



# Colorado MASTER GARDENER

## Plant Growth Factors: Light

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by D. Whiting, M. Roll, and L. Vickerman<sup>1</sup>  
Line drawings by S. Johnson.

### Outline. . .

Light Quality, page 1

Light Intensity (sun and shade),  
page 2

Light Duration, page 3

Photoperiod, page 3

### Thought Questions:

- Why won't my African violets bloom? They are on a table near a bright northern window.
- Why is my flowerbed doing poorly? I planted it with a variety of semi-shade annuals since it gets sun only in the afternoon. Plant growth is minimal and foliage is bleached out. The impatiens wilt even when the soil is moist.
- I shear my shrubs a couple of times a year into nice rounded shapes. Why are they becoming thick woody stems at the base with lots of dead twigs?
- Why won't my Christmas cactus in the family room blossom? It's in front of a bright window and the plant is full and robust. It's a cutting from my mother's plant she keeps in the guest bedroom which blooms profusely each Christmas and again in the spring.



The quality, intensity, and duration of light directly impact plant growth.

### Light Quality

Light quality refers to the color or wavelength reaching the plant's surface. A prism (or raindrops) can divide sunlight into respective colors of red, orange, yellow, green, blue, indigo and violet.

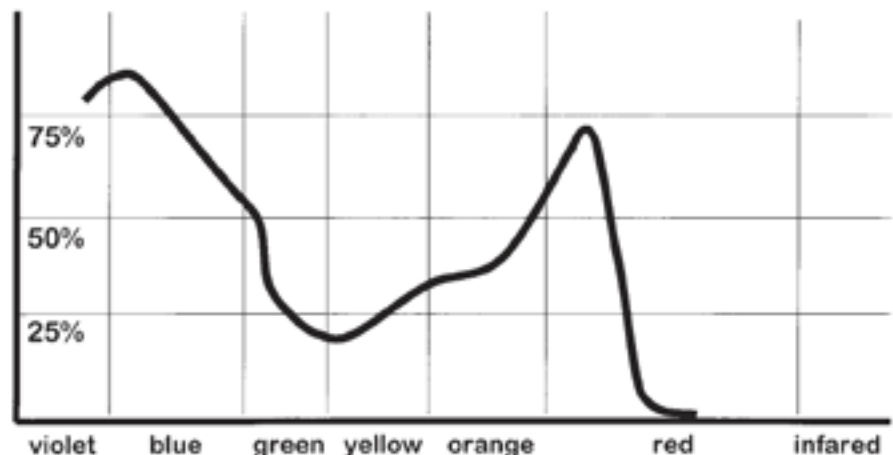


Figure 1. Relative efficiency of various light colors in photosynthesis.



Putting Knowledge to Work

Red and blue have the greatest impact on plant growth. Green light is least effective (the reflection of green light gives the green color to plants). Blue light is primarily responsible for vegetative leaf growth. Red light, when combined with blue light, encourages flowering.

Light quality is a major consideration for indoor growing.

- Florescent cool white lamps are high in the blue range, being the choice for starting seeds indoors.
- For flowering plants that need more red light, 3 cool white to 1 grow light makes a good combination. The fluorescent grow lamps have a mixture of red and blue colors.
- Incandescent lights are high in red and red-orange, but generally produce too much heat for use in supplementing plant growth.

### Light Intensity

The more sunlight a plant receives, to a degree, the higher the photosynthetic rate will be. However, leaves of plants growing in low light readily sun scorch when moved to a bright location. Over time, as the wax content on the leaf increases, it will become more sun tolerant.

**Table 1. Light Intensity for various situations (Light intensity is measured in lux or foot-candles.)**

Situation	Foot Candles	Crops
summer full sun	12,000	<ul style="list-style-type: none"> <li>4,000 } outdoor crops</li> <li>1,200 }</li> <li>1,000 } bright light house plants</li> <li>500 } moderate light house plants</li> <li>200 } low light house plants</li> <li>50 }</li> </ul>
	8,000	
bright overcast (0-25% direct)	5,000	
	2,000	
heavy overcast (100% scattered)	1,000	
	500	
home interior	300	
	200	
	50	

As illustrated above, interior light levels in most homes is below that required for all but low light house plants. Except for rather bright sunny rooms, most house plants can only be grown directly in front of a bright window. Inexpensive light meters are available in many garden supply stores to help the indoor gardener evaluate light levels.

