GARDENING

Indoor Plant Rescue

epsom salt remedy for the winter

During winter, indoor plants can struggle with less sunlight, dry indoor air, and slower growth. A mild Epsom salt solution can provide magnesium and sulfur, two nutrients plants need for healthy leaves and growth when they are deficient.

Ingredients

- 1 gallon of water
- 1 tablespoon Epsom salt (magnesium sulfate)

Instructions

1. Add the Epsom salt to the water.
2. Stir until completely dissolved.
3. Pour the mixture into a clean watering can or container.

How to Use

- Water plants with the solution as you normally would, allowing excess water to drain from the pot.
- Use once a month at most during the growing season or when a magnesium deficiency is suspected.
- Avoid using it on plants that are already receiving a balanced fertilizer containing magnesium.
- For best winter plant care, also provide adequate light, avoid overwatering, and keep plants away from cold drafts and heating vents.