



1. **Assess your space.** Look at all of your available areas, both inside and out. Where does the sun shine/not shine and for how long? Plants are finicky little things and all have their own preferences [on when and how much sunlight](#) they receive. North-facing unit? Not to worry! There are plenty of shade-loving plants out there that are both beautiful and beneficial. Truly, any kind of vegetation in and around the unit can [improve both air quality and reduce stress!](#)

2. **Pick your plants.** Now that you've got a lay of the land, start researching plants. First, what are you hoping to accomplish? Do you simply want to introduce some chlorophyll into your space and reduce pollutants in the air? Do you want to generate some color and produce flowers for clipping and arranging? Or, do you have a more culinary goal in mind? Once you know what conditions you have to deal with and what your desired outcome may be, you can set out to search for the plants that fit the bill. Online suppliers like [Burpee](#), [Gurney's](#), or [Spring Hill Nursery](#) can help you choose by showing you which plants are best for your temperate zone (for outdoor plants), sunlight exposure, size, harvest, and more.

3. **Choose a container.** And get creative with your choice. This sounds like the easy part, but it takes a bit more thought than you might expect. There are so many options, from the common to the truly inspired. The container might (and probably will, if your thumb hasn't quite turned green yet) outlast whatever you plant in it. It can be an extension of your personal style, or simply a vessel (like an old coffee can or a pair of nylon stockings - you make the choice, just make sure that it has [proper drainage!](#)

4. **Select the right soil.** You can't just go outside and fill your pot with any available dirt. The plants that you choose will need the proper nutrients to thrive, and the right amount of water to stay alive. [Potting soil](#) is just what it sounds like, soil for use in pots. There are a variety to choose from, just make sure that you read the label to [understand the type of soil](#) you have and how to get the best results in your containers.