



OUSEPLANTS AND INDOOR GARDENING

ELEVATE OUR MOOD, REDUCE STRESS, HELP US FOCUS AND MORE

•Adding colorful foliage and flowers boosts the benefits

PURIFY AIR - LINK TO NASA STUDY

* Indicates plants studied that helped remove toxins from the air

SELECT HOUSEPLANTS THAT:

MATCH THE GROWING CONDITIONS AND YOUR GARDENING STYLE

KID & PET TOXICITY INFORMATION

Use **botanical names** when researching toxicity of plants. Common names vary on websites and with gardeners. Using the botanical name will ensure you obtain information about the correct plant.

FOR PETS

- American Society for the Prevention of Cruelty to Animals
- Pet Poison Helpline

FOR PEOPLE

- Handbook of Poisonous and Injurious Plants
- North Carolina State University Extension Gardener Plant Toolbox
- Minnesota Poison Control
 - * Low to high severity toxicities are listed
 - * Always double check if allergies, curious pets and children are a concern

CHECK OUT

KID & PET FRIENDLY HOUSEPLANTS

WEBINAR

CLICK HERE AND ENTER PASSWORD sjw6Aay%

DOWNLOAD HANDOUT



Wild Valley Farms

Healthy Garden, Healthy Life

Our family of products includes Wool Pellets, helping you grow beautiful, healthy and productive plants with less effort. Organic Wild Valley Farms' Wool Pellets increase the soil's moisture-holding ability by absorbing and retaining moisture then releasing it when needed by the plants. University research found these pellets promote healthier growth, increase soil aeration and reduce watering frequency by as much as 25% -- saving you time all year and easing your mind when you go away on vacation.

This long lasting, sustainable, water saving product is made from belly wool and tags that cannot be used for clothing. Use Wool Pellets when gardening indoors and out to improve soil health and help plants grow. Mix ½ cup of pellets into each gallon of soil for gardens, flowerbeds and containers. Or sprinkle pellets around existing plants and push or work it into the soil.

For more information, visit wildvalleyfarms.com



PLANTS WITH COLORFUL FOLIAGE THAT USUALLY CAN BE FOUND AT GARDEN CENTERS OR ONLINE

LOW TO MODERATE LIGHT

- Able to read without too much strain
- Back from or to the side of an east- or west-facing window
- In front of a north window

PHILODENDRON

Philodendron spp.

- Easy Care Philodendron
- Trailing, climbing, upright forms
- Water when top few inches of soil starts to dry
- Do not overwater
- Avoid cool temperatures and drafts
- Color fades or disappears when light is insufficient
- Increase fullness of thin, leggy plants
- Pinch out growing tip to encourage branching
- Prune long, leggy stems
 - Root cuttings to start new plants
 - Add rooted cuttings to container
- Lots of varieties
- Heartleaf Philodendron (P. hederaceum)
 - Brasil narrow, creamy green stripe down middle of leaves
 - Neon bright chartreuse leaves
- Philodendron 'Autumn' upright, 2-3'
- Philodendron x 'Hope' non-vining
- Philodendron gloriosum large velvety leaves
- Split Leaf (Philodendron bipinnatifidum)
 - Shangri-La dwarf split leaf
- Toxic to humans, cats and dogs
- Calcium oxalate crystals

POTHOS

(Epipremnum aureum formerly Pothos aureus)

- Pothos Audio Tip
- Water when top few inches of soil starting to dry
- Do not overwater
- Prefers 60° to 80°
- Loses variegation too little light
- See philodendron for tips on improving appearance
- Epipremnum aureum 'Marble Queen'
- Epipremnum aureum 'Pearls and Jade'
- Toxic to humans, cats and dogs
- Calcium oxalate crystals

SATIN POTHOS

Scindapsus pictus 'Argyraeus'

- Same care as pothos and philodendron
- A little more finicky
- Needs higher humidity
- Avoid soggy soil, temperatures below 60° and cold drafts
- Loses variegation in very low light
- Toxic to cats and dogs
- Human toxicity unknown



About Melinda

Nationally known gardening expert, TV/ radio host, author & columnist Melinda Myers has over 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening, the Midwest Gardener's Handbook, and Jackson and Perkins' Beautiful Roses Made Easy. She hosts the nationally-syndicated "Melinda's Garden Moment" program airing on over 115 TV and radio stations throughout the U.S. Melinda also hosts the internationally distributed Great Courses "How to Grow Anything" DVD series, including the latest Food Gardening for Everyone DVD set. She is a columnist and contributing editor for Birds & Blooms magazine, writes the twice monthly "Gardeners' Questions" newspaper column and a nationallydistributed gardening column. She appears regularly as a guest expert on national and local television and radio shows.

