



ORCHID HEALTH

Your **Complete** Care Guide For  
**EVERY STAGE**  
**OF ORCHID LIFE**



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



# ORCHID HEALTH

## 1 Bringing Your Orchid Home

### LIGHT

Orchids thrive in well-lit environments. Simply place your orchid in a brightly lit room or on a windowsill facing North or East.

### TEMPERATURE

The common temperature for most rooms — between 60-80F — is ideal for your orchid.

### HUMIDITY

Orchids enjoy a slightly higher humidity level than what's present in most homes. Easily **increase humidity** by misting your orchid, placing its container on top of a shallow tray of decorative rocks water or using a humidifier.

### WATERING

It couldn't be easier: Just place 3 ice cubes on top of your plant's media once a week. If ice cubes aren't available, use about ¼ cup of water.

If you have a mini orchid, use 1 ice cube or 1 1/2 tablespoons of water.

Get free watering reminders by text or email at [www.justaddiceorchids.com/watering](http://www.justaddiceorchids.com/watering).





## 2 Supporting Your Orchid

### WATERING

- 3 ice cubes or ¼ cup of water once a week
- 1 ice cube or 1 1/2 tablespoons of water once a week for a mini orchid

### ROOTS

- Well watered roots are vibrant green
- Grayish/white roots indicate more water is needed
- Brown or mushy roots are a sign of over-watering
- If you have over-watered, simply hold off watering your plant until the roots are dried out. If they don't dry out, wait until blooming has stopped and trim them with a sterile knife

### DRAINAGE

- Drain excess water from your decorative pot

### FERTILIZER

- Fertilize once a month while your plant is resting (not in bloom)
- Use fertilizer with equal amounts of nitrogen, phosphorus and potassium (20-20-20 on the label) found at your local garden store. Dilute with water to half-strength, and don't water on the weeks of fertilization





## 2 Supporting Your Orchid Cont.

### LEAVES

Leaves should be green, waxy and firm. Here's what other colors mean:



**Yellow:** too much light, low temperatures, root rot or spider mites.

It is normal for the bottom most leaf to turn yellow and fall off to allow room for a new leaf.



**White:** receiving too much light



**Purple:** overexposure to sunlight and dehydration



**Dark Green:** not getting enough light



**Wilted:** not getting enough water



**Black:** bacterial or fungal growth, too much fertilizer or mineral deposits from hard water





## 3 Repotting Your Orchid

### WHEN

Every year or two, repot your orchid during its resting phase. You may also want to repot if the media is breaking down, smells unpleasant or the plant has outgrown its container.

### HOW

- Trim healthy spikes 1 inch above the top node with clean scissors. For brown or yellow spikes, trim 1 inch above the bottom node. The node looks like a little triangle on the stem below where the flowers were.
- Remove orchid from clear grower pot.
- Trim brown, soft or dying roots with clean scissors. (Healthy roots are green, white and firm.)
- Place in a new clear grower pot. The base of the lowest leaf should be half an inch from the rim. Make sure the grower pot has holes in the bottom for adequate drainage.
- Add new media until it has reached the bottom of the lowest leaf.
- Make sure there are no air gaps in the media.



Trim healthy spikes 1 inch above the top node with clean scissors.



Trim brown, soft or dying roots with clean scissors.



Add new media. Make sure there are no air gaps.



## 4 Sustaining Your Resting Orchid

### WHEN

This happens between blooming periods—blooms fall off and only bare stalks remain.

### WHAT TO DO

Continue weekly watering with 3 ice cubes. Fertilize every other week and move the plant to a slightly cooler temperature.

Remember—be patient. It can take 9-12 months for a new spike to grow.

### RESTING vs. DEAD

Check the roots. Resting roots are green or white, plump and firm. If the crown is brown and mushy, your orchid may be dead, and it might be time to get a new one.



Continue weekly watering with 3 ice cubes.



Check the roots. Resting roots are green or white, plump and firm.



## 5 Encouraging Your Orchid to Rebloom

### WHEN

Once all blooms have fallen and spikes are still green.

### HOW

For a single spike, cut 1 inch above the node under the lowest bloom.

For a double spike, cut 1 spike at the base of the plant and cut the other 1 inch above the node under the lowest bloom. If spikes are brown, cut back to the base of the plant.



Take the wait and see approach; the orchid may produce new buds at the end of the old flower spike.



Cut the flower spike back to a “node”, a triangular shaped area on the stem.



Remove the entire flower spike one inch from the base of the plant.



Following these tips can help keep your orchid healthy and blooming for years to come.

Get weekly watering reminders by email or text, visit [www.justaddiceorchids.com/watering](http://www.justaddiceorchids.com/watering) today.

Visit our [resources page](#) for more ways to easily care for your orchid.

  
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