

# Help! My Orchid Is Dying!

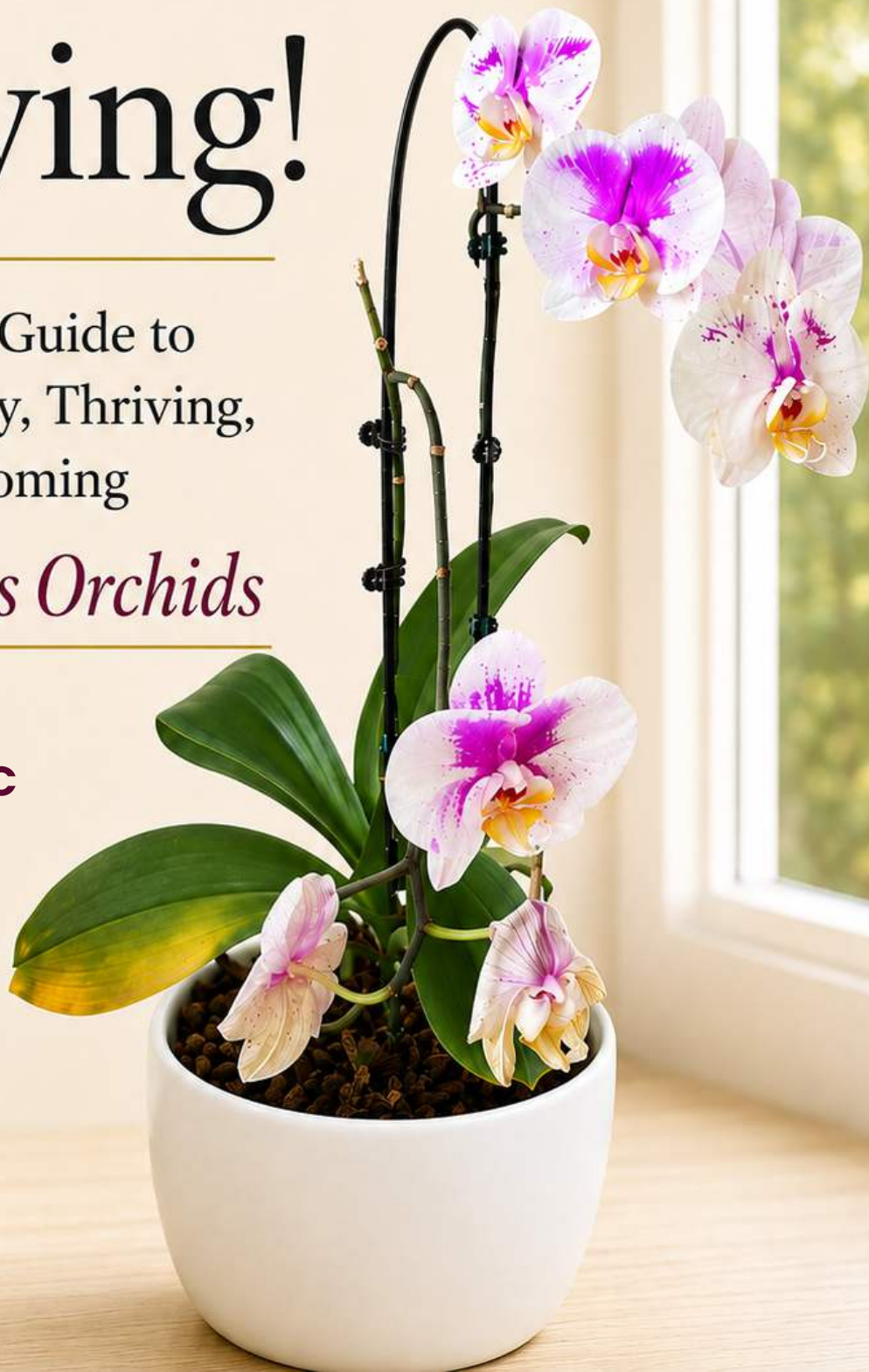
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A Beginner's Guide to  
Growing Healthy, Thriving,  
and Reblooming

*Phalaenopsis Orchids*

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Len Marc



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### Help! My Orchid Is Dying!

*A Beginner's Guide to Growing Healthy, Thriving, and Reblooming Phalaenopsis Orchids*

Written by Len Marc

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The information in this book is based on the author's personal experience and research related to growing Phalaenopsis orchids. While every effort has been made to ensure the accuracy of the information presented, no guarantee is made that the methods described will produce the same results in every growing environment.

Orchid care varies depending on factors such as climate, humidity, temperature, light, watering practices, and the health of individual plants. Readers are encouraged to observe their own orchids and adapt their care accordingly.

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First Edition

## Disclaimer

This book is intended to provide practical, beginner-friendly information about growing Phalaenopsis orchids.

The techniques, tips, and recommendations shared throughout this book are based on my personal experience and on the methods that have worked well for me. Orchid care is not an exact science, and results may vary depending on your growing conditions, climate, home environment, potting materials, and the health of your individual plants.

Some chapters describe my personal approach to watering, feeding, and caring for orchids, including the use of organic water made from vegetable peels and diluted rice water. These methods are shared as part of my own growing routine and are not intended to replace commercially available orchid fertilizers or professional horticultural advice.

Always observe your orchid carefully and adjust your care routine based on its individual needs.

The information in this book is provided for educational and informational purposes only. The author makes no guarantees regarding specific growing results and is not responsible for any damage, plant loss, or other outcomes resulting from the use of the information presented.

Every healthy orchid begins with careful observation, patience, and consistent care.

# Help! My Orchid is Dying!

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## About This Book

This book was written for people who love orchids but aren't sure how to care for them.

If you've ever watched the flowers fall off your orchid and wondered if it was dying, you're not alone. Most beginner orchid owners experience the same concerns.

Rather than overwhelming you with technical language or advanced growing techniques, this guide focuses on simple, practical advice that you can apply immediately.

Throughout the book, you'll learn how to:

- Understand your Phalaenopsis orchid
- Water with confidence
- Grow healthy roots
- Avoid common beginner mistakes
- Encourage your orchid to rebloom
- Troubleshoot common problems

Each chapter includes practical tips, easy-to-follow explanations, and quick takeaways to help you build confidence as an orchid grower.

Whether this is your first orchid or you've struggled to keep one alive in the past, I believe this guide will help you discover that growing healthy, beautiful orchids is much easier than you might think.

Happy Growing!

**Len Marc**

## Introduction

Have you ever bought a beautiful orchid or received one as a gift, only to watch the flowers fall off a few weeks later?

If so, you're not alone.

Many people assume their orchid is dying when the flowers drop. Others become frustrated when the leaves turn yellow, the roots look unusual, or the plant never blooms again.

That was me just a few years ago.

I loved orchids and admired their beauty, but I had no idea how to care for them properly. Like many beginners, I made mistakes. I watered too often, worried too much, and constantly wondered if I was doing everything wrong.

Sometimes I felt sure that my orchids were dying.

What I eventually discovered was that orchids aren't nearly as difficult to grow as many people believe. They simply have different needs than most houseplants.

Once I understood those needs, everything changed.

Today, I enjoy healthy Phalaenopsis orchids that bloom and rebloom throughout the year. More importantly, I've discovered that growing orchids can be simple, enjoyable, and incredibly rewarding.

That's why I wrote this book.

# Help! My Orchid is Dying!

My goal isn't to overwhelm you with scientific terminology or complicated growing techniques. Instead, I want to share practical, beginner-friendly advice you can put into practice right away.

