

Reasons Why You Should be a Plantito/Plantita

Finding time to relax is a good thing. Nowadays, a growing interest in cultivating a home garden has given birth to the trend of being a plantito or plantita.

If you identify with this growing group of plant aficionados, stand proud. There are a lot of benefits to being a plant enthusiast.



It's good for your mental health

Plants give you the feeling of being outdoors. When you see green, even if its in your own garden, you feel refreshed and relaxed.



It's good for the environment

Plants help improve the air quality in your home. It releases more oxygen and absorbs carbon dioxide.



It boosts your productivity

Having a small plant on your desk helps personalize your space, and beautifies your home office. You get a boost of inspiration from seeing them thrive.



You feel a sense of accomplishment

As much as you feel pride over raising your children and supporting your family, watching plants survive and grow gives you a deep sense of accomplishment.



You can bond over plants

With the limited socialization brought on by pandemic protocols, you can connect with your brood over a shared love of plants. You can also reach out to like minded enthusiasts by joining social media groups about plant parenting.

