

Guilt Free Green Fingers

Tired of killing your house plants? Me too. When I first came to university, I'd read about how having a house plant can improve your mental health *and* air quality in your room so I decided to fill mine with every (cheap) houseplant I could find. It wasn't long before the lack of sunlight and the gap in watering from the winter holidays took their toll and I was left with a windowsill of brown leaves and crispy petals. Three years on I have learned from my mistakes and found a niche of easy to care for house plants that are not just cacti! Here are a few of my faves...

String of Hearts (Ceropegia)

The String of Hearts is a gorgeous hanging plant that is aptly named for the little patterned heart shaped leaves. As this plant is part succulent it prefers slightly dryer soil—perfect for someone who might forget to water their plants often! Additionally, the String of Hearts is dormant in autumn and winter so will need even less watering again, ideal for leaving over the winter period when visiting home! The String of Hearts can trail up to 90cm or more and enjoys indirect sunlight so pop her on a shelf or on the edge of your wardrobe for that chic jungle vibe.

Snake Plant (Dracaena Trifasciata)

This plant, sometimes known as the Mother-in-Law's Tongue, is one of the hardest to kill houseplants I've come across and is often for sale in most supermarkets. Her soil needs to dry in between watering so she only needs to be tended to around once a month in the summer and once every couple in the winter. The stunning green banded leaves can grow up to 1 metre long depending on the size of the plant! The snake plant is a must to brighten up any desk or dreary dorm corner.

Yucca

Last but not least, my sturdy Yucca. I like this one particularly as it looks like a little palm tree, and I can pretend I'm somewhere hot! According to gardening advice websites, Yuccas need almost no maintenance to survive which I can testify to as I don't think I've even watered mine since summer. They thrive with a bit of water each week and in full sunbathing glory.

Going for succulents and cacti is a safe bet but choosing one of these will step your indoor garden up to the next level without sacrificing any innocent plant friends. Swap the houseplant graveyard for green fingers and grab those mental health benefits with hardly any work at all.