Inside this guide, you'll learn how to:

- Tell whether your orchid is really dying
- Know when to repot a newly purchased or gifted orchid
- Water your orchid correctly
- Keep the roots healthy
- Encourage your orchid to rebloom
- Avoid the most common beginner mistakes
- Care for your orchid confidently

Remember, every experienced orchid grower was once a beginner.

If I can learn to grow healthy, blooming orchids, you can too.

**Let's get started!**

## How to Use This Book

This book is designed specifically for beginners.

You don't need any previous experience growing orchids to benefit from the information on these pages.

I encourage you to read the book from beginning to end the first time. After that, keep it as a reference guide whenever you have a question about caring for your orchid.

Remember, growing orchids is a journey.

Don't worry about being perfect.

Instead, focus on learning, observing, and enjoying the process.

Now, let's begin.

## CHAPTER 1

### Help! Is My Orchid Really Dying?

One of the most common reasons people give up on orchids is that they believe the plant is dying.

The flowers fall off.

A leaf turns yellow.

The roots look unusual.

Suddenly, panic sets in.

The good news?

Most of the time, your orchid isn't dying at all.

It's simply going through a normal stage of its life cycle.

### When the Flowers Fall Off

Many people buy orchids when they're in full bloom. The flowers are beautiful and can last for weeks, or even months.

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Eventually, though, every flower fades and falls off.

This is completely normal.

It doesn't mean your orchid is dying.

It simply means the blooming cycle has come to an end.

Think of it this way:

A flowering orchid is like a fruit tree producing fruit. The flowers are temporary, but the plant itself continues to live and grow.

## What a Healthy Orchid Looks Like

Even after the flowers are gone, a healthy orchid should have:

- Firm, green leaves
- Healthy roots
- A stable crown
- Signs of new growth

Without flowers, the plant may look less impressive, but it's still alive and preparing for its next blooming cycle.

## Yellow Leaves: Should You Worry?

Not always.

Older leaves naturally age and die.

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If the lowest leaf gradually turns yellow while the rest of the plant remains healthy, it's usually nothing to worry about.

However, if several leaves begin turning yellow at once, you may have a watering issue or a problem with the roots.

## Common Beginner Mistake

Many beginners throw away an orchid after the flowers fall off.

Ironically, that's often the very time the plant is preparing for its next stage of growth.

## Len's Orchid Tip

When I first started growing orchids, I made the mistake of overwatering them.

I thought watering more often would help them grow. Instead, the roots stayed too wet, developed root rot, and the orchids eventually died.

That experience taught me one of the most important lessons in orchid care:

**Overwatering is far more dangerous than underwatering.**

Once I established a consistent watering routine and stopped overwatering, my orchids became healthier, stronger, and eventually rebloomed.

Sometimes our biggest mistakes become our best teachers.

## Quick Takeaway

Flowers falling off or an older leaf turning yellow doesn't always mean your orchid is dying.

Before assuming there's a problem, check the overall health of the leaves, roots, and growing crown.

Healthy leaves and healthy roots are far more important than flowers.

## CHAPTER 2

### Should I Repot a Newly Bought or Gifted Orchid?

You've just brought home a beautiful orchid.

One of the first questions many people ask is:

#### **"Should I repot it right away?"**

The answer is:

**Usually not.**

Most healthy orchids can remain in their original pot until they finish blooming.

#### **Why You Should Wait**

Repotting is stressful for an orchid.

While the plant is in bloom, its energy is focused on supporting its flowers.

Repotting during this time may cause buds or blooms to drop prematurely.

Unless there's a serious problem, it's usually best to enjoy the flowers first and wait until blooming has finished before repotting.

## When Immediate Repotting May Be Necessary

There are exceptions.

Consider repotting your orchid sooner if:

- The potting mix smells rotten.
- The roots are black and mushy.
- Mold is growing inside the pot.
- You notice insects in the potting mix.
- The growing medium stays wet for several days.
- The orchid is planted in a tightly packed moss plug.

## The Moss Plug Problem

Many orchids sold in stores contain a dense moss plug wrapped around the roots.

This moss helps the orchid survive shipping and display conditions by retaining moisture.

However, once the orchid is in your home, that same moss can stay wet for too long and eventually lead to root rot.

If you discover a compact moss plug around the roots, monitor the moisture carefully and consider removing it when it's time to repot.

## Common Beginner Mistake

Many people believe orchids need large pots.

In reality, Phalaenopsis orchids prefer a snug-fitting pot.

A pot that's too large holds excess moisture, increasing the risk of root rot.

## How to Know When It's Time to Repot

Your orchid is usually ready for repotting when:

- The flowers have finished blooming.
- New roots are beginning to emerge.
- The potting medium is breaking down.
- The roots have outgrown the pot.

## Basic Repotting Steps

### Step 1

Carefully remove the orchid from its pot.

### Step 2

Gently remove the old bark or moss from the roots.

### Step 3

Inspect the roots carefully.

Healthy roots are:

- Firm
- Green when wet
- Silvery when dry

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Dead roots are:

- Brown
- Mushy
- Hollow

## Step 4

Using clean scissors, trim away any dead or rotting roots.

## Step 5

Place the orchid in a clean pot with adequate drainage holes.

## Step 6

Fill in around the roots with fresh orchid bark.

Avoid packing the bark too tightly.

The roots need good airflow.

## Step 7

If the orchid is still wet after repotting, there is no need to water it immediately.

This allows any damaged roots to heal and reduces the risk of rot.

If the orchid and potting mix are dry, water it thoroughly after repotting.

## Len's Orchid Tip

Repotting is much easier when the potting medium is moist.

If the bark or moss is compacted, soak the pot in water for a few minutes to loosen the growing medium.

Then gently remove the orchid and follow the steps above.

## Quick Takeaway

If your newly purchased orchid is healthy and blooming, enjoy the flowers first.

Repot only if there are obvious problems or after the blooming cycle has finished.

## CHAPTER 3

### Meet Your Orchid

Now that you know your orchid is probably not dying and understand when to repot it, it's time to get to know the plant itself.

The orchid featured in this book is the **Phalaenopsis** orchid, commonly known as the **Moth Orchid**.

It's one of the most popular orchids in the world—and one of the easiest for beginners to grow.

### Why Is It Called a Moth Orchid?

Its flowers resemble butterflies or moths with their wings spread open, which is how it earned the name **Moth Orchid**.

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Phalaenopsis orchids are available in a wide range of beautiful colors, including:

- White
- Pink
- Purple
- Yellow
- Spotted varieties
- Multicolored hybrids



## Why Beginners Love Phalaenopsis Orchids

There are thousands of orchid species, but Phalaenopsis orchids are especially popular with beginners because they:

- Adapt well to indoor conditions
- Bloom for several months
- Require relatively simple care
- Are widely available
- Can rebloom year after year with proper care

## Understanding the Parts of Your Orchid

You don't need to become an orchid expert, but understanding a few basic parts of the plant will make caring for it much easier.

### Leaves

Healthy leaves should be:

- Firm
- Green
- Smooth

The leaves act as the orchid's energy storage system, helping the plant produce future growth and blooms.

### Roots

The roots are one of the most important parts of your orchid.

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They absorb water and nutrients while also anchoring the plant.

Healthy roots are usually:

- Green when wet
- Silvery when dry

Don't be alarmed if some roots grow outside the pot.

This is completely normal.

## Flower Spike

The flower spike is the stem that produces the flowers.

It's important not to confuse a flower spike with a root.

