



ORCHID HEALTH



# SEASONAL CHANGES

to Expect  
With Your  
Orchid

  
*just add ice*<sup>®</sup>  
ORCHIDS





# ORCHID HEALTH

When a Phalaenopsis orchid grows in nature, it follows a fairly standard blooming cycle.

New leaves begin to sprout in late summer or early fall, a bloom spike develops as the temperature begins to drop, and blooms develop by early spring.

However, when you buy an orchid in the store, it may not follow the same pattern as a naturally growing orchid. Just Add Ice® Orchids are grown year round in specialized facilities, so your blooming period will vary based on when your orchid was purchased. However, regardless of whether you have an orchid that blooms in the winter, spring, summer or fall, you'll need to adjust your care as the seasons change.

For the purposes of this guide, let's assume your orchid is always in full bloom. That way, no matter what time of year you purchase an orchid, you'll always know how to handle seasonal changes.





## Basic Orchid Care 101

Before we get into how the changing seasons affect your orchid's needs, let's review the basic care your orchid needs year round to thrive.

### The Rule of Three

Water Just Add Ice® 5 inch orchids with just three ice cubes once a week or ¼ cup of water—mini orchids only require one ice cube once a week. You couldn't ask for a simpler [watering schedule](#).



### Keep It Indirect

Your orchid needs light, but not too much. [Indirect light](#) is best.

### Don't Be Drafty

Keep your orchid at a consistent temperature without placing it too close to heating or cooling sources. You don't want to risk blasts of hot or cold air [affecting the growth](#) of your plant.



### Trim It to Win It

Once your orchid is done blooming, [trim the spikes](#) back to an inch above the node to encourage [reblooming](#).

While these basic care tips cover the most important practices for maintaining a healthy orchid, seasonal changes like weather and air quality may require slightly different care.







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# Caring For Your Orchid in all Seasons

