Theme: Potting Orchids — Media and Methods

Adaptive Repotting Approach
An Element of Growing Healthy Orchids

BY MARY JO GILSDORF

FOR ME, THE PROCESS OF LEARNING how to grow orchids has been a process of adaptation. I began on a windowsill with a couple of plants that I fussed and mussed over until they met their untimely end. I then got more plants, too many to pay too much attention to, and they stayed alive. My next goal was to get them to grow and then to grow them well. Soon, I set my sights on making them bloom. And bloom bigger and better. Each progressive step in this process involved the creative use of materials and methods to enable my plants, my growing space and me to achieve my goals. From my windowsill to the light room I finally built in my basement, and some day to the greenhouse I hope to have, the process will continue.

Orchids exist virtually on every continent in every kind of climate. Orchid growers are equally ubiquitous. And as each species is unique, so are the conditions of each orchid grower. Windowsill hobbyists are faced with challenging conditions, and innovative ways to adapt to these less-than-ideal conditions develop. Repotting provides an excellent opportunity for learning, using potting media and containers to compensate for the growing conditions available, whether on a windowsill or in a greenhouse.

The purpose of a pot is to provide the basis of an environment for the horticultural needs of a particular plant in a particular place for a particular owner. This adaptive repotting approach takes all of the components of this equation to create support for the plant in your environment. There is no one way or right way to do it. Literature is replete with advice, but unless that advice matches your conditions and the type of orchid you are growing, it can ensure the demise of the plant as easily as it can produce an award-winning result. Be flexible and responsive in your approach. Experiment with methods and materials. Observe and record your results. Adjust. Change. Evolve. And have some fun with it.

The two basic parameters to adapt for success in growing are what the plant needs to prosper and what you have to offer. Creative use of different containers and media bridge these baseline factors. Many resources are available for understanding the cultural habits of orchids. In considering your choices in potting, review the cultural information, paying particular attention to the moisture needs of the plant, that is, the level of humidity it requires to flourish, the rain cycles and amounts in the plant’s natural habitat. Also consider the plant’s characteristics. Is it an epiphyte, terrestrial or lithophyte? What type of plant structure does it have? Are there pseudobulbs to store water? Fleshy roots or thin brittle ones? Thick leaves or thin? All of these characteristics enable the plant to adapt to its native environment. If you understand that adaptation, you can better modify your approach in repotting to provide what it needs to flourish for you.

Each grower varies in his or her ability to provide the factors for the healthy growth of any particular plant in the growing space. As creatures with a passion for growing orchids, we are known to cultivate them on windowsills, in greenhouses and light rooms or under several of these conditions, among others. What we have to offer in humidity levels and air

OPPOSITE Paphiopedilum Kolosand ‘Hélios’, HCC/AOS (kolopakingii x sanderianum) takes after its Paph. kolopakingii parent in its growth habit. When it flowered in late June, it had a 36-inch (90-cm) leafspan and a 24-inch- (60-cm-) tall inflorescence. The plant is grown in a 4-inch- (10-cm-) wide plastic pot. Because its roots are fairly thick, the author adds a good handful of medium bark to her paphiopedilum mix of two parts fine bark, one part medium perlite and one part No. 2 charcoal. Paphiopedilum Kolosand is grown in the author’s dining room window with a southern exposure. During the summer, she places it outdoors beneath a dogwood tree and applies a top dressing of bone meal. The inflorescence is staked using 18-gauge florist wire with a hook fashioned at the end anchored into a bamboo stake.

Grower: Mary Jo Gilsdorf.
movement varies widely through and within these growing spaces. We fuss over our plants, ignore them, water heavily or lightly or some combination thereof. We are diligent in our repotting or haphazard. We place them in pots or hang them. These habits are significant factors in the climate and environment we provide.

The adaptive repotting approach balances all of these factors with the materials at hand. With a little ingenuity, the number of different kinds of plants that you can support in your environment may expand beyond its more obvious means. By matching materials and conditions to one another, I can grow paphiopedilums and cattleyas, as well as calanthes and vandas, among other various genera spanning a variety of culture requirements in my 8 x 10-foot (2.4 x 3-m) basement light room. The types of containers and media are microclimates in and of themselves within the parameters of the growing conditions.