Visit Melinda's website, melindamyers.com

CHINESE EVERGREEN

Aglaonema commutatum

- Do not overwater
- Prefers temperatures between 65° to 75°
- Tolerates low humidity better than many other houseplants
- Easy Care Chinese Evergreen
- Colorful varieties now more available:
- Red Siam red edges on broad leaves
- Red Valentine green leaves with pink and red
 blotches
- Silver Bay green leaves with silver centers
- Spilt Milk white markings on green leaves
- Toxic to humans, cats and dogs

NERVE PLANT

Fittonia

- Green, pink, purple, red, variegated, white
- Moist, well-drained, not soggy soil
- High humidity
- Can be short lived, so regularly take cuttings to start new plants
- You will see the white and red veined plants listed as either:
- Fittonia verschaffeltii
- Fittonia albivenis
- Non-toxic to humans, cats and dogs

SPIDER PLANT

Chlorophytum comosum

- Bright, indirect light preferred
- o Green variety more tolerant of low light
- Less variegation in lower light
- Slightly moist soil, but well-drained
- Avoid cold drafts
- Brown tips from fluoride and chlorine in water
- Propagate by division or offsets

- Variegatum leaves edged in white
- Picturatum leaves have central yellow stripe
- Milky Way cream leaves edged in green
- Non-toxic to humans, cats and dogs

PRAYER PLANT

Maranta and Calathea

- Growing Prayer Plant Houseplant
- Moderate, indirect light
- Scorched and brown spots in direct light
- Pale leaves, less colorful when it doesn't receive sufficient light
- Consistently moist soil
- Sensitive to fluoride and chlorine in the water
- Needs high humidity
- Leaves fold up in low light (nyctinastic)
- Maranta leuconeura red veins, light and dark green leaves
- Calathea 'Lancifolia' long, narrow leaves with dark green horizontal stripes
- Calathea picturata green leaves with medium and light green markings
- Brown leaf tips and margins
- Growing Prayer Plants Indoors
- Non-toxic to humans, cats and dogs

UPCOMING APPEARANCES & WEBINARS

Check often as more appearances and webinars continue to be added.

January 26th Webinar

Gardening for Wildlife

January 29th

Washington County Builders
Association Home Building &
Remodeling EXPO
Food Gardening Success

February 2nd Webinar

Small Space Gardening

PBS Wisconsin Garden & Landscape EXPO

More Information

February 18th - 20th
NARI Milwaukee Spring Home
Improvement Show
More Information

February 23rd Webinar
Dahlias - Proven Performers!

Register Today for the Webinars!

BRIGHT, INDIRECT LIGHT

- Plants in NE or NW window
 - Some direct light in the morning or afternoon
 - Bright the rest of the day

INCH PLANT

Tradescantia

- Often used as trailer in container gardens
- What's in a Name?
- Moist, occasionally dry soil
- Drier soil in winter
- High humidity
- Regular grooming essential to keep trailing types looking good
- Easily propagated by <u>leaf-stem cuttings</u>
- Lots of species and varieties
- Boat Lily (T. spathacea), previously Rhoeo
 - Hardy Zones 9b to 11a
 - Forms rosettes of leaves
 - Flowers look like a boat
 - Poisonous to humans
- Purple Heart (T. pallida), previously Secreasea
 - Hardy Zones 7b to 11a
 - Short lived perennial
 - Annual bedding plant or houseplant
 - Velvety purple leaves
 - Toxic to cats and dogs

BEGONIAS

Begonia spp.

