

‘The Leca Queen’ releases the stress-free guide to indoor plant parenting



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You’re never too busy to become a proud plant parent! [*Plant Parenting for Busy People*](#) is a down-to-earth guide to growing a thriving indoor garden without fuss. Medical doctor and passionate plant lover Nora Mutalima reveals the essentials of selecting the right plants, choosing the best containers, mastering watering and maintenance, and growing plants without soil.

Known as [The Leca Queen](#) to her vast online community, Nora has been a gardener since childhood – she grew up in Zambia and recalls propagating her first African violet at age eleven. Now a medical researcher based in Melbourne, she manages to balance directing her medical research practice, parenting three children, running her flourishing social media accounts and maintaining her thriving indoor garden.

She reflects that, ‘Taking care of house plants does not need to feel like a full-time job. Even with a hectic schedule, it is absolutely possible to maintain healthy, thriving plants by putting a few simple strategies in place.’ Nora shares these strategies in *Plant Parenting for Busy People*, combining her research experience with a conversational and friendly tone to impart practical advice informed by science. Readers can learn how to:

- Identify your ‘plant parent profile’ and choose the right plants for your location and lifestyle.
- Use LECA clay balls instead of traditional potting mix to reduce mess and ensure consistent, fuss-free water supply to your plants.
- Maximise natural light in your home and use artificial light when needed.
- Establish a plant care routine that fits your schedule.

Indoor gardening is continuing to surge in popularity as houseplants are known to improve health and wellbeing. Research demonstrates that [plants in your home can lower stress and offer therapeutic benefits](#). There are many reasons why people love having an indoor garden, and in Australia, [plant owners consider their plants as part of their families](#).

Nora says, ‘The level of “inner mental quiet” I attain when I am actively caring for my plants, whether I’m watering or repotting them, allows me to stop organising the lists in my head of the million things I have to do in my day-to-day life. It allows me to ... just be present in the moment and marvel at the living thing that I am keeping alive.’

Accompanied by stunning photographs of Nora’s own plants, *Plant Parenting for Busy People* is an indispensable resource to help you transform your living space into a lush indoor jungle without sacrificing time or effort, and to reap the therapeutic rewards of being surrounded by plants.

About the author

Nora Mutalima is a dedicated plant parent who has lived and worked in Zambia, the UK and Australia. She trained and practised as a doctor before turning to medical research. Passionate about indoor plants, Nora specialises in growing them without soil and shares easy, stress-free plant care tips through videos and social media posts. Combining her scientific skills with creative content production, she inspires others to enjoy indoor gardening. Nora is also a mum of three who loves spending time with her children. In her downtime, she enjoys music, theatre and a good true crime series. Her work unites scientific precision with creative inspiration.