Here's an easy way to tell the difference:

**Roots are usually:**

- Round
- Smooth
- Tipped with bright green

**Flower spikes are usually:**

- Flatter
- Slightly pointed at the tip
- Growing from between the leaves

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## Crown

The crown is the center of the plant where new leaves emerge.

Keeping the crown healthy is essential because damage to this area can affect the entire orchid.



## What Makes Orchids Different from Other Houseplants?

One of the biggest mistakes beginners make is caring for orchids the same way they care for other houseplants.

That's where problems often begin.

Unlike many common houseplants:

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- Orchids don't like constantly wet roots.
- Orchids need excellent drainage.
- Orchids prefer plenty of air around their roots.
- Orchids tolerate short periods of dryness much better than prolonged wet conditions.

This is one reason overwatering remains the most common cause of orchid problems.

## Len's Orchid Tip

Once I understood that orchids have different needs than most houseplants, caring for them became much simpler.

I stopped guessing and started observing what my orchids needed instead of treating them like every other plant.

## Quick Takeaway

The better you understand your orchid, the better you'll be able to care for it.

Healthy roots, healthy leaves, and proper watering are far more important than constantly worrying about the flowers.

## CHAPTER 4

### The 7 Biggest Mistakes Beginner Orchid Owners Make

Most orchid problems aren't caused by bad luck.

They're the result of a few common mistakes that almost every beginner makes.

The good news?

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Once you know what to look for, these mistakes are easy to avoid.

## Mistake #1

### Overwatering

This is the number one reason orchids struggle.

Many beginners think that watering more often will help their orchid grow better. In reality, too much water can damage the roots and eventually weaken the entire plant.

Too much water can lead to:

- Root rot
- Yellow leaves
- Crown rot
- Overall decline

Remember, orchids prefer to dry out slightly between waterings rather than remain constantly wet.

## Mistake #2

### Assuming Your Orchid Is Dying After It Finishes Blooming

Flowers are temporary.

Every orchid eventually loses its blooms.

Although the plant may look less attractive without flowers, that doesn't mean it's dying.

In most cases, it's simply entering its natural resting period before preparing to bloom again.

Patience is one of the best tools an orchid grower can have.

## Mistake #3

### Placing Your Orchid in the Wrong Location

Place your orchid near a bright window with gentle morning sunlight or bright indirect light.

Many beginners place their orchids:

- In dark corners
- Far from windows
- In direct afternoon sunlight

None of these locations is ideal.

## Mistake #4

### Ignoring the Roots

Many people focus only on the flowers.

Experienced growers know the roots tell the real story.

Healthy roots usually lead to healthy leaves—and eventually, beautiful blooms.

Get into the habit of checking your orchid's roots regularly.

## Mistake #5

### Using Decorative Pots Without Drainage

Decorative pots may look attractive, but they can create serious problems if they don't have drainage holes.

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Without proper drainage, water collects around the roots.

Standing water is one of the fastest ways to encourage root rot.

Always prioritize good drainage over appearance.

## **Mistake #6**

### **Fertilizing Too Much**

Many beginners assume that more fertilizer will produce more flowers.

Unfortunately, the opposite is often true.

Excess fertilizer can damage the roots and create more problems than it solves.

Remember, more fertilizer does not mean more flowers.

## **Mistake #7**

### **Giving Up Too Soon**

This may be the biggest mistake of all.

Orchids grow at their own pace.

They don't produce new leaves overnight.

They don't rebloom immediately after flowering.

Many healthy orchids are thrown away simply because their owners become impatient.

Remember:

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A healthy orchid is often quietly preparing for its next stage of growth, even when nothing exciting seems to be happening.

## Common Beginner Mistake

Comparing your orchid to photos on social media.

Most online photos show orchids at their absolute best.

Your orchid doesn't need to look perfect every day to be healthy.

Every orchid goes through periods of growth, rest, and reblooming.

## Len's Orchid Tip

One of the most important lessons I learned is to balance light and watering. My orchids receive plenty of sunlight from my east-facing windows, and I follow a consistent watering schedule.

I use Miracle-Gro® Orchid Potting Mix, which is pre-fertilized. Because of that, I don't fertilize my newly repotted orchids during the first six months.

These simple practices have helped my orchids stay healthy and rebloom year after year.

## Quick Takeaway

Growing healthy orchids isn't complicated.

Avoid these common mistakes, be patient, and provide consistent care. Your orchid will reward you in time.

## CHAPTER 5

### Finding the Perfect Spot

#### Light, Temperature, and Airflow Made Simple

One of the easiest ways to help your orchid thrive is to place it in the right location.

You don't need a greenhouse.

You don't need expensive equipment.

Most Phalaenopsis orchids grow beautifully in a typical home when they're given the right combination of light, temperature, and airflow.

Let's look at the three things your orchid needs most:

- Light
- Temperature
- Airflow

Getting these three essentials right can make all the difference.

## The Importance of Light

If I could give beginner orchid owners just one piece of advice, it would be this:

**Give your orchid enough sunlight.**

Many orchids fail to rebloom simply because they aren't receiving enough sunlight.

Phalaenopsis orchids thrive with gentle morning sunlight or bright indirect light. Strong afternoon sun may scorch their leaves.

### What Orchids Prefer

Phalaenopsis orchids thrive when they are placed:

- Near a bright window
- Gentle morning sunlight or bright indirect light
- In the same location every day

### The Best Locations in Your Home

Good locations include:

- An east-facing window (ideal for morning sunlight)
- A bright north-facing window
- Any bright room with good natural light

Avoid placing your orchid:

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- In dark corners
- In windowless rooms
- In strong afternoon sunlight

## How to Tell If Your Orchid Is Getting the Right Amount of Light

Your orchid will tell you if it's happy.

### Too Little Light

You may notice:

- Very dark green leaves
- Slow growth
- Little or no reblooming

### Too Much Light

Watch for:

- Yellowing leaves
- Sunburn spots
- Scorched leaves

### Just Right

Healthy orchids usually have:

- Medium-green leaves
- Steady growth
- A good chance of producing future blooms

## Temperature Matters Too

One of the nice things about Phalaenopsis orchids is that they enjoy temperatures similar to those most people find comfortable.

### Ideal Temperatures

#### Daytime:

18°C–27°C (65°F–80°F)

#### Nighttime:

16°C–21°C (60°F–70°F)

Most homes naturally fall within this range.

### Avoid Extreme Conditions

Sudden or extreme temperature changes may stress the plant and affect its overall health and growth.

## The Importance of Airflow

In nature, orchids grow where fresh air moves freely around them.

Good airflow helps:

- Reduce the risk of disease
- Allow excess moisture to dry naturally
- Keep the roots healthy

You don't need strong airflow.

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A gentle movement of air is all that's required.

## Simple Ways to Improve Airflow

- Open a nearby window occasionally.
- Run a ceiling fan on a low setting.
- Avoid overcrowding your plants.

## Did You Know?

Many orchid problems that people blame on watering are actually made worse by poor airflow.

When water remains trapped around the leaves or roots for too long, the risk of rot and disease increases.

## Len's Orchid Tip

Over the years, I've learned that orchids thrive on consistency.

I don't keep moving my orchids from one location to another. Once I find a bright spot where they grow well, I leave them there and maintain a consistent watering schedule.

Sometimes, the best thing you can do is be patient and let your orchid adapt to its environment.

## Quick Takeaway

For healthy growth and reliable reblooming:

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- Place your orchid near a bright window.
- An east-facing window is ideal.
- Protect it from strong afternoon sunlight.
- Maintain comfortable indoor temperatures.
- Provide gentle airflow.
- Stay consistent with your watering schedule.