- Growing Rhizomatous Begonia Indoors
- How to Grow Rex Begonias (seasonal)
- Many with attractive foliage
- Some flowering indoors
- Warm temperatures
- Good air circulation
- Avoid drafts

- High humidity
- Water when top few inches of soil are dry
- Avoid overwatering
- Propagate from divisions, <u>leaves or leaf and stem</u> <u>cuttings</u>
- Depending on growth habit
- Toxic to humans, cats and dogs
- Calcium oxalate crystals
- Most toxic part underground

POLKA DOT PLANT

Hypoestes phyllostachya

- Polka Dot Plant Care
- Often used as annual bedding or container plant outdoors
- Came to England in 1840 from Madagascar and was long forgotten as houseplant
- Green leaves with white or pink splotches
- Moist, well-drained soil
- Warm and humid conditions year round
- Regular pinching promotes compact growth
- <u>Stem cuttings</u> easily root
- Can be short lived
- Take cuttings and start new plants often
- Non-toxic to humans, cats and dogs



PEPEROMIA

Peperomia

- Upright and trailing types
- Green "rat tail" flowers
- Tropical plants prefer humid conditions during active growth
- Avoid cold drafts
- Some species with thick succulent leaves are more drought tolerant
- Water when top inch of soil is dry
- Allow top few inches of soil to dry for thicker leafed varieties
- Prefers bright, indirect light, but will tolerate lower light
- Less variegation and smaller leaves in low light
- Winter temperatures 60° and above
- Soil a bit drier
- Generally slow growing, so minimal fertilizer and pruning needed
- Oedema (edema) may be a problem
- Blunt Leaf Peperomia (P. obtusifolia)
- Hardy Zones 10b to 12a
- Thick green or variegated leaves
- Ripple Peperomia (P. caperata 'Ripple')
- Hardy Zones 9b to 11a
- Textured leaves
- Watermelon Peperomia (P. argyreia)
- Smooth leaves colored like watermelon rind
- Listed as non-toxic to cats and dogs
- Double check for species you select
- Human toxicity
- P. obtusifolia only one found listed as moderately toxic to people and some animals, although ASPCA lists it as non-toxic

TRICOLOR STROMANTHE

Stromanthe sanguinea 'Triostar'

- Hardy in Zone 9 or 10 to 11 where it can reach 5' tall
- Relative of prayer plant
- Long, narrow leaves are green with pale veins
- Stems and undersides of the leaves may be red or purple
- Tricolor has colorful green, cream and red leaves
- Moist soil and high humidity a must
- Water thoroughly whenever the top inch of soil is starting to dry
- Toxicity unknown

DIEFFENBACHIA

Dieffenbachia

- Even light rotate for balanced growth
- High humidity
- Moist soil
- Older plants tend to lose lower leaves
- Prune back and remaining stem will sprout
- Air layering
- Cane cuttings
- Pinch growing tip to encourage new growth lower on the plant
- Toxic to humans, cats and dogs
- Calcium oxalate crystals
- Oxalic acid and more that irritate, numb vocal cords (up to 2 weeks)
- Dermatitis
- Can be fatal to pets

DRACAENA

Dracaena spp.

- Some species and cultivars tolerate lower light
- Bright light promotes better color in leaves
- Sensitive to chlorine and fluoride in water
- Varieties:
- o Corn Plant (D. fragrans)
 - Blooming Corn Plant
- Tricolor or Dragon Tree (D. marginata)
 - Tricolor
 - Colorama
 - Bicolor
 - Long narrow leaves with variegation
- o Dracaena deremensis
 - Dorado wide leaves with thin yellow margin
 - Ulises green leaves with white stripes down the middle
 - Lemon Lime green leaves with white stripes down the middle and chartreuse leaf margins
 - White Jewel dark green leaves with wide white stripes
 - Limelight neon bright, wide chartreuse leaves
- Lucky Bamboo (D. sanderiana)
 - Often grown hydroponically can be grown in soil
 - Keep container filled with water
 - Change water if it becomes cloudy
 - Add dilute solution of liquid fertilizer if plant needs nutrient boost
- Toxic to cats and dogs
- Non-toxic to humans