THE POTTING BENCH To approach repotting in practical terms, prepare your potting station. Most of us have a favorite place to work. I converted a workbench in my basement into my potting area. Collect your tools and potting materials. For tools:

- Several cutting and trimming tools: a box of razor blades, old kitchen knives, garden clippers, scissors. I have found Chinese scissors, which I found in a mail-order catalog, to be handy. They are ambidextrous, with large hand-holds, and are made of steel.
- A handheld propane torch with a lighter.
- Several small buckets, plastic containers and bags for mixing custom potting materials and solutions.
- Fungicide, pesticide and growth or root hormone chemicals. Disinfectant such as RD-20® or Physisan®. A popular and effective homemade formula for Bug Juice is comprised of one part water, one-half part alcohol, one-half part Formula 409® and a squirt of dish soap.
- Bleach and vinegar for cleaning pots.
- Newspaper.
- A notebook and pen.
- Non-oil-based hand cream. I prefer Silicone Glove® by Avon because it soaks in completely and allows you to wash off dirt easily through several hand washings. If it worked to keep printmaking inks from staining my hands, it will work with orchid-potting debris.
- Whatever else is handy for you to use. Your experience will expand your list as you fine tune your approach.

POTTING MEDIA Gather a variety of potting media. Some companies offer smaller quantities of hobby bags that provide the opportunity to try new materials without a large investment. A partial list of potting media that you may want to consider includes:

- **Medium Bark** A mainstay. Most plants benefit from a primary base of medium bark in the mix and it provides a good starting point, though I rarely use medium bark alone in any mix.
- **Charcoal** Absorbs water and promotes good air movement within the mix. I keep two sizes on hand: No. 1 or No. 2 (large chunks) for use in baskets and for the bottom of some pots as a base material for some plants, and No. 3 or 4 (¼ to ½ inch; 6 to 1.25 cm) for use in mix.
- **Perlite** Water retentive, it keeps mix loose for aeration. Resists decomposition. Use of a face mask is strongly suggested to prevent inhalation of the fine powder associated with this material, which can be injurious to your lungs. Wetting it prior to use reduces the likelihood dust will be inhaled.
- **Aggregates** Among the choices is Aliflor®, which is inorganic. I am using more and more medium-grade Aliflor® for various reasons. For example, I place Aliflor® in the base of pots instead of Styrofoam peanuts to increase humidity in the root zone, or as a gravel layer for plants requiring a lot of water, such as phragmipediums. I also include Aliflor® in some mixes with Pro-Mix®, peat moss or sphagnum moss to loosen up the mix.
- **Sphagnum Moss** Long fiber and short fiber. It is said that the New Zealand long fiber lasts longer than the generally less-expensive short fiber, but for some applications, a couple of pinches of the short fiber does the trick. Of course, one can spend the time cutting the long fiber into shorter pieces. It is water retentive and resistant to fungus and mold. Soak in water before using but do not let it stand in water for a long time (like weeks). Mold- and fungus-resistant does not mean mold- and fungus-proof.

Tree Fern Available in several grades and as mounts and pots. Plants that need a lot of air movement to allow their fine roots to dry quickly do best in tree fern.

Redwood Bark Available as chips and fibers. More water retentive than fir and pine barks. Longer lasting and less prone to fungus and mold than other organic materials.

Pro-Mix®, Peat Mixes, Potting Soil Good basic ingredients for most terrestrial orchids. Moisture retentive. Dense, as it is basically a peat-based potting mix.

Styrofoam Peanuts A frequent inorganic additive to the base of pots to increase drainage and air movement. Do not use the kind that dissolves with water.

New Products The latest and greatest media to experiment with. Something new seems to come up every couple years. Try it. At one time, bark was cutting-edge.

This is a partial list and, depending on your geographical area, there may be materials that better suit your climate and growing environment. Other materials that I have tried experimenting with include osmundas, rockwool, coconut husk, wine corks and various mounting materials such as tree-free totems, cork and tree branches. Do not confine yourself to my list or feel the need to incorporate all of these different materials at once or all together. The adaptive repotting approach is a process meant to be modified and changed. Year by year, even small adjustments in the proportions of your custom mix can reap big results. Having a variety of materials at hand will allow you to experiment freely in creating your own custom mixes for various genera. (For more information on potting materials, see “Getting Potted,” by Susan Jones, Orchids, Volume 71, Number 2, February 2002.)

