



5 COMMON PLANT CARE MYTHS DEBUNKED: EXPERT REVEALS WHAT YOU'RE DOING WRONG WITH YOUR HOUSEPLANTS

- As searches for 'Indoor Plant' soar to their annual May peak*, aspiring plant parents will be facing the usual dilemma of separating social media myths from helpful plant care tips
- To help the increasing popularity of indoor plants both online and offline, B&Q's **Plant Expert, Mark Sage**, has debunked five common plant care myths, unveiling his specialist guide to guaranteeing a thriving indoor plant oasis

April 2025: For the past five years, searches for indoor plants have soared to a peak during early May according to Google Trends data*.

As many seek to bring the outdoors in, plant parents all over the country will be looking into how to give their houseplants the care they need to thrive. But with over 660,000 TikToks on #PlantTok, with some hacks racking up millions of views, it can be hard to separate fact from fiction when it comes to ensuring plants thrive

Here to help, **B&Q's Head of Plants, Mark Sage** has used his years of expertise to debunk five of the most widespread plant care myths, showing people where they're going wrong.

Mark says "Many people believe that caring for indoor plants is difficult. With their popularity leading to a proliferation of information circulating online, it is hard to tell the truth apart from the myths, and really know what is best for houseplants. With a few small adjustments, it's actually simple to ensure they thrive - from choosing the right pots and light conditions to using the best fertilisers, these small changes can make a big difference in the health and longevity of houseplants."

From the best indoor pots and list of plants that thrive off indirect sunlight, to the best fertilisers on the market and products to help tackle unwanted pot pests, these tips are designed to set records straight and help houseplants thrive.

MARK'S MYTH-BUSTING GUIDE TO HEALTHY HOUSEPLANTS

Myth 1 - 'Plants don't need repotting for many years'.

Mark says: This is wrong, as failing to re-pot plants every 1-2 years can lead to root rot, and lower a plants ability for healthy growth. It is a good idea to think about repotting your plants every 1-2 years to maximise its growth opportunities. It's important to repot your plants into a container with drainage holes to prevent water from accumulating and causing root rot.

These are usually simple plastic pots, which you can then place inside a more decorative outer pot to match your space.

Mark's top indoor plant pot picks:		
		
Verve Pink Whitewash Terracotta Plant pot - £22	Verve gold Metal Plant pot - £18	Verve Beige Wide ribbed Ceramic Plant pot - £12

Myth 2: 'You don't need to worry about pot pests'

Mark says: Many people don't think too much about small pests like aphids, spider mites or mealybugs in their potted plants, despite the harm they can cause. It is important to take regular inspection of your plants and take action to prevent pests from taking over your plants. Bottom watering is a great way to avoid this issue and is generally a better practice for plant care - it allows water to reach the roots and helps nutrients seep into the deeper layers of the soil.

Mark's top pot pest picks:		
		
Baby Bio Bug Killer Ultra Pest spray - £6	Provanto Insecticides Insect spray - £6	Baby Bio Feed & mist Orchid Liquid Plant feed - £4.50

Myth 3: 'Plants need to be fertilised regularly'

Mark says: This can in fact be very harmful for plants, as many houseplants only need to be fertilised during the growing seasons (spring and summer). If you over fertilise your plants, it can lead to nutrient imbalances and burned roots.

Think of the cooler months as your plants' "off-season", a time to rest and recharge. During this period, shift your focus to providing the right balance of light and water, keeping them healthy until it's time to fertilise again in the spring and summer months.

Mark's top fertiliser picks:		
		
<u>Maxicrop Growth Stimulant & Sequestered Iron Universal Liquid Organic fertiliser</u> - £4	<u>Verve Universal Liquid Plant fertiliser</u> - £5	<u>Verve Houseplant Liquid Plant feed</u> - £2

Myth 4 - 'Every plant needs direct sunlight'

Mark says: Not every plant needs direct sunlight. Many houseplants thrive in indirect light, such as those with darker green leaves, which are adapted to low-light environments. Overexposing plants to direct sunlight can actually cause their leaves to burn or dry out.

A helpful resource for understanding which plants do well in different lighting conditions is The Sill's Light Guide. It clearly explains the various light levels such as low, medium, bright indirect, and direct, and provides examples of plants suited to each. This guide can be especially useful if you're unsure about what type of light your space offers.

Mark's top plant picks that thrive in indirect sunlight:

		
Verve Snake plant - £12	Verve Boston Fern - £4.50	Verve Peace lily - £12

Myth 5 - 'Distilled water is best for plants'

Mark says: Many swear by distilled water, thinking it's the best for houseplants. While it's free of minerals and impurities, using it all the time can actually deprive plants of key nutrients. Tap water actually includes trace minerals that help plants grow.

If certain tap water has a lot of chlorine or chemicals, the trick is to let it sit out overnight to let those substances disappear before watering. There are also a variety of additional items available that can be used alongside water to help enhance your plants life.

Mark's top plant enhancing picks:		
		
Miracle-Gro Water storage gel - £4.50	Grow Media Clay Pebbles - £18.99	Growth Technology Clonex Gel - £12

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*Google trends, 2020-2025

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