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Plants endure a daily struggle for water, nutrients and light. On the forest floor where light is scarce, time-lapse shots show ivies and creepers climbing into the canopy using sticky pads, hooks or coiled tendrils. Epiphytes grow directly on the topmost branches of trees.

With David Attenborough. Plants' solutions to life's challenges are as ingenious and manipulative as any animal's. Innovative time-lapse photography opens up a parallel world where plants act like fly-paper, or spring-loaded traps, to catch insects. Vines develop suckers and claws to haul themselves into the rainforest canopy. Every peculiar shape proves to have a clever purpose. The dragon's blood tree is like an upturned umbrella to capture mist and shade its roots. The seed of a Bornean tree has wings so aerodynamic they inspired the design of early gliders. The barrel-shaped desert rose is full of water. The heliconia plant even enslaves a humming bird and turns it into an addict for its nectar.

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**David Attenborough**