BRIGHT LIGHT

- Plants near an east- or west-facing window
 - o 2 to 4 hours of direct sun
 - No direct midday sun
 - Back from south-facing window (except for winter in north)

SNAKE PLANT

Dracaena trifasciata, formerly Sansevieria

- Snake Plant Audio Tip
- Hardy Zones 10b to 12a
- Prefers bright light and will flower in brighter locations
- Will tolerate low light
- Can get floppy
- Dry soil
- Propagate by <u>leaf cuttings</u> and division
- Variegation not continued in leaf cuttings
- Varieties:
- Black Gold dark green leaves with yellow edges
- Moonshine wide leaves, lighter green, especially in brighter light
- Dracaena aubrytiana wide leaves with unique variegation
- Dracaena angolensis spear-like leaves
- Toxic to cats and dogs
- Human toxicity saponins

TI PLANT

Cordyline terminalis

- Leaves red, pink, and green streaks
- Older plants may form a spike of fragrant small pink/purple flowers followed by red berries
- Water thoroughly when top few inches of soil are dry
- Avoid cold and drafty locations

- Sensitive to chlorine and fluoride in water
- Tends to drop lower leaves
- See dieffenbachia
- Toxic to humans, cats and dogs
- Saponins

COLEUS

Coleus scutellarioides

Formerly Solenostemon, Plectranthus

- Often used as an annual outdoors
- Moved in for the winter
- Or grown as a houseplant
- Colorful leaves various leaf color combinations and shapes
- Remove flowers when they appear
- Pinch and prune to encourage more compact growth
- Moist soil when actively growing
- Cooler temperatures and a bit drier soil in winter
- Propagate from seed
 - More often leaf and stem cuttings
- Poisonous to humans skin dermatitis
- Diterpene coleonol
- Coleonol O

PERSIAN SHIELD

Strobilanthes auriculata var. dyerianus Formerly S. dyerianus, S. maciellandi

- Hardy in Zones 8b to 11a
- Grown as an annual elsewhere
 - Overwinter indoors
- Or grown as a houseplant year round
- Leaves green with purple/lavender and silver/gray
- Water thoroughly when top inch of soil is slightly dry
- Plants tend to form woody stem with age and are less attractive
- Use rooted <u>cuttings</u> to start new plants as needed



HIGH LIGHT - DIRECT LIGHT

- 4 to 5 hours of direct sunlight
- Northern gardeners move plants to south-facing window in winter

PURPLE PASSION

Gynura aurantiaca

- Hardy Zones 10b to 12a
- Leaves covered with purple hairs
- Twining vine
- Orange, malodorous flowers may appear on mature plants spring summer
- Avoid cold water on leaves
- Water thoroughly when top few inches of soil begin to dry
- Allow to go a little drier in winter
- Non-toxic to humans, cats and dogs

CROTON

Codiaeum variegatum

- Growing Croton
- Hardy in Zones 11 to 12
- Leaves narrow, oval, wavy, twisted or lobed in various color combinations of green, orange, pink, purple, red, silver, variegated, white, yellow
- Leaves lose colorful variegation in low light
- Sprouts with green leaves may appear
- Moist, well-drained soil
- Water thoroughly when top ¹/₂" of soil is dry
- Suffers leaf drop when soil is too wet, too dry, exposed to drafts or temperatures below 50°
- Milky sap (Euphorbiaceae family) can cause dermatitis

- Poisonous to humans if eaten in large quantities
- Diterpene esters
- Cause mild oral and gastrointestinal irritation and dermatitis
- Toxic to cats and dogs

SUCCULENTS

The colors and shapes of these easy care plants make it easy to add color throughout your home

- Water thoroughly when soil is dry
- Some gardeners check moisture at drainage holes
- Cooler temperatures and a bit drier soil in winter
- Echeveria
- Sempervivum
- Sedums
- Many, many more
- Check toxicity of species selected
- Centerpiece
- Wreath
- Tree
- Cocktail Glass

