



GROW HELIAMPHORA

No terrariums. No myths. No nonsense.

Just the straight facts from guys who grow and propagate thousands of carnivorous plants every year.

RANGE

Heliamphora is native to the tepuis (tabletop mountains) of Venezuela, with a more limited distribution in northern Brazil and southern Guyana.

WHERE TO GROW

Heliamphora prefers very stable growing conditions. It will acclimate to lower humidity if the temperatures are relatively stable throughout the day. Large fluctuations in both humidity and temperature will slow this plant down even further, and can even cause them to drop their leaves. However, many growers have had success growing Heliamphora in sunny, draft-free windowsills where temperatures remain between 60° and 80°F (16° and 27°C). Otherwise, this is one of the few exceptions in which a well-ventilated terrarium may be a good option, to stabilize both temperature and humidity.

SUNLIGHT

The common name for Heliamphora is sun pitcher. As a mountainous plant, it requires very bright sunlight (partial to full sun) and very mild temperatures. In most homes, increasing the sunlight also means increasing the ambient temperature, which can work against the plant. If your windowsills are not bright enough or if they are too hot because of your climate, you may need to use artificial lights.

ARTIFICIAL LIGHTS

If a cool, sunny window is not possible, use LED shop lights with an output of approximately 2,500 lumens or more. Avoid full-spectrum or so-called plant lights. These lights have red and blue diodes which can strain your eyes and do not significantly contribute to your plant's overall health any more than shop lights with white diodes. Start with the lights approximately 12 inches above the plant. Monitor your plant and adjust the height of the light source if you are not satisfied with its growth. Use an electrical timer to maintain a 14-hour daylight cycle.

TEMPERATURES

On the tepuis, 80°F is considered a very hot day. Keep the day temperatures mild and comfortable whenever possible. Your plant will also appreciate a nighttime drop into the 60s.

WATER

Heliamphora requires water low in minerals, less than 50 ppm of dissolved solutes. Check your tap water. If it's high in minerals, use bottled water, rainwater, or deionized water. Unlike other carnivorous plants that don't mind sitting in water, Heliamphora does not grow well in standing water. Instead, water from the top and allow the water to drain through. Make sure the growing medium is always damp. Never allow it to dry out.

SOIL

If possible, grow your plant in live sphagnum moss without any other amendments. Otherwise, use a mix of 1 part dried sphagnum moss and 1 part perlite. Avoid using potting soil, compost, and fertilizer; these will kill your carnivorous plant.

Need more information about growing Heliamphora? Watch our **Volume 3 playlist**, and look for the video about Heliamphora care. Visit the website to access the playlist.

Growcarnivorousplants.com