

Author	Title	Website
University of Florida Gardening Solutions	Studies show caring for plants has a calming effect...	https://gardeningsolutions.ifas.ufl.edu/plants/houseplants/
University of Florida Gardening Solutions	Aloe Vera	https://gardeningsolutions.ifas.ufl.edu/plants/ornamentals/aloe-vera.html
University of Florida Gardening Solutions	Hoya	https://gardeningsolutions.ifas.ufl.edu/plants/houseplants/hoya.html
University of Florida Gardening Solutions	Peace Lily	https://gardeningsolutions.ifas.ufl.edu/plants/houseplants/peace-lily.html
U. of Florida Gardening Solutions	Dieffenbachia	
U. of Maryland Extension	Selecting Indoor Plants	https://extension.umd.edu/resource/selecting-indoor-plants
U. of Maryland Extension	Lighting for Indoor Plants	https://extension.umd.edu/resource/lighting-indoor-plants
U. of Maryland Extension	Watering Indoor Plants	https://extension.umd.edu/resource/watering-indoor-plants
U. of Maryland Extension	Potting and Repotting Indoor Plants	https://extension.umd.edu/resource/potting-and-repotting-indoor-plants
U. of Maryland Extension	Winter Indoor Plant Problems	https://extension.umd.edu/resource/winter-indoor-plant-problems
U. of Missouri Extension	Caring for Houseplants	https://extension.missouri.edu/
Oklahoma State U.-- Hillock, D.	Houseplant Care	https://extension.okstate.edu/fact-sheets/houseplant-care.html
PennState Extension Marquesen, S.	Pothos as a Houseplant	https://extension.psu.edu/pothos-as-a-houseplant
PennState U. Northeast Home Horticulture Fact Sheet Rathmell, Jr., James K.	Dieffenbachia	
U. of Wisconsin	Purple Heart, Tradescantia pallida	https://hort.extension.wisc.edu/articles/purple-heart-tradescantia-pallida/
NIH/National Center for Complementary and Integrative Health	Aloe Vera	https://www.nccih.nih.gov/health/aloe-vera
Koga, I. and Iwasaki, Y, 2013 Journal of Physiological Anthropology	Psychological and physiological effect in humans of touching plant foliage – using the semantic differential method and cerebral activity as indicators	https://jphysiolanthropol.biomedcentral.com/articles/10.1186/1880-6805-32-7

Author	Title	Website
Lee, M., et al, 2015 Journal of Physiological Anthropology	Interaction with indoor plants may reduce psychological and physiological stress by suppressing autonomic nervous system activity in young adults; a randomized crossover study	https://jphysiolanthropol.biomedcentral.com/articles/10.1186/s40101-015-0060-8
Yamashita, R., et al, 2021 International Journal of Environmental Research and Public Health	The Mood-Improving Effect of Viewing Images of Natures and Its Neural Substrate	https://pubmed.ncbi.nlm.nih.gov/34065588/
Rice, J.S., 2012 International Society of Horticultural Science	The Neurobiology of People-Plant Relationships: An Evolutionary Brain Inquiry	https://www.actahort.org/books/954/954_2.htm
Washington Post, June 7, 2022 Das, L., 2022	What science tells us about the mood-boosting effects of indoor plants	https://www.washingtonpost.com/wellness/2022/06/06/how-houseplants-can-boost-your-mood/
Washington Post, Oct 31, 2023 Patel, K.	How Plants silently ward each other about danger	
Washington Post, Jan 11, 2023 Colino, S., Jan. 11, 2023	The case of talking to your houseplants	
Washington Post, Nov 09, 2023 David, L.	Don't have much sunlight at home? These plants can still thrive.	
Light—University of Florida		https://gardeningsolutions.ifas.ufl.edu/pdf/houseplant-list.pdf
PubMed		https://pubmed.ncbi.nlm.nih.gov/
Hanano, A., et al	Plants Can “Speak” to Each Other.	https://kids.frontiersin.org/articles/10.3389/frym.2022.658692
The National Gardening Association	Garden.org	
Smithsonian Gardens	Houseplant Care	https://gardens.si.edu/?s=houseplant+care
Smithsonian Gardens Hill, S & Thompson, A.	Houseplants Are Like Potato Chips	https://gardens.si.edu/learn/blog/houseplants-are-like-potato-chips/