Horticulture Center<br>Demonstration \& Community Gardens at East Meadow Farm<br>832 Merrick Avenue<br>East Meadow, NY 11554<br>Phone: 516-565-5265

## Some Plants to Grow Under Lights



When you select plants to grow under lights or when you work with plants already in your home, always group those plants that have similar light requirements. Next, select "grow" lamps that provide you with both red and blue bands of the spectrum. Fluorescent tubes will give you this, but incandescent lamps emit mostly red and Far-red light energy.

For optimum plant growth, select fluorescent. A frequently asked question is, "How long do I let the lights run?" Most tropical plants perform well with 14-16 hours of supplied lighting per day. Use a timer to assist you with scheduling. Place fluorescent tubes side by side, allowing 12-15 inches over the tops of the plants. Low light plants like philodendron and aspidistra need 15 lamp watts per square foot; high light plants (orchids, etc.) need at least 20 lamp watts per square foot.

This should help you figure out the amount of tubing you need to install. Keep in mind that the light intensity is spread out over the entire length of the tube, and as the tube ages the amount of available footcandles begins to decline. (Fluorescent tubes last longer than incandescent bulbs, are much more energy efficient, and are cooler for your plants.)


