

Beat: Lifestyle

## Making Beautiful Terrariums At Home

### Climate Encased In A Jar

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**USPA NEWS** - Gardeners tend to be happier than most, because among other reasons like getting more vitamin D or being in nature, they always have something to look forward to.

One of the most fascinating gardening trends is undoubtedly the popular advent of building and maintaining terrariums. Little slices of tropical climate encased in glass jars, bottles, or fish tanks which if prepared correctly, can last for decades. NASA describes a terrarium as a "forest enclosed in its own little world," but there's no particular rule book for how big a terrarium should be or what should be kept inside.

Other than something pretty to look at, tending a terrarium can actually improve one's mood. Even having a plant or two around will decrease anxiety and can help refresh one's mind after a period of focusing on work. There's also a natural geometry of plants that make them appealing to look at. All humans tend to prefer things in symmetry or in consistent patterns like a spiral, and so plant leaves or fern stalks may be nice to look at for reasons involving fractals and mathematics rather than just simple beauty.

Making your own terrarium begins with first deciding whether one wants an open-air terrarium or a closed-off version. Next, pick plants that would be at home on the forest floor in the tropics. Simple species like moss and ferns work well. There's a limit in a closed ecosystem to how many plants can be sustained, so fill in gaps using decorative objects like stones, driftwood, or maybe a garden gnome. NASA for kids suggests using a layer of activated charcoal above a strata of rocks at the bottom of the terrarium, under the soil, to help filter water and prevent the growth of mold. They say to put the terrarium in indirect light, but you can use a growing light to help if the room is too dark.

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Wendy writes for the United States Press Agency and is a former columnist with the Fulton County Expositor, Wauseon, Ohio.

Sources: NASA For Kids and BBC

#### Article online:

<https://www.uspa24.com/bericht-20296/making-beautiful-terrariums-at-home.html>

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