

Let's **Plan!**

A Student's Guide to Growing the Tower Garden INDOORS



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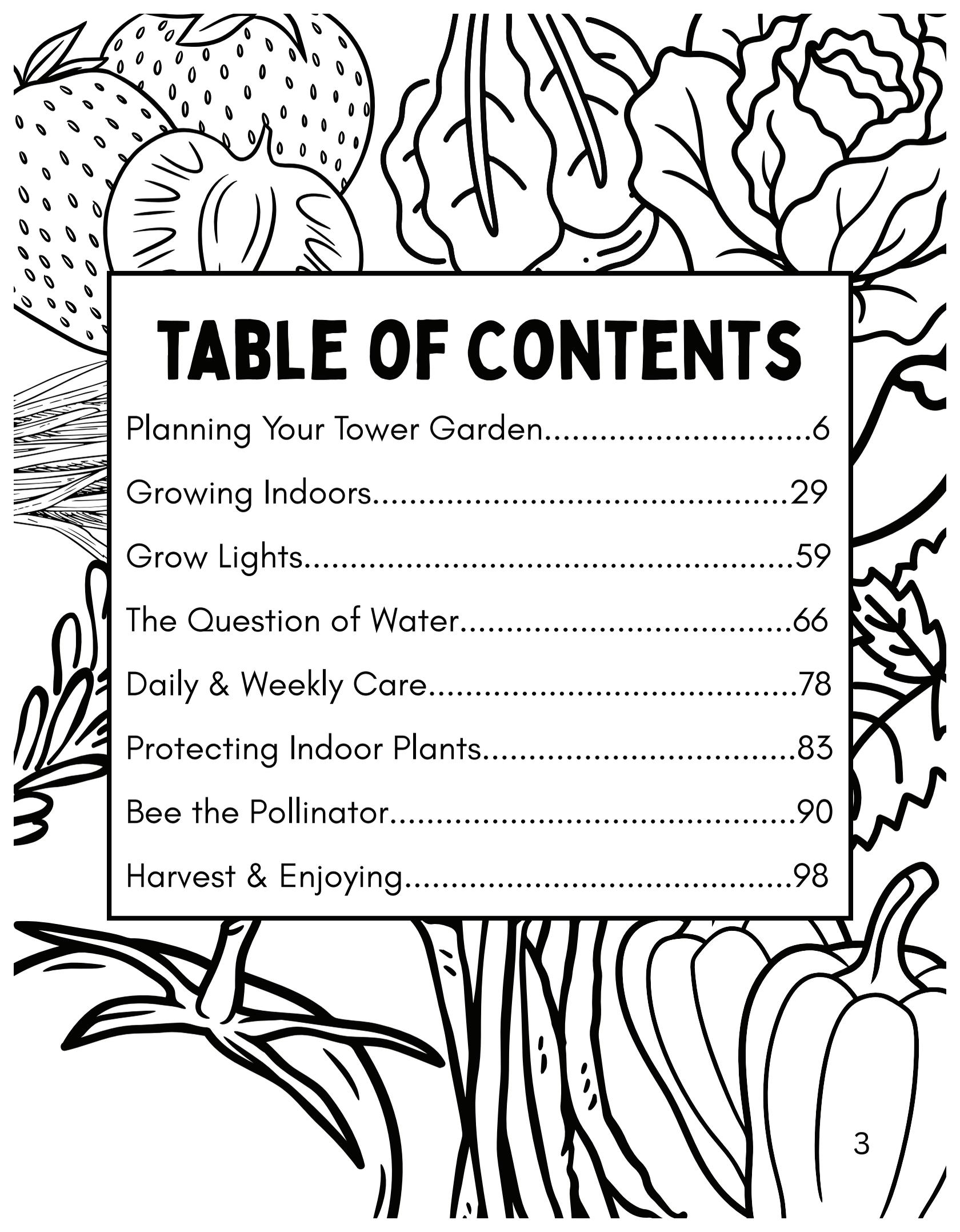