Give your orchid the right environment, and it will reward you with healthy growth and beautiful blooms.

## CHAPTER 6

### The Watering Secret

#### How Much Water Is Too Much?

If there's one aspect of orchid care that confuses beginners the most, it's watering.

One of the questions I'm asked most often is:

**"How often should I water my orchid?"**

The honest answer is:

**It depends.**

Your watering schedule will vary depending on your home, the season, the potting medium, and the conditions in which your orchid is growing.

However, one thing is certain:

Most orchid problems are caused by improper watering.

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Learning how to water correctly can make the difference between an orchid that merely survives and one that truly thrives.

## Why Watering Matters

In nature, Phalaenopsis orchids grow attached to trees rather than in soil.

Their roots are exposed to the air and receive moisture from rain, humidity, and morning dew.

This tells us something important.

Orchids enjoy moisture—but they don't like sitting in water for long periods.

Healthy roots need both water and air.

### The Goal

Your goal is simple:

Keep the roots evenly hydrated without keeping them constantly wet.

Think of it as a cycle:

**Water thoroughly.**

**Allow the potting medium to dry slightly.**

**Then water again.**

## Developing a Consistent Watering Routine

One of the easiest ways for beginners to succeed is to develop a consistent watering routine.

For example:

- During winter, many growers water about once a week.
- During summer, many growers water about twice a week.

Your schedule may vary depending on:

- Temperature
- Humidity
- Pot size
- Potting medium
- Air circulation

The important thing is consistency.

Once you find a routine that works in your home, stick with it, but continue observing your orchid and adjust when necessary.

## How to Tell When Your Orchid Needs Water

Your orchid will usually give you several signs when it needs water.

**Start by observing the leaves.**

Healthy orchid leaves should feel firm, thick, and smooth. If the leaves become soft, limp, or slightly wrinkled, your orchid may need water.

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However, if the potting medium is still moist and the leaves are soft, avoid watering again. Overwatering may have damaged the roots, preventing them from absorbing water properly.

**Next, check the potting medium.**

Simply insert your finger a few inches into the potting mix. If it feels dry, it's usually time to water your orchid.

**Finally, look at the roots if they are visible.**

If your orchid has aerial roots or is growing in a clear pot where some roots are visible:

- Green roots usually indicate there's still enough moisture.
- Silvery or light gray roots often mean it's time to water.

## **Establish a regular watering schedule.**

A consistent watering routine makes orchid care much easier. For example, if you normally water once a week in winter or twice a week in summer, you'll know when it's time to check your orchid. Rather than watering automatically on a set day, use your schedule as a reminder to inspect the leaves, potting medium, and visible roots before deciding whether your orchid needs water.

No single sign is perfect. By observing the leaves, potting medium, and visible roots together, you'll know when your orchid needs water with greater confidence.

## How to Water Properly

### Step 1

Take your orchid to the sink.

### Step 2

Use room-temperature water.

### Step 3

Thoroughly soak the potting medium.

### Step 4

Allow all excess water to drain completely.

### Step 5

Return the orchid to its usual growing location.

**Never allow the pot to sit in standing water.**

### **Avoid Water in the Crown (Very Important)**

The crown is the center of the orchid where new leaves emerge.

Water trapped in this area can cause crown rot.

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After watering:

- Check the crown.
- Gently blot away any excess water if needed.

This simple habit can prevent one of the most serious problems affecting Phalaenopsis orchids.

## Common Beginner Mistake

Many beginners give their orchid a small amount of water every few days.

Unfortunately, this often keeps only the surface moist while the deeper roots remain dry.

It's much better to water thoroughly and then allow the orchid to gradually use that moisture before watering again.

## Signs of Overwatering

Watch for:

- Yellow leaves
- Soft or mushy roots
- Root rot
- Foul odors
- Slow growth

Misting (Optional)

I do not mist my orchids regularly. If you choose to mist, lightly spray the roots and growing medium. Avoid the flowers and crown, and do not allow water to remain between the leaves.

Mist only when there is enough warmth and airflow for the orchid to dry promptly.

## Signs of Underwatering

Watch for:

- Wrinkled leaves
- Dry roots
- Limp foliage
- Slow growth

## Did You Know?

Healthy orchid roots should be **firm and plump**.

The best indicators of your orchid's health are the parts you can easily observe, such as the **leaves, potting medium, and aerial roots**.

If these signs suggest something is wrong, it's time to inspect the roots inside the pot. Carefully remove the orchid from the pot, gently loosen the potting medium, and examine the roots. Trim away any dead, soft, or mushy roots using clean scissors, and keep the healthy, firm roots. Repot the orchid using fresh potting medium if necessary.

## Len's Orchid Tip

Over time, I found that following a consistent watering schedule made orchid care much easier.

Today, I generally water my orchids **once a week during winter and twice a week during summer**. Every home is different, so don't feel you need to follow the exact same schedule. Temperature, humidity, light, and airflow all affect how quickly the potting medium dries.

# Help! My Orchid is Dying!

The key is to establish a schedule that works in your home. Use it as a reminder to check your orchid, not to water automatically. Observe the leaves, potting medium, and aerial roots, and adjust your watering only when needed.

Taking your orchid to the sink for watering works well, especially if your orchids are close to the sink. If taking your orchid to the sink isn't practical, you can also soak the pot in a basin or pail of water. After soaking, allow it to drain completely before returning it to its usual location.

**Another method that works well for me** is to place the orchid pot in a plastic container or saucer deep enough to hold water. Pour water over the potting medium as you normally would and allow the excess water to collect in the container below. Leave the orchid standing in the water for a few minutes so the potting medium can absorb additional moisture. Then check the potting medium with your finger. Once the potting medium feels evenly moist, discard any remaining water from the container, then return the orchid pot to the same container to continue draining. **If you notice more water collecting in the container, simply discard it as well.**

Important: Do not reuse soaking water between orchids because it may spread pests or disease.

Develop a consistent watering schedule.

Use your schedule as a reminder to check your orchid, not to water automatically.

Water thoroughly.

Allow excess water to drain completely.

Observe the leaves, potting medium, and aerial roots.

Keep the crown dry.

With time, your orchid will tell you exactly what it needs.

## CHAPTER 7

### Healthy Roots = Healthy Orchids

When most people look at an orchid, they focus on the flowers.

Experienced orchid growers focus on the roots.

Why?

Because healthy roots are the foundation of a healthy orchid.

Without healthy roots, your orchid can't absorb water and nutrients effectively.

And without healthy roots, producing beautiful blooms becomes much more difficult.

Think of the roots as your orchid's lifeline.

### What Healthy Roots Look Like

Healthy roots are usually:

- Firm
- Plump
- Green when wet
- Silvery-gray when dry

If your orchid is growing in a clear pot, checking the roots is quick and easy. If the pot isn't transparent, don't worry. You can still monitor your orchid by observing the leaves, checking the moisture of the potting mix, and inspecting the roots the next time you repot the plant.

# Help! My Orchid is Dying!

Don't be surprised if some roots grow outside the pot.

These are called aerial roots, and they're completely normal.

In nature, orchids grow attached to trees, so many of their roots are naturally exposed to the air.

## What Unhealthy Roots Look Like

Unhealthy roots may appear:

- Brown
- Black
- Mushy
- Hollow
- Soft when gently squeezed

If you find roots like these, simply trim them off with a clean pair of scissors. This allows the orchid to focus its energy on growing healthy new roots.

In most cases, root problems develop because the roots remain wet for too long.