Landscape plants vary in their adaptation to light intensity. Many gardening texts divide plants into sun, partial sun and shade. However the experienced gardener understands the differences between these seven degrees of sun/shade:

**Full sun** – direct sun for at least 8 hours a day, including from 9 a.m. to 4 p.m.

**Full sun with reflected heat** – Where plants receive reflected heat from a building or other structure, temperatures can be extremely hot. This situation significantly limits the choice of plants for the site.

**Morning shade with afternoon sun** – This southwest and west reflected heat can be extremely hot and limiting to plant growth.

**Morning sun with afternoon shade** – This is an ideal site for many plants. The afternoon shade protects plants from extreme heat.

**Filtered shade** – Dabbled shade filtered through trees can be bright shade to dark shade depending on the tree's canopy. The constantly moving shade

pattern protects under-story plants from heat. In darker dappled shade, only the more shade tolerant plants will thrive.

**Open shade** – Plants may be in the situation where they have open sky above, but direct sunlight is blocked during the day by buildings, fences and other structures. Here only more shade tolerant plants will thrive.

**Closed shade** – The situation where plants are under a canopy blocking sunlight is most limiting. Only the most shade tolerant plants will survive this situation, like under a deck or covered patio.

In hot climates, temperature is often a limiting factor related to shade. Some plant, like impatiens and begonias, may require shade as an escape from heat. These plants will tolerate full sun in cooler summer climates.

Pruning of fruit trees, shade trees and shrubs is, in part, a light management tool.

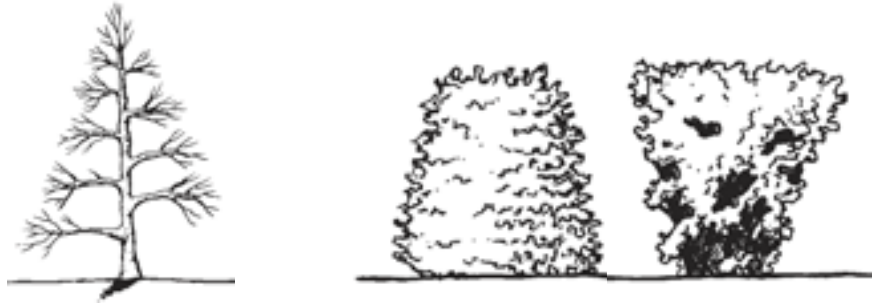


Figure 2. Light penetration is one of the primary objectives of pruning. Dwarf apple trees are pruned to a cone shape to allow better light penetration. A hedge that is pruned narrow at the base will thin out due to low light levels.

## Light Duration

Light duration refers to the amount of time that a plant is exposed to sunlight. Travelers to Alaska often marvel at the giant vegetables and flowers that grow under the long days of the arctic sun even with cool temperatures.

### Photoperiod

The flowering response of many plants is controlled by the **photoperiod** (the length of uninterrupted darkness). Photoperiod response can be divided into three types.

**Short day plants** flower in response to a long period of darkness. Examples include poinsettias, Christmas cactus, chrysanthemums, and single-crop strawberries.

**Long day plants** flower in response to a short period of darkness. Examples include onions and spinach.

**Day neutral plants** flower without regard to the period of darkness. But typically flower earlier and more profusely under long daylight regimes. Day neutral strawberries provide summer long harvesting (except during heat extremes).

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*<sup>1</sup>D. Whiting, Colorado State University Cooperative Extension consumer horticulture specialist and Colorado Master Gardener Coordinator; M. Roll, Extension horticulture agent, Arapahoe County; and L. Vickerman, Extension horticulture agent, El Paso County.*

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### Short Day Plants

### Long Day Plants