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A NOTE TO PARENTS

Whenever I ask someone why they want to garden, I am always surprised and humbled by their answers. They reminisce about their grandmother's beautiful garden, juicy heirloom tomatoes, a childhood spent climbing mulberry trees that stained their purple for days. They lament the cost of supermarket produce, their frustration with cucumbers rotting in the refrigerator, and vegetables past their prime before they even hit the stores. They wring their hands as they talk about their child's diagnosis (autism, learning disabilities, POTS, PANDAS, autoimmune diseases) and wonder if improving their child's nutrition could possibly help.

As our world becomes more confusing and more complicated, it's no wonder that people are drawn back to their first love: gardening. However, parents are busy, sandwiched between the needs of their children and the needs of their parents. The idea of spending hours in the garden sounds romantic, but is rarely practical. In addition, apartment and condo dwellers lack the land to grow a large, expansive garden, and no one has the energy to fight with the HOA for the right to grow their own food.



Happily, modern problems have found a modern solution! The interest in Tower Gardens has exploded over the last few years, and it's no wonder. A Tower Garden requires far less space, a fraction of the time to grow, less water, and less fertilizer than a traditional soil garden. Tower Gardens can be grown indoors, outdoors, on patios, balconies, cafes, bedrooms, offices, apartments, condos, or anywhere there's an electrical outlet. And the produce they produce? It's colorful, clean, nutrient-rich, crisp, and utterly delicious.

This book is a compilation of answers to the most common questions I have gotten as I've helped thousands of families grow Tower Gardens. Written in a child-friendly manner, it is designed to engage your children in the growing process. If I can be of service in any way, please feel free to reach out to me at www.growlearngarden.com

This guide will help you explore how plants grow in a Tower Garden and understand what makes them thrive.

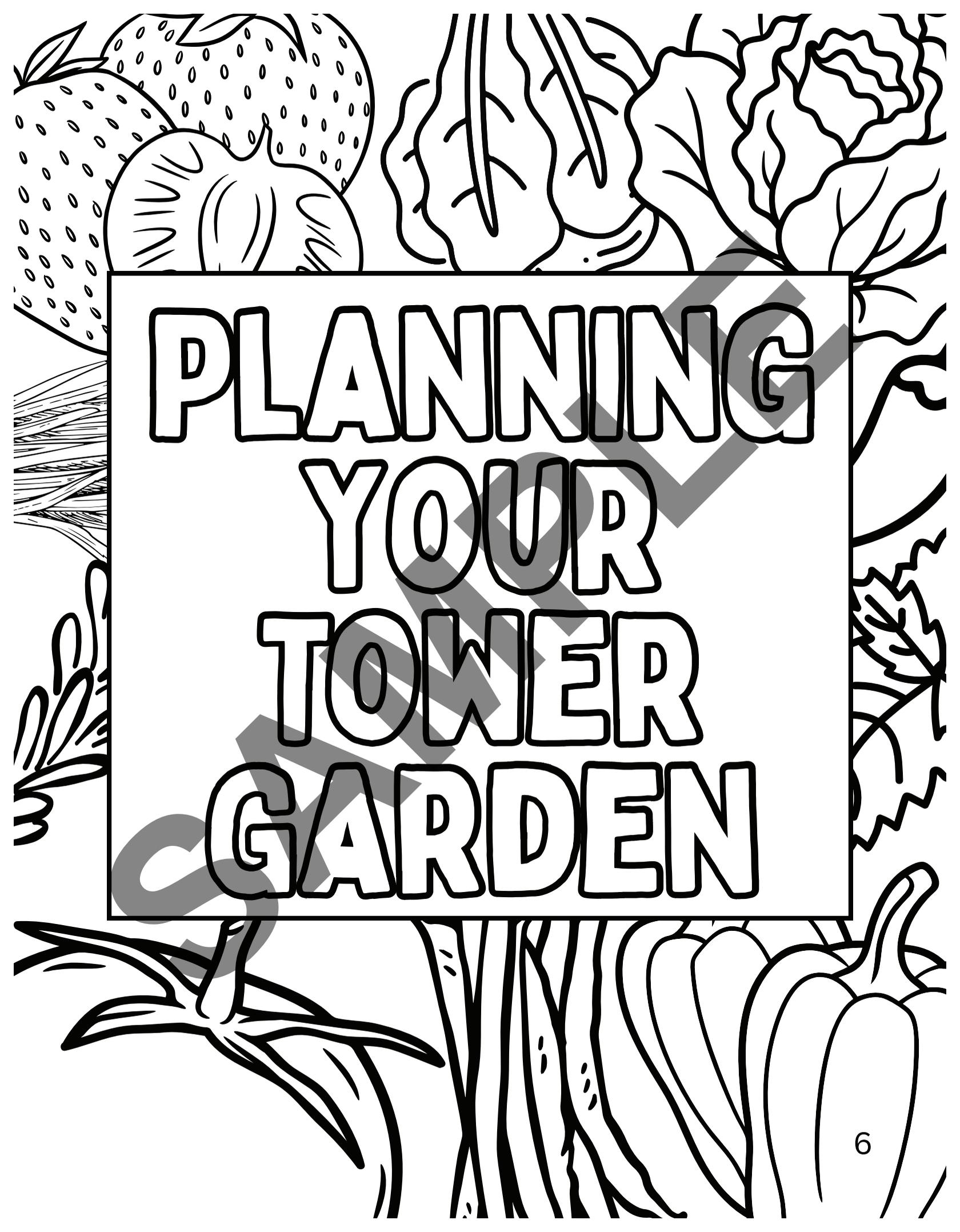
Each section includes short lessons, simple experiments, and journal activities to guide you through planning, planting, and caring for your tower.