CONTAINERS Keep various sizes and types of potting containers at hand. Clay and plastic pots are available in a large variety of sizes, depths and shapes. Readily available too are wood baskets, plastic net pots,
and tree-fern pots and mounts. Cork slabs are generally sold by the pound. Look around for unusual containers during the year. Although a milk crate is not the most sophisticated of containers, I saw a mature *Zygopetalum mackayi* growing well in one. Not only did it support this large plant, the crate made it more convenient to transport the specimen to the show table. There is no limit to the materials or containers than your imagination and ingenuity can come up with to meet the needs of your plants, your environment and you.

**THE POTTING PROCESS** With the classic repotting method, there are a few standard steps. Remove the plant from the old container. (If the plant resists, soaking it in water or even the handy tap of a hammer or clip of the scissors may do the trick.) Using your fingers, gently remove the old medium. With sterilized scissors or a razor blade, trim off dead roots and old pseudobulbs that no longer provide energy to the plant and have no viable roots. Place about 1 inch (2.5 cm) of Styrofoam peanuts in the base of the new pot and set the plant in place. Fill with medium bark mix and pack firmly using a potting stick. (A standard bark mix is generally about one-half part medium bark, one-quarter part perlite and one-quarter part charcoal.) Many standard premade mixes are commercially available. If needed, secure the plant in the pot with a rhizome clip or stake. Water well. This is a tried-and-true method that has served many orchid growers well through many years. It is a good starting point.

The adaptive repotting approach builds on the classic method and adds introspection, observation, a dose of experimentation, a bit of creativity and a helping of adventure and some risk. Know your boundaries, but be willing to push the edge a bit based on understandings gained from this process.

**Ingredients for Potting Media**

- Charcoal
- Aliflor®
- Tree Fern
- Sphagnum Moss
- Terrestrial Mix
- Perlite
- Fine Bark
- Medium Bark
- Coconut Husk Chips
Start with the plant and its moisture and water needs. Research the environment where the plant comes from and seek to mimic these conditions. This is not merely an exercise of recreating its native environment, but a creative use of the potting containers and media available to achieve supportive conditions within your particular growing space.

One of the best ways to start the process is to assess your growing conditions in relationship to the needs of the plant. Close scrutiny of the plant at hand will reveal all you need to know. Observe the condition of the roots when the plant is taken out of its current pot. Rotten roots indicate too much moisture, due either to the medium or your watering habits or both. Dry, shrunken, stunted roots point to the same factors, but indicate the opposite — not enough moisture — or it is not retained long enough or they are showing signs of low humidity in a still environment. Roots accumulated at the surface of the pot can indicate too dense a potting medium or too high humidity, while roots surrounding the circumference could be seeking cooler temperatures or higher humidity if it is a clay pot, or the need for greater air convection if the pot is made of plastic.

Some plants grow better out of the pot instead of in it and these may be good candidates for mounting or even perching on a cluster of pots.

If the roots did not fare well due to excess moisture, consider adding more inorganic materials, such as Aliflor®, charcoal, perlite or combinations thereof, to your custom mix. If the medium is too dry, add some organic material, such as sphagnum moss, redwood bark or fiber. Try some plants of the same genus in plastic pots and some in clay. Mount a few if your conditions permit. Compare the differences in growth year to year. Approach your containers and potting media as a palette of colors. And if what you are using looks like it is working well, follow your notes from last year.

Analyze the old potting medium. To quote Marshall McLuhan, “The medium is the message.” How decomposed is it? If, after a year, it is already a miniature compost pile in a pot, adjust, if not for the health of the plant, for your own time management needs. Start using materials that are less prone to decomposition. Even some small changes like adding a third of redwood bark or more inorganic materials will increase the life of the mix. Also, try incorporating more drainage material such as Styrofoam peanuts or Aliflor® to the base of the pot. With some success, I have inverted a smaller plastic net pot inside the base of the pot to increase air circulation within the root zone. The old potting medium is a good indicator of the collective effect of the growing conditions, watering habits and medium on the health of the plant.