# Help! My Orchid is Dying!



## Why Root Rot Happens

If your orchid has root rot, don't panic. It can often recover with proper care.

- Remove the orchid from the pot.
- Trim off all brown, black, mushy, or hollow roots using a clean pair of scissors.
- Allow the trimmed roots to air-dry before repotting.
- Repot the orchid in fresh orchid bark.
- Return the orchid to its usual location.
- Resume watering only when the potting mix begins to dry.

With a consistent watering routine and proper drainage, healthy new roots can grow, and your orchid may recover.

## What About Aerial Roots?

Many beginners worry when roots begin growing outside the pot.

Aerial roots are perfectly healthy and completely normal.

Never trim healthy aerial roots simply because they look untidy.

These roots help the orchid absorb moisture and humidity from the surrounding air.

## Regular Plant Check

Whenever you water your orchid, or simply as you pass by it, take a moment to observe the plant.

Look for:

- Healthy leaves
- New leaf or root growth
- Signs of insects or pests
- Dead roots that need trimming
- Dead flower stems that need pruning
- Wilted flowers that can be gently removed
- Any unusual changes in the plant

Regular observation helps you spot problems early, making them much easier to correct.

## Common Beginner Mistake

Cutting healthy roots.

Some beginners trim long roots because they think they look unattractive or don't belong outside the pot.

Only remove roots that are clearly dead, mushy, or rotting.

# Help! My Orchid is Dying!

Healthy roots should always be left alone.

## Len's Orchid Tip

Whenever I look at my orchids, the first thing I notice is the leaves.

Healthy, firm leaves usually tell me the plant is doing well. If I notice yellowing, soft leaves, spots, or anything unusual, I know it's time to take a closer look.

I also observe the aerial roots because they're visible.

Over time, you'll learn to recognize when something doesn't look right. Careful observation is one of the best skills an orchid grower can develop.

## Quick Takeaway

Take care of your orchid as a whole.

Healthy leaves, healthy roots, proper watering, and regular observation are the foundation of a healthy, thriving orchid.

## CHAPTER 8

### Feeding Your Orchid

Many beginner orchid owners worry about fertilizer.

They often ask:

- Which fertilizer should I buy?
- How often should I fertilize?
- Am I feeding my orchid enough?

The good news is that feeding orchids doesn't have to be complicated.

In fact, I keep it very simple.

### My Potting Mix Does Most of the Work

Most of my orchids are planted in **Miracle-Gro Orchid Potting Mix**.

This orchid bark mix already contains fertilizer that can feed the plant for up to six months.

Because of this, I normally don't add additional fertilizer during the first six months after repotting.

This makes orchid care much easier for beginners.

# Help! My Orchid is Dying!

Instead of worrying about complicated feeding schedules, I focus on:

- Proper watering
- Healthy roots
- Good light
- Air circulation

These factors have a much greater impact on an orchid's health than fertilizer alone.

## My Optional Organic Water

One part of my personal routine is what I call organic water. After the fertilizer in my Miracle-Gro Orchid Potting Mix has been used up, usually after about six months, I occasionally soak vegetable peels in water and use the freshly strained liquid on some of my orchids.

This is a personal practice that has worked in my growing environment. Homemade solutions do not provide a measured or complete balance of nutrients and should not replace a properly formulated orchid fertilizer.

If you choose to try this method, use it sparingly and always prepare a fresh, well-strained solution. Stop using it if you notice mold, an unpleasant odor, or insects. Vegetable scraps I have personally used include banana, carrot, potato, and orange peels, as well as onion or garlic skins.

# Help! My Orchid is Dying!

Sometimes I simply use whatever vegetable scraps are available.

It's an easy way to recycle nutrients that would otherwise be thrown away.



## Using Rice Water

I occasionally save fresh water used to rinse plain rice. Rice water is an optional part of my personal routine, not a complete or measured fertilizer.

If you try it, use it sparingly and dilute it well. My personal guideline is one part rice water to two or three parts clean water.

Use only plain rice water. Never use water containing salt, oil, butter, sauces, or seasonings.

# Help! My Orchid is Dying!

Do not use rice water that contains:

- Salt
- Oil
- Butter
- Sauces
- Seasonings



## Fresh Is Best

Whether you are using diluted rice water or strained water from vegetable peels, always prepare a fresh solution and use it promptly. Do not allow it to sit for long periods or ferment.

Discard it immediately if it develops an unpleasant odor. Stop using homemade solutions if you notice mold, bacterial growth, insects, or any decline in the orchid. Flush the potting medium periodically with clean water so organic residue does not accumulate.

Remember, these homemade solutions are optional personal practices. Healthy roots, suitable light, correct watering, fresh potting medium, and good airflow remain far more important.

## Healthy Orchids Need More Than Fertilizer

Many beginners believe fertilizer is the secret to beautiful blooms.

In reality, fertilizer is only one part of the equation.

Your orchid will benefit far more from:

- Gentle morning sunlight or bright indirect light
- Consistent watering
- Healthy roots
- Good airflow
- Suitable temperatures

When these conditions are in place, orchids often thrive with very simple feeding methods.

## Len's Orchid Tip

Over the years, I have learned that orchids do not need complicated feeding programs.

My orchids receive nutrients primarily from their pre-fertilized potting mix. After about six months, I may occasionally use a fresh, diluted homemade solution as an optional part of my personal routine. These solutions are not a complete substitute for a properly formulated orchid fertilizer.

The most important foundation is still proper light, watering, airflow, and healthy roots.

## Quick Takeaway

Keep orchid feeding simple.

You don't need expensive products or complicated routines. Consistent care is what makes the biggest difference.

## CHAPTER 9

### How to Encourage Your Orchid to Rebloom

One of the most common questions beginners ask is:

"Will my orchid bloom again?"

The answer is:

**Yes, it can.**

In fact, one of the reasons I love orchids is that they can reward you with beautiful blooms again and again when they receive proper care.

### Understanding the Orchid Bloom Cycle

When you first buy an orchid, it's often covered with beautiful flowers.

These blooms can last for several weeks, or even up to three months under the right conditions.

Eventually, however, every flower fades and falls off.

This is completely normal.

# Help! My Orchid is Dying!

It doesn't mean your orchid is dying.

It simply means the blooming cycle has come to an end.

After flowering, your orchid enters a resting period.

During this time, the plant focuses on:

- Growing new roots
- Producing new leaves
- Storing energy
- Preparing for future blooms

Many beginners become discouraged during this stage because it may seem as though nothing is happening.

But inside the plant, important work is taking place.

## What Should You Do with the Flower Spike?

After all the flowers have fallen off, examine the flower spike carefully.

If it's still green and healthy, don't rush to cut it all the way back.

A green flower spike may still produce a side branch with additional blooms.

However, the section of the spike that previously held flowers won't bloom again.

You can trim away the spent flowering portion while leaving the healthy green section intact.

Always use clean scissors or pruning shears when making the cut.

# Help! My Orchid is Dying!

If desired, apply a very small amount of cinnamon powder only to the freshly cut end of the flower spike. Cinnamon can help keep the cut dry, but do not apply it to healthy roots, leaves, or other living tissue because it may dry and damage them.

If the entire flower spike eventually turns brown and dries out, you can remove it near the base of the plant.

## Common Beginner Mistake

Cutting a healthy green flower spike all the way to the base immediately after the flowers fall off.

If the spike remains green, it may still have the potential to produce a side branch and additional blooms.



## The Secret to Reblooming

There is no magic trick to making an orchid bloom again.

After the flowers fall, the orchid enters another stage of growth. During this time, it may produce new leaves and roots before it develops another flower spike.