You don't need to be an expert gardener—just curious and willing to observe, record, and learn as you go.

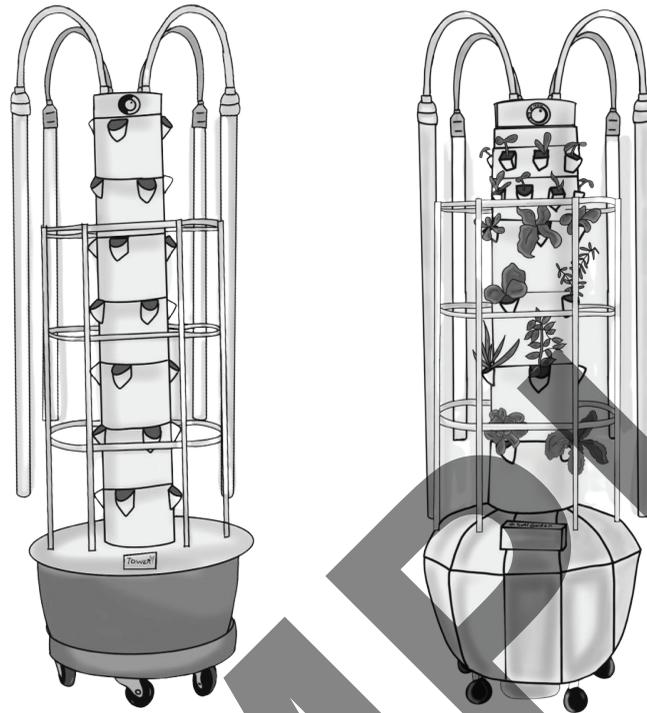
REMEMBER...

Gardening is a process of discovery. Take your time, observe often, and enjoy watching your tower come to life.



**PLANNING
YOUR
TOWER
GARDEN**

1. CHOOSE YOUR TOWER GARDEN



Check the box. Are you growing:

- A Tower Garden Flex with the Extension Kit (28 planting spots)
- A Tower Garden Home (16 large spots and 16 baby spots)
- A custom Tower Garden with _____ large spots and _____ baby spots

NOTE: If you grow a custom Tower Garden that is taller than the ones in the picture above, you will need to upgrade to the High Capacity Submersible Pump and add supplemental lighting.

