

# What do different types of light really mean for indoor plants?



There can be so many interpretations of what “high light” and “low light” mean. Often plant owners think that if they do not have direct sun, this means they have low light. Lets dive into the basics of what we mean when we say “high” “medium” and “low” light, and what plants we usually recommend for each type of natural indoor light!

**\*PLEASE NOTE\*** Each home and its lighting is slightly different. We are always here to help you decide which plants are best suited to your space!

**High Light:** This does NOT mean direct sun. These plants often thrive in a nice west or south window, but backed away far enough so as to not get direct sun. Plants in this light group include Fiddle Leaf Figs, Anthuriums, most Philodendrons, and Ficus.

**Medium Light** is often defined by a bright light space, but backed away significantly from a window, or a nice east window. If you can comfortably read in this space for a good portion of the day with no artificial light, this is medium light. Plants that prefer this type of natural light include Dracaenas, Scheffleras, Peace lilies, Dieffenbachias, Aralias, Pothos, most Palms, and Radermacheras.

**Low Light** is often described as a room with east or north windows. This room should not be completely dark. There does need to be some natural light. These plants should be relatively close to the window of a north or east facing room if possible, or significantly backed away from a south or west window. You should still be able to comfortably read in this space for part of the day with no artificial light. Plants that prefer lower light include Snake Plants, Ferns, ZZ Plants, Aglaonema, and Marantas.

