

<http://www.midtowncarnivores.com>



**GENERAL CARE:** *Cephalotus* is a plant that requires somewhat cooler conditions to survive. Find a dish for your plant pot that will allow it to drain, and place the pot on top. Place the pot under an artificial light source in a location where the plant can stay cool. (Or, if using a windowsill, find a **glazed** ceramic pot to serve as insulation against heat. Add a layer of perlite or gravel on the bottom as a drainage layer. Place your plant's plastic pot on top of the gravel inside the ceramic pot. If the ceramic pot is higher than your plant's pot, add more gravel until both pots are the same height. This setup can now be placed on a sunny windowsill.) Add water to the top of the pot until the soil is wet, but not so much that the pot sits in a standing pool of water. After the soil has mostly dried, water the pot again.

**WATER:** *Cephalotus* plants require water with under 50 parts per million (ppm) of total dissolved solids (TDS). Steam-distilled water (available at pharmacies & groceries), reverse-osmosis water and collected rainwater are three recommended types. If using tap- or garden hose water, check its TDS level with a handheld meter to ensure that it is <50 ppm. NEVER use "nursery water," "spring water" or "mineral water" as these have added ions that will severely and irreparably harm your plants over time. (TDS meters are available on our online store under [SEEDS AND SUPPLIES: OTHER.](#))

**LIGHT:** Growing on a sunny windowsill is an easy way of providing the right type of light for your plants. Sunlight is optimal, but placement is also important. Avoid placing your plant is near a wall/overhang that blocks light early in the day and gets blasted with sudden, intense light when the sun moves forward as it may cause leaf burn. Instead, choose a south- or west-facing windowsill, away from overhead obstacles, where your plants can receive consistent amounts of sunlight as the day progresses. (For a more controlled environment, fluorescent lighting can be used as an indoor alternative.) For several plants, a fluorescent ballast may be used, but for fewer plants, a desk lamp with a compact fluorescent tube (CFT) bulb should be fine. I recommend a "Daylight" spectrum bulb, rather than a "bright white" or "soft white." We advocate the supply of between 8 and 14 hours of light per day; less light will yield larger plants and pitcher, while more light will yield smaller plants, but more colorful pitchers. Keep the plant 6"-12" away from the bulb, so that it receives enough light to thrive, but not so much heat that the leaves dry out.

**MEDIA:** *Cephalotus* requires acidic, nutrient-poor growing media (soil), with good drainage to prevent root rot. A mix of sphagnum peat moss and perlite or quartz sand (1:2 ratio) is recommended. NEVER use Miracle-Gro products (including their peat moss and perlite) or gardening/potting soil, as these contain minerals that WILL kill your plants in a matter of days.

**WHAT TO EXPECT:** *Cephalotus* is a **very** slow-growing plant. Once again: *Cephalotus* is a **very** slow-growing plant. Plants will grow new leaves through the warm, sunny months. New leaves will emerge from the center of the growth point, slowly. Some leaves will develop into flat leaves, while others will develop into pitchers. Older leaves will turn brown and die off. In late autumn, leaf production will slow for the winter. This is normal. Growth will resume slightly faster as temperatures (the daylight period, if using a windowsill) increase once again in the spring.

For any questions, please contact us at any time:



We also recommend the following from our [SEEDS AND SUPPLIES](#) section of our online store:

**CARNIVOROUS PLANT MIX #1 AND #4**

**NEPENTHES FERTILIZER**