

**MORE INFORMATION**

 Laurel Haislip/Becca Meyer

BRAVE Public Relations, 404.233.3993

lhaislip@bravepublicrelations.com/
bmeyer@bravepublicrelations.com

**FOR IMMEDIATE RELEASE**

**Pike Nurseries offers plentiful blooms for a healthy new year**

*Kick off 2018 with beneficial plants for the home*

**ATLANTA (January 10, 2018) –** *Out with the old and in with the new!* It’s the time of year to focus on health and wellness, and the experts at **Pike Nurseries** are prepared to help gardeners of all kinds have a flourishing, flora-filled new year. Now is the best time of year to refresh indoor spaces with houseplants that purify spaces and herbs that can be used for healthy, nutritious cooking. From orchids to rosemary, Pike Nurseries is stocked with the top plants to maintain a healthy household and lifestyle all year long!

**Hardy Houseplants**

Since cold weather is officially upon us and cabin fever may be setting in, gardeners of all skillsets can look to houseplants to continue the joy of playing the dirt. In addition to providing life indoors, houseplants increase a home’s health by increasing air humidity and removal of dust and toxins from the air. Research has revealed that many houseplants – like the Peace Lily – can efficiently remove pollutants like Formaldehyde, Benzene and Ammonia from a room’s air, releasing oxygen and improving the overall health of an environment. In addition, houseplants can create reduced stress levels in the home as seeing greenery and nature helps create a more relaxed, calm and overall happier environment.

Finding the perfect houseplant is easy, and Pike Nurseries offers a variety of options, including Ferns, Pothos, Orchids, Bromeliads and Succulents. To maintain houseplants, it’s important to first determine where in the home they will take root and the amount of sunlight the area will receive. Pro tip: hold a hand about eight inches above a sheet of white paper in the space where the houseplant will live to learn how much light the space gets every day. If high light is present, a clear shadow with definition will be seen; medium light will reveal a blurred shadow; and low light will offer no shadow. Still not sure what’s best for the home? The experts at Pike Nurseries are available to help customers choose the right houseplant as well as the best pot to go with their home décor and style.

**Aromatic Herbs**

Planting an indoor herb garden is an easy and sustainable way to conveniently grow plants in the comfort of the home. Herbs can be used in many recipes, for health-conscious chefs looking to kick off edible resolutions, or simply to freshen up the home after the holidays. Because herbs need plentiful light, they’re the perfect addition to kitchen counters or windowsills. For added ease, green thumbs can plant a variety of herbs, such as rosemary, sage, lavender and fennel in the same pot to save space and produce an assortment of flavors for food or drink.

For more tips and tricks from the experts at Pike Nurseries, stop by any of the 17 Pike Nurseries locations in Georgia and North Carolina or visit [www.pikenursery.com](http://www.pikenursery.com).

**ABOUT PIKE NURSERIES**Ever committed to its customers’ gardening success, Pike Nurseries takes pride in taking the guesswork out of gardening and helping its customers play in the dirt. Offering superior knowledge, quality and selection in a friendly, caring environment, Pike Nurseries has been an Atlanta icon for over 60 years. Founded in 1958 by Pete Pike, its ability to adapt to market conditions and community needs has made it a respected Southern institution. As Atlanta’s oldest garden chain, Pike Nurseries has 17 retail locations in the Atlanta, Ga. and Charlotte, N.C. areas. Now led by CEO Mike Kunce, Pike Nurseries looks forward to continued growth as it keeps Atlanta and Charlotte beautiful, one landscape at a time.