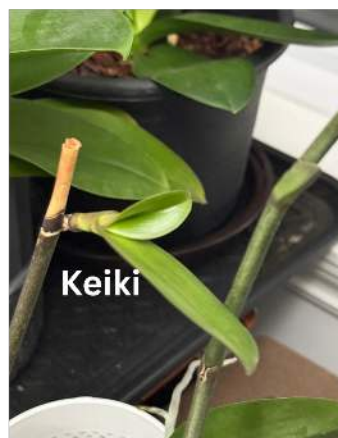
# Help! My Orchid is Dying!

Continue focusing on the basics:

- Gentle morning sunlight or bright indirect light
- Consistent watering
- Healthy roots
- Good airflow
- Suitable temperatures
- Regular observation
- Patience

Do not become discouraged if your orchid does not rebloom immediately. Some orchids need more time than others to recover and gather enough energy for their next flowering cycle.

With consistent care, your orchid may reward you with a new flower spike. Occasionally, it may produce a **keiki** (a baby orchid) instead. This has happened with my own orchids and is another sign that the plant is healthy and actively growing.



## Watch for New Growth

One day, you may notice new growth emerging from your orchid.

It could be the beginning of a new flower spike, or it could be a **keiki** (a baby orchid).

For many orchid growers, seeing new growth is almost as exciting as seeing the flowers themselves. It's a sign that the orchid is healthy and actively growing.

Whether your orchid produces a new flower spike or a keiki, both are rewarding signs that your consistent care is paying off.

## Be Patient

Patience is one of the most important skills an orchid grower can develop.

Orchids grow at their own pace.

You can't force them to bloom.

You can only provide the right growing conditions.

The orchid will do the rest.

## My Experience with Reblooming

For a long time, I wondered why my orchids weren't reblooming.

The turning point came when I moved them to a window facing the east side of my condo, where they received direct morning sunlight.

# Help! My Orchid is Dying!

Seeing my orchids produce new flower spikes and bloom again confirmed that they had finally found the right growing conditions.

Today, I grow more than 30 Phalaenopsis orchids indoors. Because they're all at different stages of growth, I enjoy flowers throughout the year. While one orchid is resting, another may be producing a new flower spike, another may be growing a keiki, and another may already be in full bloom.

That experience taught me that successful reblooming isn't about luck. It's the result of providing the right growing conditions, consistent care, and a little patience.

One of the greatest rewards of growing orchids is watching them bloom again—and knowing that your care made it possible.

# Help! My Orchid is Dying!



## Common Beginner Mistake

Throwing away an orchid after the flowers fall off.

Many healthy orchids are discarded simply because their owners mistake the resting period for decline.

Remember:

Having no flowers does not mean your orchid is dead.

More often than not, it's simply preparing for its next bloom.

## Len's Orchid Tip

One of the biggest lessons I've learned is to trust the process.

When the flowers fall off, I don't change my care routine. I continue watering consistently, provide direct morning sunlight, and allow the orchid to rest and grow at its own pace.

Eventually, healthy orchids often reward that consistent care with a new flower spike, beautiful blooms, or even a keiki.

## Quick Takeaway

- Orchid flowers can last up to three months.
- Flowers falling off is a normal part of the orchid's life cycle.
- A resting period usually follows blooming.
- If the flower spike remains green, don't remove it completely.
- Trim only the spent flowering portion. If desired, apply cinnamon only to the cut end, never to healthy roots or leaves.
- Continue providing consistent care throughout the resting period.
- Healthy orchids often reward patience with new flower spikes, beautiful blooms, and even a keiki.

## CHAPTER 10

### Common Orchid Problems and Easy Fixes

Even experienced orchid growers occasionally run into problems.

The good news is that most orchid issues can be corrected if they're caught early.

Let's look at some of the most common problems and what you can do about them.

## Problem #1

### Yellow Leaves

#### Possible Causes

- Natural aging
- Overwatering
- Sudden environmental changes

#### What to Do

If only the lowest leaf turns yellow, it's often part of the orchid's normal aging process.

If several leaves begin turning yellow at the same time, inspect the roots and review your watering routine.

Healthy roots are the best indicator of what's happening beneath the surface.

## Problem #2

### Wrinkled Leaves

#### Possible Causes

- Underwatering
- Damaged roots
- Root rot

#### What to Do

Check the roots first.

Wrinkled leaves often mean the orchid is struggling to absorb water properly rather than simply needing more water.

Healthy roots should be firm and plump.

## Problem #3

### Root Rot

#### Possible Causes

- Overwatering
- Poor drainage
- Old potting medium

#### What to Do

Remove the orchid from its pot.

Trim away any dead or rotting roots using a **clean pair of scissors**. Allow the trimmed roots to air-dry before repotting the orchid in fresh orchid bark.

## Problem #4

### No Reblooming

#### Possible Causes

- Insufficient light
- Poor root health
- An immature plant
- Lack of patience

## What to Do

Make sure your orchid is receiving enough light and continue providing consistent care.

Many orchids simply need time to complete their natural resting period before producing a new flower spike.

## Problem #5

### Bud Blast

Bud blast occurs when unopened flower buds suddenly drop before they have a chance to open.

#### Possible Causes

- Sudden temperature changes
- Strong drafts
- Moving the plant
- Stress

## What to Do

Keep your orchid in a stable environment and avoid sudden changes whenever possible.

Consistency helps reduce stress and encourages healthy bud development.

## Problem #6

### Brown or Black Spots on the Leaves

#### Possible Causes

# Help! My Orchid is Dying!

- Sunburn
- Bacterial infection
- Fungal problems

## What to Do

Move the orchid away from harsh direct sunlight and isolate it from your other plants. Keep the leaves dry and monitor whether the spots spread.

If pruning is necessary, use disinfected cutting tools. Rapidly spreading, wet, or foul-smelling spots may require expert identification and an appropriate treatment. Improve airflow around the plant and avoid splashing water from an affected orchid onto nearby plants.

## Problem #7

### Soft Crown

#### Possible Cause

Water trapped in the crown

#### What to Do

Remove any standing water immediately.

Improve air circulation around the plant and avoid watering directly into the crown.

Preventing crown rot is much easier than treating it.

### Common Beginner Mistake

Throwing the orchid away too soon.

# Help! My Orchid is Dying!

Many beginners assume their orchid is dying when the flowers fall off or when the plant develops a problem.

In reality, many orchid problems can be corrected with proper care and a little patience.

Before giving up on your orchid, identify the cause of the problem and make one adjustment at a time. Observe how the orchid responds before making any further changes.

Healthy orchids are often more resilient than they appear.

## Len's Orchid Tip

Whenever one of my orchids doesn't look healthy, the first thing I notice is the leaves. They often provide the earliest clues that something needs attention. If necessary, I'll investigate further to find the cause.

## Quick Takeaway

Most orchid problems can be traced back to:

- Watering
- Light
- Root health
- Airflow
- Signs of pests

When something doesn't look right, observe the entire plant. The leaves, roots, and overall condition often provide valuable clues to the cause.

By identifying problems early and focusing on these basics, you'll solve the majority of orchid problems before they become major issues.

## CHAPTER 11

### Why I Love Growing Orchids

One of the things I love most about Phalaenopsis orchids is that they're excellent indoor plants.

Unlike many outdoor plants, they don't require heavy gardening, seasonal pruning, or moving them in and out with the changing seasons.

I grow all of my orchids indoors in my condo, where they remain year-round. I don't move them outside during the summer or bring them back inside during the winter.

