# **Creating clean air indoors** with potted plants



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1991, Issue 2

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By Linda Acton, Irwin Greenhouses. Canyon, TX Reprinted from The Bloomin' Texan Prior to World War II, most of our homes and buildings had adequate ventilation to the outside air in the form of windows and screen doors. As the energy crunch began, homes and offices were sealed up for maximum energy efficiency with central heat and air being used as the basic environmental

control. The fact that working and living within these closed confines could be detrimental to human health was not a fact that was recognized until the late '70s. That is, when health officials began to notice a number of patients complaining of fatigue, headaches, respiratory problems, dizziness and burning eyes. In addition to building structures that were energy efficient, we had also created an environment that was full of chemical pollinations that were the offgas of synthetic building materials.

At this point you may be wondering exactly how serious these problems are for you. In a 1982 study, the Environmental Protection Agency found 500 chemical levels in the first four buildings it tested. The indoor chemical levels were from two to 100 times the levels found outside the buildings.

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pollution must involve plants, as plants are very much a part of the natural process of living on earth, and if plants are taken away, then life is taken away.

During his 20 years of study, Dr. Wolverton found that many of our common houseplants signifcantly reduce the levels of indoor pollutants. It was found that as the plants took in carbon dioxide, they also took in pollutants from the air. Plants were able to break these pollutants down into food and actually thrive on the very chemicals that make humans sick.

Additionally, the presence of plants in an environment increases levels of oxygen, providing an increase in productivity of up to 10 percent.

His study focused mainly on the three most common indoor air pollutants: formaldehyde, benzene, and trichloroethylene. These and other common pollutants are often emitted from furnishings, office equipment and building materials.

Approximately two years ago, the Interior Plantscape Division of the Associated Landscape Contractors of America joined with NASA in a two-year program to study the effectiveness of popular office plants in cleaning indoor air. In the study of 10 common plants, it was found that the plants reduced the pollutants

media tours in California, Detroit, Michigan and Canada.

The studies conducted have shown that the entire plant, the leaves, the stems and the roots work to remove air pollutants. It would depend upon which pollutants you have in your home or office as to which plants you might want to use (Please note chart for pollutant, sources, and best solutions.) If you aren't sure what plants to use, a good mixture is your best bet, as the more plants that can be put into an environment, the healthier it will be. When using plants to clean the air, the formula to keep in mind is that CLEAN AIR=1 PLANT FOR EACH 100 SQUARE FEET.

Many facts have been discovered about the effectiveness of plants in our environment, but there is much more research that still needs to be done.

FCAC is a self-supportive organization that seeks sponsors to help it continue this research. The FCAC has plans to begin study on other plants and their effectiveness in our environment, including many blooming plants such as azaleas. Sponsorship fees help FCAC carry on these studies. In addition to helping with research, you will also be making an investment into a marketing tool for your industry. This is a marketing tool that should help your business to grow in the '90s. For your

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## liscellaneous

### Computing

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### ling course

redding costs. Ideas for uets, church and recepalso will be discussed, as is techniques for handwirbouquets and making a tied bouquet. PWC I certion is a prerequisite for II. Registration deadline pril 2.

registration information, act 1-800-321-2654, ext. linations that were the offgas of synthetic building materials.

At this point you may be wondering exactly how serious these problems are for you. In a 1982 study, the Environmental Protection Agency found 500 chemical levels in the first four buildings it tested. The indoor chemical levels were from two to 100 times the levels found outside the buildings.

In 1989, the EPA stated to Congress in a report that "sufficient evidence exists to conclude that indoor air pollution represents a major portion of the public's exposure to air pollution and may pose serious, acute, and chronic health risks."

So now that we know we are breathing an environment that is likened to a chemical soup, what can be done about it? According to Dr. B.C. "Bill" Wolverton, Ph.D., nature's plants offer our best, quickest and most affordable answer. For 20 years, Dr. Wolverton, who is a retired research scientist with NASA, has been conducting studies into the use of plants for treating and recycling wastewater and purifying and revitalizing air inside closed facilities. He felt that the ultimate solution to indoor air



and building materials.

Approximately two years ago, the Interior Plantscape Division of the Associated Landscape Contractors of America joined with NASA in a two-year program to study the effectiveness of popular office plants in cleaning indoor air. In the study of 10 common plants, it was found that the plants reduced the pollutants in the air from 48 to 90 percent.

In September of 1989, the Foliage for Clean Air Council was established to pass the information gained in 20 years of study onto the media.

Since the initial press conference in September 1989, there have been approximately 3,000 press releases on the foliage for clean air message. Most of these efforts have been concentrated upon the East Coast of the U.S. Additionally, coverage has been obtained on local as well as national television network programs. The FCAC has conducted

and their effectiveness in our environment, including many blooming plants such as azaleas. Sponsorship fees help FCAC carry on these studies. In addition to helping with research, vou will also be making an investment into a marketing tool for your industry. This is a marketing tool that should help your business to grow in the '90s. For your sponsorship fee you will also receive a subscription to "Update" the council's newsletter as well as press releases on the clean air message.

We have all marketed our plants for their beauty. Now we have the information to say to our customers, not only are plants attractive and beautiful, but they are also the most available and most natural indoor air pollutant fighters we have. They will help us to breathe easier. So, take a long deep breath before you go indoors, or fill your environment with your best friend, the potted plant and breathe easy.

| Pollutant         | Sources  | Solutions   |
|-------------------|--|---|
| Formaldehyde      | Foam insulation<br>Plywood<br>Clothes<br>Carpeting<br>Furniture<br>Paper goods<br>Household cleaners | Philodendron<br>Spider Plant<br>Golden Pothos<br>Bamboo Palm<br>Corn Plant<br>Chrysanthemum<br>Mother-in-law's Tongue |
| Benzene           | Tobacco smoke<br>Gasoline<br>Synthetic fibers<br>Plastics<br>Inks<br>Detergents                      | English Ivy<br>Marginata<br>Janet Craig<br>Chrysanthemum<br>Warneckei<br>Peace Lilyrubber                             |
| Trichloroethylene | Dry cleaning<br>Inks<br>Paints<br>Varnishes<br>Lacquers<br>Adhesives                                 | Gerbera Daisy<br>Chrysanthemum<br>Peace Lily<br>Warneckei<br>Marginata  |



