

by me

I love the light.

I like some light.

I prefer low light.

(When is your birthday?)

Name:

NC STATE UNIVERSITY
**Plants for
Human Health**
INSTITUTE

NC STATE
EXTENSION

In what conditions do you thrive?

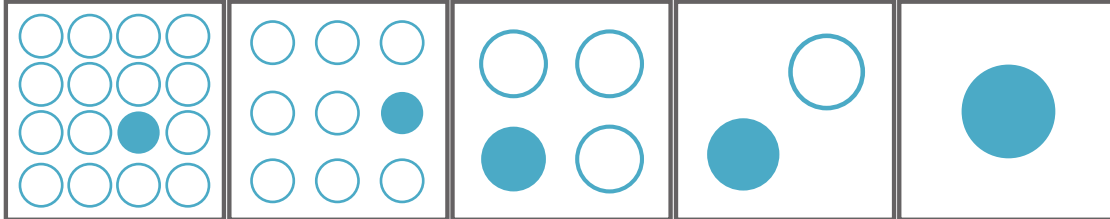
Select the descriptions that match your personality.

Plant Characteristics

List three or more words (adjectives) that describe you.

Planting Instructions

Spacing



I love crowds and make friends easily.

I like groups of people I know.

I prefer small groups.

I do best one on one.

I like to be by myself.

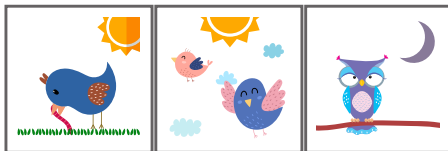
Bloom Time

I am most productive in the:

morning

midday

night



Season to Thrive

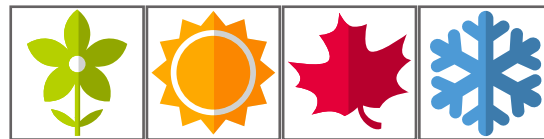
Are you a cool season crop or a warm season crop?

Spring

Summer

Autumn

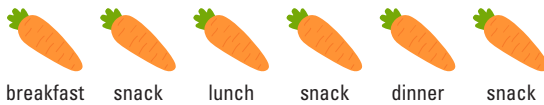
Winter



Care and Maintenance

Fertilizer (Food) Requirements

How often do you need to be fertilized (fed)?



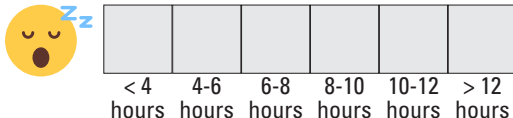
Growth Habit

Are you neat and orderly like a row crop, carefree and disorganized like a wildflower meadow, or somewhere in between?



Dormant Period

How many hours of sleep do you need?



Water Requirements

How much water do you need to drink to feel your best?



Companion Planting

Who or what is your companion plant?

Who or what comforts you when you are feeling anxious?