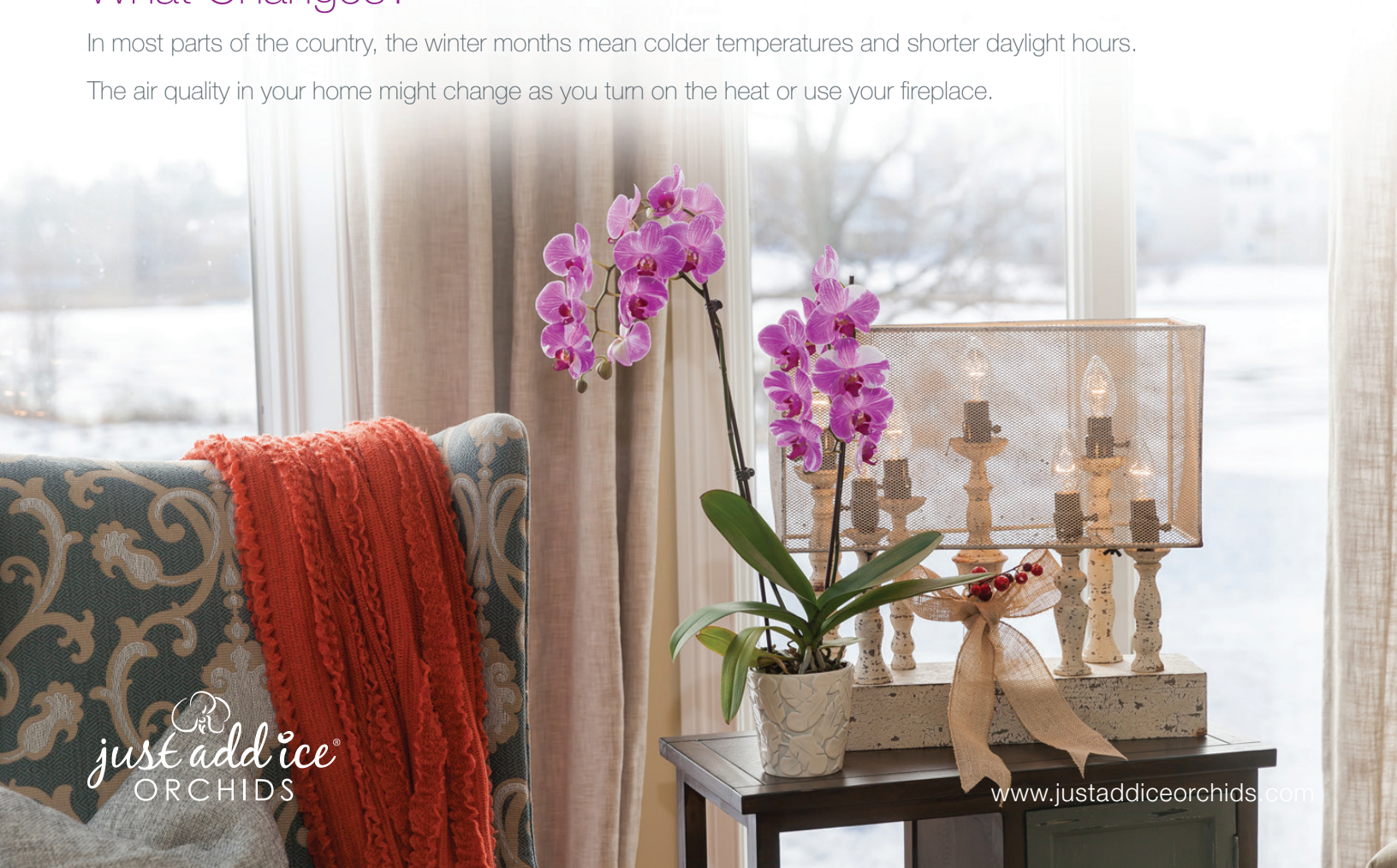


## Weathering the Winter

With the holidays and the excitement of a New Year, caring for your orchid can easily become a forgotten item on your to-do list. However, if proper precautions aren't taken, winter can be especially tough on your plant.

### What Changes?

In most parts of the country, the winter months mean colder temperatures and shorter daylight hours. The air quality in your home might change as you turn on the heat or use your fireplace.





## How to Plan for Winter

### STEP ONE

Make sure your orchid is getting enough light. Since [natural light can be harder to come by in the winter](#), place your orchid in a room with more windows, or closer to the window, so your blooms can get as much sunlight as possible.

### STEP TWO

When you first turn on your heat, make sure your orchid isn't near a vent, as sudden bloom loss can result from blasts of hot air.

### STEP THREE

If you're concerned your orchid is suffering from too much dry heat in your home, you might want to consider increasing your watering schedule. Watch for signs that your orchid isn't getting enough water (like dry, grey colored roots or wrinkled leaves), and increase the amount of ice or frequency of watering to compensate. Monitor your plant's roots to ensure you're not overwatering.

### STEP FOUR

The ideal humidity level for your Phalaenopsis orchid to thrive is between 55 and 75 percent. You can easily boost the humidity around your orchid by [making a humidity tray](#). Simply find a shallow tray, line it with pebbles and add some water. Place your orchid pot on top of the pebbles, and make sure the roots aren't coming in contact with the excess water. Alternatively, you could use a humidifier to moisten the air around your orchid.

Follow these four steps and, before you know it, you and your orchid will be greeting spring together.







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## Surviving the Spring

Once your orchid makes it through the winter, it might seem like most weather related threats are in the past. While spring is certainly a much easier time to maintain your orchid's health, there are still some seasonal changes to look out for.

### What Changes?

In most areas, spring means increased sunlight, humidity and warmer temperatures. This is the kind of environment where your orchid will thrive; however, inconsistent weather and the return of insects can have negative effects on your orchid's health if you aren't careful.





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## How to Plan for Spring

### STEP ONE

When warmer temperatures arrive, you might be tempted to turn on the air conditioning, use your ceiling fan or open a window. Make sure your orchid isn't in the direct path of any cold air blasts. [Sudden exposure to cold air](#) can shock your orchid's system and cause bud blast.