In mixes, the materials to which the roots affix and concentrate are great indicators of what they need to flourish. Certain materials, such as sphagnum moss, Pro-Mix®, rockwool, peat moss and smaller-grade bark, are more water-retentive. Other materials, such as tree fern, perlite, osmunda, Aliflor®, charcoal, Styrofoam peanuts and large bark, provide good drainage and air movement. Inorganic materials are smart choices for those of us who dread repotting and for plants that are better left potbound. The size of the material also contributes to its qualities. Medium or large bark is looser and less water retentive than seedling or fine-bark mixes. By observing the condition of the mix used during the previous potting cycle, you can customize your new mix for your conditions and habits to the indications of the roots to a greater degree.

WHAT ROOTS REVEAL The growth habit of the roots provides information about what type of container to choose. Are the roots near the top of the pot or the bottom or somewhere in the middle? Plants that consistently hold their roots near the top of the pot, such as bulbophyllums and miltonias, may benefit from the use of more shallow pots such as bulb pans. Compare this with plants such as paphiopedilums and coelcathcenes that sink their roots into the medium; they benefit from deep pots. The plant may have most of its best roots outside of the container. Brassavola hybrids seem to exhibit this characteristic. They, as I say, “like to sleep with their toes out of the covers.” Baskets, tree-fern pots and mounts of cork, wood or tree fern may allow these plants to adapt better to your conditions.

Observe the condition of the roots in relationship to the type of pot that you used the previous year. When kept moist, clay pots provide a source of humidity that can be a great tool for the windowsill grower and also for keeping the roots of some plants cool. Clay pots are good evaporators and will dry out faster so they are good for those of us with a heavy hand in watering. Plastic pots hold moisture in to a greater extent initially but retain less moisture in and of themselves. Dendrobiums seem to do best in tight plastic pots. Baskets, plastic or wood, are open containers for those genera benefiting from good air circulation. There are many kinds of mounts available as well, with wood, tree fern and cork being the most common. And think outside of the box. I have seen
an orchid thriving when anchored in a ball of sphagnum contained in an onion bag hung from a hook.

Based upon your observation of the roots and the condition of the previous mix, you can begin conservatively by making subtle changes to your mix from year to year and genus to genus. Or you can break through and take some risks for potentially greater rewards. This is where making some notes year to year and repotting all of the plants in certain genera at the same general time can be beneficial in developing your understanding of the subject matter. This way, you can observe and compare the results of the previous year and highlight them in subsequent years. Over time, I have developed different mixes for cattleyas, vandas, paphiopedilums, dendrobiums, and the terrestrial botanicals such as calanthes, pescatoreas and cochleanthes. I continue to develop each of these mixes year by year. Do not hesitate to experiment with plants that communicate through the condition of their roots that they are not adapting well to what is working for others.

A few examples provide further guidance. Of course, these examples reflect my personal growing conditions. After realizing in a panic one autumn that there was no way to fit all of my plants back in the house after being summered outside, I built a light room — replastered and waterproofed my basement walls, hung plastic to protect the joists and added a high-intensity-discharge (HID) light on a track. Generally, my temperatures stay in an intermediate range (60 to 75°F; 15 to 24°C) but the humidity ranges from 70 to 95 percent. The first year I had a lot of plants sleeping with their toes out of the covers. So keep in mind that my results will vary from yours. The adaptive repotting approach is a process, not an exact recipe. I never follow recipes anyway, but I’m going to guess that you figured that out already.

Brassias were sinking their roots deep into the pots and most of them were growing in the Styrofoam peanuts I had placed at the base. Through the years, I substituted more and more peanuts for less bark in the mix. Not only are they doing better with the increased air movement and drainage, but I am now spending less time repotting. The roots are now more evenly distributed in the container. But with other plants, such as cochleanthes, I use Aliflor® at the base of the pot because it packs more densely, thereby preventing the Pro-Mix® from washing out readily. It also retains more moisture, increasing the humidity in the root zone.