FLOWERING PLANTS BRIGHT, INDIRECT LIGHT

AFRICAN VIOLET

Streptocarpus formerly Saintpaulia

- Hardy in Zones 118b to 12b
- Bright east-facing window or under artificial lights
- African violet or other well-drained potting mix with organic matter
- Fertilize actively growing plants with flowering plant fertilizer
- Keep cold water off the leaves
- Leach salts out as needed
- Encourage flowering
- Propagate new plants from <u>leaf-petiole</u> <u>cutting</u>
- Long bare stems can be buried
- Related species
- Flame Violet (Episcia cupreata)
 - Colorful leaves
 - Yellow, orange, red flowers
- Both species are non-toxic to humans, cats and dogs

ANTHURIUM

Anthurium scherzerianum

- These are epiphytes, like many orchids
- Grow in a brightly lit location for best flowering
- Will tolerate low light
- Water often enough to prevent roots from drying
- Don't let plants wilt
- Long blooming
- The colorful heart-shaped parts we call flowers are actually modified leaves
- White, red, pink, violet, green and orange (Sierra Orange) flowers
- These plants need minimal fertilization
- Anthuriums for Valentine's Day and Indoor Gardens
- Anthurium andraeanum 'Anthzupap'
- Toxic to humans, cats and dogs
- All parts contain raphides of water insoluble calcium oxalate crystals and unverified proteinaceous toxins
- Oral irritation and swelling

BROMELIADS

Various Genera

- Epiphyte grown in a well-drained potting mix or grown as an air plant
- Those with soft, pliable leaves are more tolerant of low light
- Place those with thicker leaves in brighter light
- Long blooming, providing months of colorful flowers
- Water often enough to prevent roots from drying
- Tank types

- Keep leaf cup full of water and refresh regularly
- Those growing in soil
 - Water thoroughly and often enough to prevent roots from drying
- Boost humidity
- Group plants
- Gravel tray
- Post flowering
- Parent plant dies
- Offsets form
- Reblooming
- Place mature plant in plastic bag with a slice of apple for 3 days
- Remove and wait for flowers to form
- Guzmania spp.
- Aechmea spp.
- Aechmea fasciata
- Grecian Urn (Quesnelia marmorata)
- Air Plant (Tillandsia)
- Soak in tepid water every week or two
- More often in low humidity
- Blushing Bromeliad (Neoregalia spp.)
- Check toxicity of species growing

OXALIS / SHAMROCK

Oxalis spp.

- Some species require bright light while others prefer bright, indirect
- Poor flowering when grown in insufficient light
- Clover shaped leaves of green, bronze or variegated
- Foliage folds up at night or in low light
 nyctinastic movement
- White, pink, yellow flowers

- Cyclical growth
- Late summer slow watering and stop fertilizing
- Fall through winter stop watering and allow to go dormant
- February growth begins, start watering
- Spring through summer water regularly and fertilize as needed
- Burgundy Shamrock
- Toxic to humans, cats and dogs
- Calcium oxalates

CHRISTMAS, EASTER & THANKSGIVING CACTUS

Schlumbergera spp.

- Bright light
- Soil slightly moist when flowering
- Dry to the touch at other times
- Fertilize spring through summer with flowering houseplant fertilizer
- Bud and flower drop caused by:
- Drafts
- Moisture stress
- Environmental changes
- Rebloom start October 1st
- o 14 hours of darkness
- Cool night temperatures
- Soil slightly drier
- Easter Cactus (now S. rosea) flowers as days lengthen in spring
- Start new plants from stem cuttings
- Toxic to humans, cats and dogs

CLIVIA

Clivia miniata

- Hardy Zones 9 to 11
- Yellow, orange, red flowers in spring
- Allow to rest for 3 months in winter
- Water just enough to prevent wilting and encourage bloom
- Water often enough in summer to keep the soil slightly moist
- High humidity
- Temperatures between 65° to 68° in summer
- Cooler in winter
- Remove faded flowers and wipe dust from leaves
- Propagate from side shoots that often form after flowering
- Toxic to humans, cats and dogs
- Alkaloids

