**Indoor Plant Lights**

Today on Gardening in a Minute: indoor plant lights.

Indoor plants don’t always get as much light as they’d like, and plant lights can be an easy way to help them out.

Incandescent and fluorescent bulbs alone aren’t a great source of light for plants.

Plants need light in both red and blue wavelengths to grow properly, and there are different options to provide this combination.

Using incandescent and fluorescent lights together is one choice. Or you can purchase special grow lights that provide the necessary wavelengths.

To mimic the sun, light your plants during the day, rather than at night. Keep them an appropriate distance from whatever kind of light of your choosing.

And remember to keep your lights clean -- a layer of dust can really reduce their effectiveness.

Why not give your plants a boost with supplemental lighting!

For more information about this and other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.