

Basket Plant Holistic Medicinal Plant - *Callisia fragrans*

Growing Instructions



Hardiness: USDA Zone 10 (has been hardy in my zone 9 under oak canopy). For colder zones, keep as a houseplant or over winter indoors.

Uses: House plants, hanging baskets, shady ground cover in tropical areas. Used in Russia as a medicinal plant.

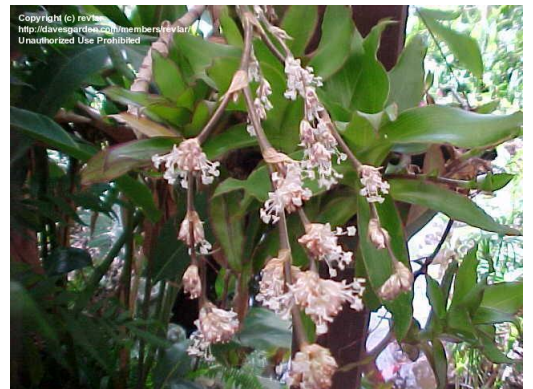
This unique plant looks like a bromeliad but is actually related to the Wandering Jew/ Inch Plant family. Beautiful in hanging baskets, this tender tropical continually produces new plants at the end of 1 to 2 foot long hanging stems - much like a spider plant does. It flowers in early spring with very fragrant white flowers on long arching spikes.

Beautiful green, rubbery foliage that thrives in shade; will be streaked with purple in partial sun, more green when placed in full shade. Hardy zone 10 and above and can be used as a groundcover. Makes a great houseplant in cooler areas. Studied for years in Russia as a source for holistic therapies for many different ailments ranging from upset stomachs to burns and other skin ailments, to cancer. I can't find any sites in English with this information, only this site, which is in Russian: <http://www.callisia.org/>

It is a perennial to USDA Zone 10, but I have had some of these survive under an oak canopy in zone 9. They make EXCELLENT house plants, growing very well in containers, especially hanging baskets, at home or the office. I would not expose them to temperatures lower than 32°F for any length of time.

Planting instructions:

For Medium and Large Rooted Plants: Your plant has roots already, so simply plant in the container or hanging basket of your choice using well draining soil; I suggest that you plant it **DEEPER** than the original roots by 2" – 3" or up to within 1" of the base of the first leaves. These plants will grow more roots all along the stem and be strong plants if planted deep. Keep moist, but not soggy - **DO NOT OVERWATER OR ALLOW WATER TO STAND ON THESE PLANTS** - and in FULL SHADE for a few days (10-14) to allow the plant to recover from the shipping, then they can be reduced to average or even minimal watering. They can then grow on in deep to bright shade/filtered sun after the initial recovery time. These can survive fairly dry conditions, but grow best with average watering. Don't overwater or you will rot the stem and always use a container that drains well (rocks or bark in the bottom of the pot will help with drainage) and soil that drains well (add sand or perlite to normal potting mix to make it drain better). Keep in a warm location. When babies get large enough, you can clip them from the mother plant (with their stem & "air roots") and plant in soil for it to form roots and become a separate plant. If any part of the stem gets broken on your plant, remove the lower leaves and plant the broken piece in soil and it will root.



For Small, un-Rooted Starter Plants:



Your plant may or may not have some roots already. In either case, plant it in the container or hanging basket of your choice using well draining soil. There will be a stem coming from the base of the starter plant, this should be left on the plant and planted underground because roots will form on this stem; you should bury your plant so that the soil line is very close to (approximately 1/2 below) the bottom leaves as roots will form all along the buried part of the plant. These plants will grow more roots all along the stem and be stronger plants if planted deep.

Keep moist, but not soggy - **DO NOT OVERWATER OR ALLOW WATER TO STAND ON THESE PLANTS** - and in FULL SHADE for a few days (10-14) to allow the plant to recover from the shipping, then they can be reduced to average or even minimal watering. They can then grow on in deep to bright shade/filtered sun after the initial recovery time. These can survive fairly dry conditions, but grow best with

average watering. Don't overwater or you will rot the stem and always use a container that drains well (rocks or bark in the bottom of the pot will help with drainage) and soil that drains well (add sand or perlite to normal potting mix to make it drain better or use a cactus or even orchid mix). Keep in a warm location.

Your plants will start making more babies within a few weeks. When babies get large enough, you can clip them from the mother plant (with their stem & "air roots") and plant in soil for it to form roots and become a separate plant. If any part of the stem gets broken on your plant, remove the lower leaves and plant the broken piece in soil and it will root.

If you have any problem at all, please don't hesitate to email me (Onalee@aol.com)!