

How to Grow Fresh Air

Houseplants adds something to a home that no other furnishing can - a breath of fresh air. Perhaps even more important, they remove such harsh pollutants as benzene, formaldehyde, xylene, toluene, and trichloroethylene from the air. Just two potted plants per 100 sq. ft. of floor space will help to clean and refresh the air in a home, according to the Davidsonville, Maryland-based Plants for Clean Air Council and NASA researcher Dr. B.C. Wolverton, author of *How to Grow Fresh Air: 50 Houseplants that Purify Your Home or Office*.

Here is a list of plants that have proved effective as air cleaners:

POLLUTANT Formaldehyde

SOURCES

carpeting
clothes
furniture
foam insulation
household cleaners
paper goods
particleboard
plywood
water repellents

SOLUTIONS

azalea
bamboo palm
chrysanthemum
corn plant
dieffenbachia
golden pothos
snake plant
philodendron
poinsettia
spider plant

POLLUTANT Benzene

SOURCES

detergents
gasoline
inks
oils
plastics
synthetic fibers
tobacco smoke

SOLUTIONS

chrysanthemum
English ivy
gerbera daisy
Janet Craig dracaena
marginata dracaena
peace lily
warneckeii dracaena

POLLUTANT trichloroethylene

SOURCES

adhesives
dry cleaning
inks
lacquers
paints
varnishes

SOLUTIONS

chrysanthemum
gerbera daisy
marginata dracaena
peace lily
warneckeii dracaena

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