Their simple care routine is one of the reasons I enjoy growing them so much. With the right location and consistent care, they continue to grow and reward me with beautiful blooms regularly.

### The Main Difference: Watering

For me, the biggest adjustment throughout the year is watering.

I believe in following a consistent watering routine because consistency helps orchids adapt to their environment and helps growers develop good habits.

At the same time, it's important to observe your orchid. Changes in temperature, humidity, sunlight, and airflow can affect how quickly the potting medium dries.

## When Adjustments Are Needed

For example, during periods of hot weather, the potting medium may dry much faster than usual. You may notice:

- The potting medium drying more quickly
- Leaves becoming less firm
- Your orchid needing water sooner than expected

During cooler weather, the potting medium usually stays moist longer, allowing you to water less frequently.

Keep your regular watering routine whenever possible. Only make small adjustments when your orchid shows they are needed.

## Let Your Orchid Guide You

Your orchid will often tell you when something needs to change.

Healthy, firm leaves are usually the first sign that your orchid is doing well. If the leaves become soft, wrinkled, yellow, or develop unusual spots, it's time to take a closer look.

You can also observe the aerial roots, since they're easy to see. Healthy aerial roots are another good sign that your orchid is growing well.

By observing your orchid regularly, you'll become more confident in knowing when to water, when to wait, and when to make small adjustments to your care routine.

## Common Beginner Mistake

Changing your care routine too quickly.

Some beginners change their watering routine every time the weather changes slightly. Others make major adjustments before giving the orchid enough time to respond.

Instead, establish a consistent routine and observe your orchid regularly. Make small adjustments only when your orchid shows they are needed.

## Len's Orchid Tip

I follow a consistent watering routine, but I never stop observing my orchids.

If I notice that the potting medium is drying out faster or the leaves are becoming less firm, I make a small adjustment to my watering routine.

Over time, your orchids will teach you what works best in your home.

## Quick Takeaway

Keep orchid care simple.

Follow a consistent watering routine, observe your orchid regularly, and make small adjustments only when necessary.

For indoor-grown *Phalaenopsis* orchids, consistency and observation are the keys to long-term success.

## CHAPTER 12

### Your Orchid Success Plan

#### From Beginner to Confident Orchid Grower

When I first started growing orchids, I made many mistakes.

Some of my orchids failed to rebloom, and others eventually died because I didn't yet understand what they needed to thrive.

But I didn't give up.

Instead, I learned through observation, trial and error, and hands-on experience. Little by little, I discovered that growing healthy, thriving, and reblooming orchids doesn't have to be complicated.

The biggest lesson I learned was that orchids respond best to simple, consistent care.

The good news is that you can do the same.

By now, you've learned the essential principles of successful orchid care. With patience, observation, and consistency, you'll gain confidence and enjoy watching your orchids grow, rebloom, and reward your efforts.

Let's finish with a simple success plan you can follow throughout the year.

## The Five Keys to Orchid Success

### 1. Provide the Right Amount of Sunlight

Light plays a major role in healthy growth and successful reblooming.

Place your orchid where it receives direct morning sunlight or bright indirect sunlight.

Avoid dark locations and prolonged exposure to harsh afternoon sun.

### 2. Water Consistently

Develop a watering routine that works in your home.

Observe your orchid regularly and make small adjustments only when necessary.

Consistency, combined with careful observation, is the key to healthy orchids.

### 3. Care for the Whole Plant

Healthy orchids are more than just healthy roots.

Observe the leaves, aerial roots, flower spikes, and overall condition of the plant regularly.

Together, they provide valuable clues about your orchid's health.

### 4. Repot When Needed

Fresh potting medium helps maintain a healthy root system.

Repot your orchid when the bark begins to break down, the roots outgrow the pot, or the potting medium no longer drains well.

# Help! My Orchid is Dying!

Don't be afraid to repot when the time comes.

## 5. Be Patient

Orchids grow on their own schedule.

New leaves, roots, flower spikes, blooms, and even keikis all take time.

Trust the process.

The care you provide today will often be rewarded in the months ahead.

## Regular Orchid Check

Whenever you water your orchid or simply pass by it, take a moment to observe the plant.

Look for:

- ✓ Healthy leaves
- ✓ Aerial roots
- ✓ Potting medium moisture
- ✓ New leaf or root growth
- ✓ Signs of insects or pests
- ✓ Any unusual changes

# Help! My Orchid is Dying!

This simple habit will help you become more confident and attentive as an orchid grower. The earlier you notice a problem, the easier it is to correct.

## Remember Why You Started

Most people buy orchids because they're beautiful.

Their elegant flowers bring color, beauty, and joy into a home.

The wonderful thing about Phalaenopsis orchids is that, with proper care, they can continue rewarding you with beautiful blooms for many years.

You don't need a greenhouse.

You don't need a garden.

You don't need expensive equipment.

All you need is a basic understanding of your orchid's needs, a little patience, and consistent care.

With every new leaf, root, flower spike, bloom, or even a keiki, your confidence as an orchid grower will continue to grow.

Enjoy the journey—and enjoy every bloom along the way.

## My Orchid Journey

A few years ago, I was a beginner trying to figure everything out.

Today, I grow more than 30 Phalaenopsis orchids indoors in my Toronto condo. Because they're all at different stages of growth and blooming, I enjoy beautiful flowers throughout the year.

# Help! My Orchid is Dying!

What began as curiosity has become one of the most rewarding hobbies I've ever had.

If there's one message I'd like you to take away from this book, it's this:

**Orchids are not difficult plants.**

Once you understand their basic needs, provide the right growing conditions, and care for them consistently, they're surprisingly easy and incredibly rewarding to grow.

You'll begin to see orchids differently. Instead of judging them by the flowers alone, you'll look at the leaves, roots, and overall health of the plant.

You may even find yourself confidently choosing orchids that have finished blooming or are being sold at a reduced price, knowing that with proper care and patience, they can grow, rebloom, and bring beauty into your home once again.

That's when you'll realize you've truly become a confident orchid grower.

Enjoy your orchid-growing journey, and may your home be filled with healthy orchids and beautiful blooms for years to come.

## Final Encouragement

Don't worry about being perfect.

Every experienced orchid grower started exactly where you are now.

Your orchid may lose its flowers.

It may rest for a while.

# Help! My Orchid is Dying!

It may test your patience from time to time.

That's all part of the journey.

Stay consistent.

Keep observing.

Enjoy the process.

Before long, you may find yourself enjoying beautiful orchid blooms throughout the year.

A few years ago, I was a beginner too. Today, I enjoy growing more than 30 Phalaenopsis orchids indoors, and they continue to reward me with beautiful blooms, new flower spikes, and even the occasional keiki.

If I could learn to grow healthy, thriving, and reblooming orchids, so can you.

There's a special joy in watching your orchids grow, thrive, and reward you for your patience and care.

**Happy Growing!**

**Len Marc**

## FREQUENTLY ASKED QUESTIONS

### Why Did My Orchid Flowers Fall Off?

This is one of the most common concerns among new orchid owners.

In most cases, it's completely normal.

Orchid flowers don't last forever.

After blooming for several weeks, or even months, the flowers naturally fade and fall off.

This doesn't mean your orchid is dying.

It simply means the blooming cycle has ended.

### Is My Orchid Dying?

Not necessarily.

Before assuming your orchid is dying, check:

- The leaves
- The roots
- Signs of new leaves, roots, or flower spikes

Many healthy orchids lose their flowers and enter a resting period before producing a new flower spike and blooming again.

# Help! My Orchid is Dying!

## How Often Should I Water My Orchid?

There's no single answer because every home is different.