### STEP TWO

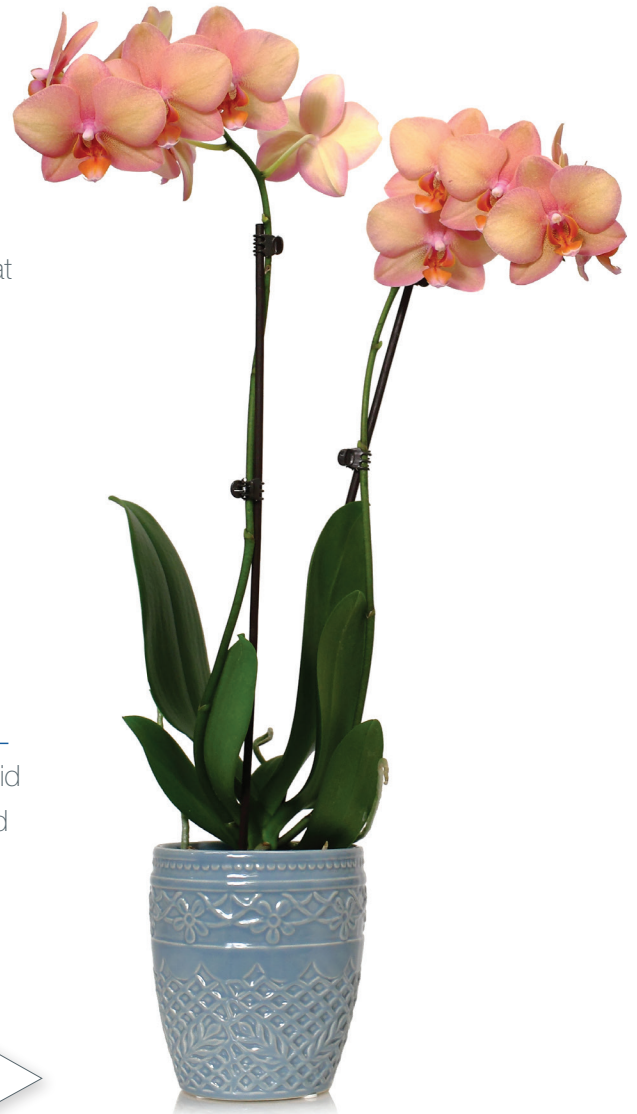
Even though orchids crave humidity, too much can lead to bacteria or fungal growth. Move your orchid to a low moisture part of your house overnight if you're concerned the humidity levels in your home are too high.

### STEP THREE

Though the increased spring sunlight can be great for your orchid, it's important to maintain indirect light. Too much direct sunlight will dehydrate your orchid and cause damage to the leaves. Place your plant in well-lit rooms away from the window or use sheer curtains to minimize the strength of the sun.

### STEP FOUR

Along with the return of sunshine and warmer temperatures, spring weather also tends to bring unwanted pests inside. [Spider mites, mealy bugs and scale insects](#) are common problems for orchid owners. Check your orchid regularly for bugs, and use a [natural insecticide](#) (like eucalyptus oil) to keep critters at bay.



The springtime can be a great season for your orchid as long as you take a few additional precautions.







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# Staying Cool Through Summer

While many of the springtime orchid precautions carry over to the summer months, changes in temperature and your schedule might require additional care.

## What Changes?

The main difference in orchid care between the spring and summer is the potential for increased heat exposure. Summer is also a popular time for vacations, which can throw off your care schedule.



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## How to Plan for Summer

### STEP ONE

Maintain your springtime routine of keeping your orchid away from air blasts and direct light. Continue to check the humidity levels and watch for the arrival of bugs.

### STEP TWO

With hot summer temperatures, your orchid could be in danger of [heat stress](#). This occurs when the hot air causes too much moisture evaporation and your orchid becomes dehydrated. The leaves of your orchid will be warm, leathery and eventually wither. If you notice your orchid is suffering from heat stress, fight the instinct to overload your plant with water. Instead, move it to a cooler area of your home and monitor its roots carefully to see if the frequency of watering needs to be increased. If the orchid's roots turn from a healthy green color to grayish-white, increase the amount of ice cubes or frequency of watering.

### STEP THREE

Just like humans, orchids can also suffer [sunburn](#) in the summer if left in direct sun. When your orchid is sunburned, the leaves will develop freckles and might take on a red or purple hue. This could cause flowers to drop or lead to bud blast. Keep your plant in a cool, well-lit room where it can receive adequate indirect light.

### STEP FOUR

Don't make vacation plans without also making plans for your orchid! Ask a house sitter to come by and maintain your watering routine if you will be gone longer than usual.

These four tips should get your orchid through the warmer months just in time for the cooler days of fall.





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## Forging Through Fall

As the weather begins to cool down in most areas of the country, you'll no longer need to worry about your orchid getting sunburned or stressed from the heat. However, there are other seasonal changes you might need to account for.

### What Changes?

Fall marks the beginning of decreased sunlight and dropping temperatures. As the leaves change colors and other perennial plants are ready for hibernation, your orchid can stay in bloom with just a few adjustments to your daily care.







## How to Plan for Fall

### STEP ONE

Just like winter, it's important to make sure your orchid continues to get enough direct light through the fall.

### STEP TWO

As temperatures drop, make sure your orchid is away from air vents and doorways to avoid outside wind and blasts of heat.

### STEP THREE

Remember that your orchid craves humidity. Run a humidifier or create a humidity tray to keep your plant from drying out.





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## Changing Seasons, Changing Needs

As the seasons change, your orchid's needs also change. While the basic care stays the same, changes in temperature and humidity levels can affect the health of your plant. However, caring for your orchid throughout the changing seasons doesn't have to be complicated. With just a few changes to your care routine, you'll have a healthy orchid year round.



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