I noticed that paphiopedilums grown in a finer mix to which I had added 1 tablespoon per pot of oyster shell grew stronger and were more vigorous. I later observed that the roots of those plants in Paphiopedilum section Brachypetalum adhered to these small pieces of calcium. Plants in section Brachypetalum, such as Paphiopedilum niveum and Paphiopedilum concolor are typically found on limestone cliffs, so now I’m looking for...
some small pieces of limestone to use as ballast for a few of these plants next year to see what happens.

The vandas that did best in my conditions were those in baskets into which I placed large No.1 charcoal chunks along with wine corks. But this year, I am trying a few in osmunda nests. In a drier northern climate, adding material to the vanda baskets is indicated, whereas in Florida the plants do better bare-rooted in the baskets due to the higher humidity levels.

I am comparing the growth of cymbidiums in clay pots with Aliflor® or No. 3 charcoal and mounted on cork with coconut husk, as well as a few attached on tree fern using coconut husk fibers or sphagnum as a cushion for the plant. I spent last year picking out the sphagnum, as that did not seem to be beneficial to the plants.

Do not overlook the combination of the container and media types. I have a Bifrenaria that is doing well in a wood basket with shreds of clay pots and occasional clumps of sphagnum inside of it. These are but a few examples.

**HINTS FOR SUCCESS** Whatever your approach, here are a few tricks of the trade:

- Do your repotting on top of a pile of sheets of newspaper. After each plant, you can roll up the newspaper pile of sheets of newspaper. After each plant has been taken care of, you can roll up the newspaper pile and dispose of it. This prevents the spread of virus. (A side note about virus: I recently tested most of my collection and some plants that I thought had virus did not and some that I thought were fine were infected. The bottom line is that you cannot always tell so it is best to take precautions to prevent the spread of virus from plant to plant.)
- Pot for the root mass, not the size of the plant’s foliage. Use the smallest container you can into which the roots fit. You can always add a rock or other weight into the base of the pot to keep it from tipping. Or you can place the pot into another one for a heavier base. I unwittingly provided a perfect environment for a Chysis this way by potting it in a small plastic pot with bark and sphagnum and placed it into a larger clay pot to hold it upright. The plant prospered, spreading roots through the net materials and along the clay pot that provided higher humidity and great air movement. If a plant has poor roots, try placing it in the smallest pot with seedling mix and sphagnum moss soaked in a rooting hormone.
- An orchid plant needs to be secure in its container or on its mount because new roots easily break. For most potting media, it should be well packed, with the exception of sphagnum moss. Plants seem to grow better in sphagnum moss when the sphagnum is circled fairly tightly around the top of the plant but a good portion inside the base of the pot is left free of material. The adaptive approach will guide you in this regard indicating which plants need to be more tightly contained and which do better with more air around their roots. Rotting roots indicate that the medium is too water retentive and too tightly packed. Either way, secure the plant using rhizome clips, telephone wire, hair pins, unfolded paper clips, pantyhose or string.
- Do not ignore signs of insect infestation or rot when repotting. Repotting provides an opportunity to address troublesome issues more completely and conclusively. I have soaked bare-rooted plants in a solution figuring I would kill what ails them or the plant, knowing one or the other was going to happen.
- Sterilize all tools between plants. While some botanical disinfectant products boast that they will kill viruses, I tend to rely on sterilizing the tools with a handheld propane torch. Using single-edge razor blades and disposing of them after each plant is also a successful strategy. And the obvious — frequent hand-washing with antibacterial soap — is recommended. Hence, the hand cream on the tool list. And don’t forget to clean the potting stick too.
- Although I feared that people were mocking me when I mentioned the following, some others with modest collections are now doing it. After trimming the roots, I dip each plant into a disinfectant solution with RD-20® or Phyton®. Then I rinse the roots and soak them for a few minutes in a solution of rooting hormone such a K-L-N® or

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**Call for Entries for the 2006 Competition**

**THE Gordon W. Dillon/Richard C. Peterson Memorial Essay Prize** is an annual writing competition. The winner receives a cash prize and a certificate suitable for framing. Open to amateur and professional writers, it was established in 1985 by the AOS’s Northeast Judging Center to honor the memory of two former editors of the *AOS Bulletin* (now Orchids). Gordon Dillon served as editor from 1943 through 1968 and again from 1970 through 1973. Richard Peterson’s name first appeared on the masthead of the *AOS Bulletin* in April 1971 as associate editor. In 1973, he was named editor and, upon Dillon’s retirement in 1977, he became the executive director, retaining his position of editor through 1984.