As a general guideline:

- About once a week during cooler months
- About twice a week during warmer months

Develop a consistent watering routine that works in your home. Observe your orchid regularly and make small adjustments only when necessary.

A consistent watering routine is more important than constantly changing your schedule.

## Can I Use Rice Water on My Orchids?

Rice water is an optional part of my personal routine, not a complete or measured fertilizer. Use only fresh water from rinsing plain rice, dilute it well, and apply it sparingly. My personal guideline is one part rice water to two or three parts clean water.

Never use rice water containing salt, oil, butter, sauces, or seasonings. Stop using it if you notice mold, odor, insects, or any decline in the orchid.

# Help! My Orchid is Dying!

## Can I Use Water Made from Vegetable Peels?

I occasionally use freshly strained water made from vegetable peels as an optional part of my personal routine. It is not a complete or measured fertilizer.

If you try it, use a fresh, well-strained solution sparingly. Never allow it to ferment.

Examples include:

- Banana and carrot peels
- Potato and orange peels
- Onion and garlic skins

Discard it if it develops an unpleasant odor. Stop using it if you notice mold, insects, or decline.

Discard it if it develops an unpleasant odor. Stop using it if you notice mold, insects, or decline.

## Should I Repot My Orchid Immediately After Buying It?

Usually not.

If your orchid is healthy and blooming, enjoy the flowers first.

Repotting is best done after flowering has finished unless there's a problem with the roots or the potting medium.

# Help! My Orchid is Dying!

## How Often Should I Repot My Orchid?

Most orchids benefit from repotting every one to two years.

You may need to repot sooner if:

- The bark has broken down.
- The roots have outgrown the pot.
- The potting medium stays wet for too long.
- Root rot develops.

## Can Orchids Grow in Apartments and Condos?

Absolutely.

I grow all of my Phalaenopsis orchids indoors in a high-rise condo in Toronto.

These orchids adapt very well to indoor environments and don't require a greenhouse to thrive.

## Do I Need to Move My Orchids Outside During the Summer?

No.

My orchids stay indoors all year.

They don't go outside during the summer or come back inside during the winter.

As long as they receive the right light, proper watering, and consistent care, they can thrive indoors year-round.

# Help! My Orchid is Dying!

## Are Orchids Difficult to Grow?

Not at all.

One of the biggest misconceptions about orchids is that they're difficult to care for.

In reality, Phalaenopsis orchids are among the easiest orchids to grow once you understand their basic needs and provide consistent care.

## What Is the Most Common Mistake Beginners Make?

Overwatering.

Many beginners water too often because they're trying to help their orchid.

Healthy roots need both moisture and air.

Too much water can lead to root rot, which is one of the most common causes of orchid problems.

## How Long Do Orchid Flowers Last?

Under good growing conditions, Phalaenopsis flowers can last up to three months or even longer.

The exact length depends on the individual plant and its growing environment.

# Help! My Orchid is Dying!

## How Do I Know If a New Growth Is a Root, a Flower Spike, or a Keiki?

Roots are usually:

- Round
- Smooth
- Silvery or green
- Tipped with a bright green growing point

Flower spikes are usually:

- Flatter than roots
- Grow upward from between the leaves
- Develop small nodes along the stem

Keikis usually:

- Develop from a node on the flower spike
- Produce small leaves first
- Eventually grow their own roots

With experience, it becomes much easier to recognize the difference between roots, flower spikes, and keikis.

## Can I Cut the Flower Spike After Blooming?

Yes.

If the flower spike remains green, you can leave it in place and trim only the spent flowering portion.

A healthy green spike may still produce a side branch with additional blooms.

# Help! My Orchid is Dying!

If desired, apply a very small amount of cinnamon only to the cut end. Do not apply it to healthy roots, leaves, or other living tissue because it may dry and damage them.

If the entire spike turns brown and dries out, remove it near the base using clean scissors or pruning shears.

## How Long Does It Take for an Orchid to Rebloom?

Every orchid is different.

After flowering, most orchids enter a resting period while they grow new roots and leaves and store energy for the next blooming cycle.

With proper care and a little patience, healthy orchids often produce a new flower spike and bloom again. Occasionally, they may produce a keiki instead.

## How Many Orchids Do You Grow?

I currently grow more than 30 Phalaenopsis orchids indoors in my Toronto condo.

Because they're all at different stages of growth and blooming, I enjoy beautiful flowers throughout the year.

That's one of the many reasons I love growing orchids.

## What If I See Insects or Signs of Pests on My Orchid?

Check the leaves, flower spikes, flowers, and potting medium regularly. Look underneath the leaves, between the leaves, around flower-spike nodes, and near the base of the plant. Watch for insects, white cotton-like patches, brown bumps, webbing, unusual spots, or sticky residue. Sticky droplets can occur naturally, but they may also accompany scale, aphids, or mealybugs.

# Help! My Orchid is Dying!

If you notice a possible infestation, isolate the affected orchid from your other plants. Identify the pest and begin the appropriate treatment promptly, following the product instructions carefully. Continue checking the orchid regularly because pests or newly hatched insects may reappear.

Can I Save an Orchid with Root Rot?

Yes. In many cases, an orchid with root rot can recover with proper care.

Remove the orchid from its pot and trim away all dead or rotting roots using clean scissors. Allow the trimmed roots to air-dry, then repot the orchid in fresh orchid bark.

With an appropriate watering routine and a little patience, healthy new roots can grow and the orchid may recover.

## ABOUT THE AUTHOR

**Len Marc** is a lifelong learner with a passion for exploring new ideas, technology, nature, and practical ways to make everyday life simpler and more enjoyable.

Through years of continuous learning and personal experience, Len has discovered that even the most challenging topics can become easy to understand when explained in a clear, practical, and encouraging way. This philosophy inspires every book, helping readers gain confidence, learn new skills, and apply what they learn in everyday life.

Len believes learning should feel encouraging, relatable, and accessible at any age. Rather than focusing on technical jargon or complicated concepts, the goal is to provide practical guidance that readers can easily understand and enjoy.

Outside of writing, Len enjoys serving in the community, performing at cultural events, nurturing orchids and other plants, promoting healthy living, and continuing to explore new technologies and ideas.

The journey of learning never truly ends. Through each book, Len encourages readers to stay curious, keep growing, and remember that it is never too late to learn something new.

## A Personal Note

Thank you for reading this book.

Over the years, I've learned that **orchid growing isn't complicated at all!** Anyone can grow healthy, thriving, and reblooming orchids by understanding their basic needs, being patient, and providing consistent care.

The practical tips and techniques in this book come from my own experience growing and caring for Phalaenopsis orchids. My goal is to give you the confidence to enjoy the journey and experience the satisfaction of seeing your orchids thrive and bloom again.

Happy growing!

Len Marc

# Help! My Orchid is Dying!

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# Help! My Orchid is Dying!

Healthy, blooming orchids don't happen by chance. They thrive with the right care and a little patience.

In *Help! My Orchid Is Dying!*, Len Marc shares the practical lessons learned from caring for more than 30 Phalaenopsis orchids indoors. Based on personal experience, this beginner-friendly guide explains how simple changes in light, watering, airflow, and routine care can make a remarkable difference.

Whether your orchid has stopped blooming, has yellow leaves, wrinkled leaves, or unhealthy roots, you'll discover clear, easy-to-follow guidance to help bring it back to health and encourage it to bloom again.

If you've ever thought that growing orchids is complicated, this book will show you that growing beautiful, thriving orchids is easier than you think.