cleaners and dust and use them as food. Ideally, you should have plants in as many rooms as possible. Look around your home and office. There may be a place that would be the perfect spot for a new leafy, green friend. Need another reason? Studies have shown that indoor plants also increase productivity, boost employee attitudes, and reduce stress.

If you are worried about having a not-so-green thumb, not to worry. Many indoor plants are tough and require minimal maintenance. One of the easiest to care for is the Golden Pothos. We have a number of them here at SLA. All we do is water them once a week. Other great indoor plants are the Snake Plant (Sansevieria), the Peace Lily (Spathiphyllum), and the Spider Plant (Chlorophytum). Next month we will feature one of our favorite indoor plants to help get you started.



Snake Plant

Earth laughs in flowers. - Ralph Waldo Emerson

FAVORITE FLORA: BRACHYCHITON POPULNEUS - BOTTLE TREE

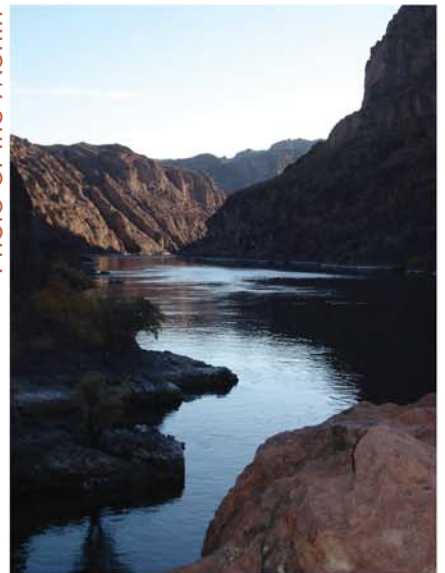


As Landscape Architects in the desert, we love evergreen plants. They add color to the landscape all year round and never leave a barren spot. This tree is a little different than other evergreens. It has a distinct conical shape and water storing trunk that can resemble a bottle. Leaves are a shiny, bright green that give the tree a shimmering look in the breeze. In late spring, small, white bell-shaped flowers with pink dots are followed by boat-shaped, woody, seed pods.

This Australian native thrives in full sun to part shade and some light frost conditions with thorough deep watering every couple of months. The trunk stores water to be used during drought conditions. This lush looking tree works well around pools in combination with palms, flowering shrubs and groundcovers. Spreading 20 feet wide and growing to about 30 feet tall, the Bottle Tree may also be used as a screen planting.

Is there a plant you would like to see featured here? Send it to us at southwickla@southwickla.com.

Photo of the Month



Evening on the Colorado
White Rock Canyon, Arizona
Stan Southwick

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