**2006 Theme** The 2006 theme for the Dillon/Peterson Essay Prize is *Moving an Orchid Collection*.

**Contest Rules** Membership in the American Orchid Society is not necessary to enter the contest.
- The essay must be an original unpublished article.
- The contest is open to all persons except employees of the American Orchid Society and their immediate families.
- Submissions must be no more than 5,000 words in length.
- Manuscripts must be submitted in English, typewritten and double spaced.
- Submissions will be judged without knowledge of the identity of the author.
- Artwork is not necessary for entering this competition.
- The decision of the judges is final. If no entries meet the expected criteria of excellence, the award may be withheld.
- Nonwinning entries will be returned to the contestant if requested. Such entries are eligible for resubmission in subsequent contests. These nonwinning entries also will be considered for publication by the editor of Orchids and may be used in Orchids or other AOS publications with the written permission of the author. Published entries will not be eligible for consideration in subsequent contests.

**Entering** Submit all entries to the Dillon/Peterson Memorial Essay Prize at AOS headquarters: Jane Mengel, 16700 AOS Lane, Delray Beach, FL 33446 (telephone 561-404-2043; e-mail jmengel@aos.org).

**Deadline** November 30, 2006.

**Questions** Jane Mengel (e-mail jmengel@aos.org).
Superthrive®. To prevent the spread of virus, the solution for each should be changed between plants. Of course, my collection has only about 300 plants. I think I might use another technique if I had 3,000. Following repotting, for the next two months I add some rooting hormone to the water solution for the plants, unless they are showing signs of spiking.

◆ At the earliest, most opportune time, before introduction into a collection, repot all new plants. While I questioned my own compulsive behavior in this regard, I do have to report that by doing this I probably saved myself a lot of future problems by discovering some hitchhikers, fungal problems and other issues before they spread to the rest of my plants.

◆ Whenever a plant is showing signs of trouble, offense is the best defense. Repot the plant and look at the roots. Treat if necessary. Change the potting medium and correct the issues observed.

◆ Thoroughly clean any pots that you choose to recycle. A bath of vinegar solution will dissolve mineral build-up (1 cup to 1 gallon; 240 ml to 3.8 L). Soaking in a bleach solution is an effective disinfectant (1/2 cup to 1 gallon; 120 ml to 3.8 L). After each treatment, rinse the pots well. Pots soaked in bleach should sit in a plain water solution for at least a day afterward to allow the chlorine to dissipate fully. I know someone who places pots in the dishwasher, although I have no idea how long that dishwasher will last after several batches of clay pots. Some bake their clay pots in ovens. The key is to sterilize them to prevent the spread of virus. If you find out that a plant has virus, discard the pot along with the plant. It may just be easier to buy new pots.

Instead of approaching the task of potting with dread of the rote activity of shaking loose medium, trimming roots, replacement into a new pot and filling and securing with bark, open up to adventure. While standard mixes and potting protocols may serve some of your plants in your conditions, experiment based on your observations and a frank and critical eye of your own habits. Take a creative use approach to materials available and enjoy the results. The adaptive repotting approach is a key to success in repotting of orchids. And success in repotting is success in growing.

Mary Jo Gilsdorf first became intrigued with orchids during family visits to Longwood Gardens as a small child with her grandmother, Lil. In high school, when her family moved to Puerto Rico, she developed this interest through raising her first orchids and exploring the El Yunque Rainforest. When she went to college and later, law school, she left her orchids behind but maintained an interest in them, and in her travels to California, Colorado, Peru and Ecuador observed them in their native habitats. Mary Jo began her hobby in earnest again several years ago. She raises her collection of about 325 orchids in a variety of genera on windowsills, outdoors and in her basement light room. She is in her second year as an AOS student judge in the Mid-Atlantic Region. She is a member of several local, national and international orchid societies and enjoys speaking to them on her favorite topic. Mary Jo works for a major regional construction management company as in-house counsel. 430 South Olive Street, Media, Pennsylvania 19063 (e-mail anyara@msn.com).