



GROW HELIAMPHORA

No terrariums. No myths. No nonsense.

Just practical advice from guys who have been growing and propagating thousands of carnivorous plants every year since 1995.

RANGE

Heliamphora is native to the tepuis (tabletop mountains) of Venezuela, with a more limited distribution in northern Brazil and southern Guyana.

WHERE TO GROW

Heliamphora prefer stable growing conditions with bright light and mild temperatures. They can acclimate to normal household humidity when temperatures remain relatively stable. Many growers successfully grow *Heliamphora* on bright, draft-free windowsills where temperatures remain between 60° and 80°F (16° and 27°C).

Focus on providing bright light, consistent moisture, mild temperatures, and good air circulation rather than artificially increasing humidity

SUNLIGHT

The common name for *Heliamphora* is sun pitcher. As a mountainous plant, it requires very bright sunlight (partial to full sun) and very mild temperatures. In most homes, increasing the sunlight also means increasing the ambient temperature, which can work against the plant. If your windowsills are not bright enough or if they are too hot because of your climate, you may need to use artificial lights.

ARTIFICIAL LIGHTS

Heliamphora grow very well under artificial lights. Use white LED shop lights with an output of approximately 2,500 lumens or more. Specialized red-and-blue grow lights are not necessary. Start with the lights approximately 12 inches above the plant and adjust the height according to its growth. Use an electrical timer to provide approximately 14 hours of light each day.

TEMPERATURES

On the tepuis, 80°F is considered a very hot day. Keep the day temperatures mild and comfortable whenever possible. Your plant will also appreciate a nighttime drop into the 60s.

WATER

Heliamphora requires water low in minerals, less than 50 ppm of dissolved solutes. Check your tap water. If it's high in minerals, use bottled water, rainwater, or deionized water. Unlike other carnivorous plants that don't mind sitting in water, *Heliamphora* does not grow well in standing water. Instead, water from the top and allow the water to drain through. Make sure the growing medium is always damp. Never allow it to dry out.

SOIL

If possible, grow your plant in live sphagnum moss without any other amendments. Otherwise, use a mix of 1 part dried sphagnum moss and 1 part perlite. Avoid using potting soil, compost, and fertilizer; these will kill your carnivorous plant.

Since 1995, we've dedicated our nursery to growing, propagating, and sharing practical knowledge about carnivorous plants. We hope this guide gives you the confidence to grow your plants successfully for years to come. As we continue learning in our nursery, we update our educational resources to ensure they remain accurate, practical, and based on real-world experience. Visit our website for updated care guides, seasonal growing advice, educational videos, and answers to common growing questions.

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