



Cyclamen

Cyclamen sp.

Cyclamens are perennial flowering plants in the family Primulaceae, the primrose family. Their vibrant flowers and interesting leaves make them a popular choice of pot plant for the windowsill or pergola or planted in the garden. They are often given as a gift and/or displayed as a temporary indoor plant, to be put outside in a shaded area once flowering has finished.

Cyclamens grow from corms. Leaves can be broad to round, kidney or heart shaped and are typically a pattern of green with silver markings. The beautiful blooms sit well above the foliage on long stems and come in a range of dramatic colours, including shades of red, pink, white and sometimes bicoloured. Some of the hybrids are even perfumed.

Miniature Cyclamen (*Cyclamen hederifolium*) will thrive and multiply in a shady position in the garden or in pots. They have a very long flowering period and will grow in both frosty and warm areas.

How to grow:

Cyclamens grow in cool environments in nature and do not like hot conditions. If temperatures are too warm it will cause the leaves to yellow, flowers will fade and the plant will slowly die. This includes the temperature fluctuations of indoor heating, so they should be kept in an unheated room or moved into a cooler spot. Your indoor Cyclamen will benefit from being put outside in the evening now and then, placing it under a heavy foliage tree or pergola/veranda when nights are cool. This will refresh the plant and help to keep it growing strong.

For potted Cyclamen, the corm needs to be kept on the dry side. Water carefully around the sides of the pot and try to avoid watering over the corm or the stems, as this can cause rot. Let any excess water drain away, never leaving your watered plant to sit in a saucer of water. Fertilise with a soluble fertiliser mixed at half strength. Over-fertilising can bring on lots of leaf growth but less flowers.

Cyclamens don't need pruning. Never cut spent flowers or old stems. Instead, remove tired blooms and stems by gently twisting off at the base and pulling them away from the corm.

After a Cyclamen blooms it will go into a dormant state. This happens during the summer months and may look like the plant is dying, as some of the leaves will turn yellow and fall off. At the end of the Cyclamen's season, the pot should be moved to a shady spot outdoors and kept relatively dry until the following autumn.

When the days start to become cooler in autumn, the plant will begin putting on new growth. Your Cyclamen should then be re-potted into quality potting medium and you can begin watering when the new leaves start to appear. Alternatively, try planting them in a shady place in the garden.