LIPSTICK PLANT

Aeschynanthus radicans

- Epiphyte
- Trailing and a few upright forms
- Hardy Zones 10b to 11a
- Tubular red/burgundy flowers with cup-like calyx
- Malodorous
- Blooms spring to summer
- Some varieties flower year round
- Rest during winter
- No cooler than 60° and soil kept only slightly drier
 - Too cool or too dry results in no blooms
- Regular trimming root the cuttings and plant
- Non-toxic to cats, dogs and humans

BRIGHT LIGHT

WAX PLANT

Hoya carnosa

- Green or variegated flat or curled leaves
- White, waxy, sweetly fragrant flowers
- Potbound plants
- Flowers form on long, bare stems
- Repeat bloom on same stem
- Avoid over fertilization that can impede flowering
- Water regularly when actively growing
- Warmer temperatures and high humidity in spring and summer
- Cooler temperatures and drier soils in winter
- Non-toxic to cats, dogs and humans

MOTH ORCHIDS

Phalaenopsis spp.

- Epiphyte, usually grown in orchid mix
- Long blooming plants that can flower for months
- Moth orchids are easiest as they are most adaptable to household environments
- Grow flowering plants in bright light
- Water thoroughly
- Usually once a week depending on indoor growing conditions
- Skip the ice cube, use tepid water for best results
- Prefer high humidity
- Reblooming several options:
- Leave flower stem intact you may get a second, smaller flush of flowers

- Cut the stem back to the 2nd or 3rd node and a new flower stem should emerge
- Cut the flower stem back to leaves
 - It can take a year for new flowers to form, but it is the best option for the plant
- Non-toxic to cats, dogs and humans

HIGH LIGHT

GOLDFISH PLANT

Nematanthus

- Flowers orange-red, look like little goldfish
- Long lasting, mid summer to fall
- Needs cool winter rest with slightly dry soil, followed by warm spring to flower
- Tolerates lower light
- Evenly moist soil spring through fall
- Allow top 1-2" to dry
- Drier in winter
- Avoids drafts
- Tolerates winter temperatures down to 60°
- Warmer in growing season
- Regular pinching to keep full
- Mixed information on pet and human toxicity

KALANCHOE

Kalanchoe

- Grow flowering kalanchoes in a cool, bright location
- Cooler temperatures at night
- Water thoroughly when the top inch of soil is just starting to feel dry
- Remove faded flowers for second flush of blooms
- Grow like other succulents when it is not flowering
- Place in a sunny window and allow the top inch of soil to dry thoroughly before watering thoroughly
- Rebloom your kalanchoe like Christmas cactus
- Stop providing the dark period when the buds are fully developed
- Many varieties available with colorful or velvety leaves
- Toxic to humans, cats, and dogs

CROWN OF THORNS

Euphorbia milii

- Thorny stems
- Tiny yellow flowers surrounded by red bracts, may bloom year round
- Room temperature in summerBoost humidity if too hot and dry
- Cooler winter temperatures
- Water thoroughly before soil dries completely
- o A bit less often in winter
- Toxic to humans, cats, and dogs

CHENILLE PLANT

Acalypha hispida

- Hardy Zones 10b to 11a
- Also grown as an annual in hanging basket outdoors
- Long, tassel-like red flowers, usually spring through summer
- Remove faded flowers (deadhead) to promote more blossoms
- Warm temperatures above 60°
- Avoid direct heat from radiators and heating vents
- High humidity
- Moist soil
- Will tolerate occasional dry conditions
- Keep a bit drier in winter
- Copper Leaf (Acalypha wilkesiana, formerly A. godseffiana) - grown for its large, colorful leaves
- Non-toxic to cats and dogs
- Toxic to humans

BIRD OF PARADISE

Strelitzia reginae

- Hardy Zones 10b to 12a
- Slow growing when young
- Cooler temperatures in winter
- Soil slightly drier
- Overwatering leads to root rot
- Flowers royal blue, orange and yellow
- Flowers best when potbound
- Long lasting
- Excellent cut flowers
- Mature plants (2-4 years) may flower intermittently year round
- Pollinated by birds
- When birds sip nectar the petals open to cover their feet with pollen
- Toxic to humans, cats and dogs
- Gl irritants



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