TOWER GARDEN PLAN

6 _____

5 _____

4 _____

3 _____

2 _____

1 _____

BABY PLANTS

MEDIUM PLANTS

TALL PLANTS



5. DIRECT SEEDING YOUR INDOOR TOWER GARDEN

One of the best parts of an Indoor Tower Garden is that you can start seeds directly in your tower instead of using trays!

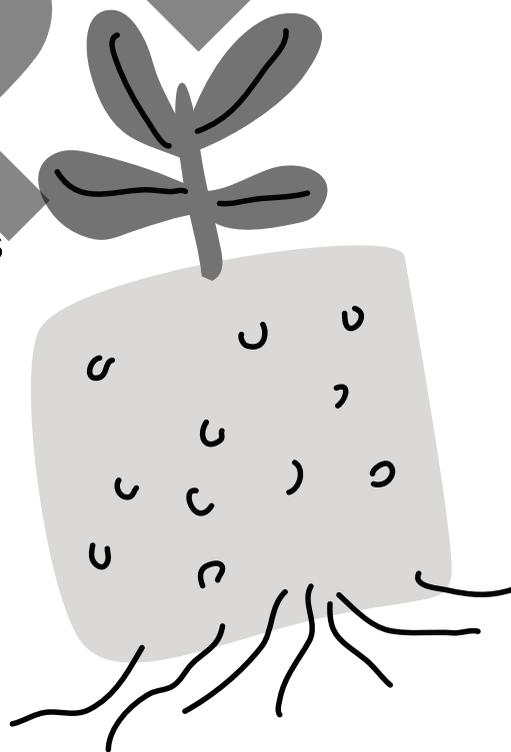
Indoors, you'll avoid almost all pests and get to watch your seedlings sprout under the glow of your grow lights.

GRAB YOUR SUPPLIES

- Tower Garden
- Rockwool cubes or starter plugs
- Plain water (filtered preferred)
- Grow lights
- Tower Tonic A & B (for later)
- pH test kit
- Gloves (optional)

STEP-BY-STEP

1. **Soak your rockwool cubes** in plain water—no nutrients yet. Place each of your seeds in a cube and gently tuck them into the tower. Fill the reservoir with filtered water only.



MY TOWER TODAY LOG

Date: _____

Time of Day: Morning Afternoon Evening

I SEE



I SMELL



I FEEL



Today's garden sketch:

Visitors I saw:

Care check:

- Water is flowing
- Pump is on
- No leaks
- No wilted leaves

WEEKLY GROWTH TRACKER

Week of: _____

Plant I'm Tracking: _____

	HEIGHT	# OF LEAVES	NOTES
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

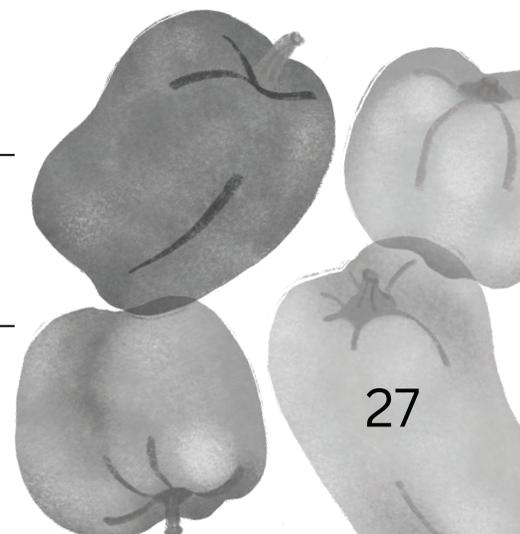
WHAT I NOTICE

My plant looks:

Taller Greener Blooming Same as before

I noticed:

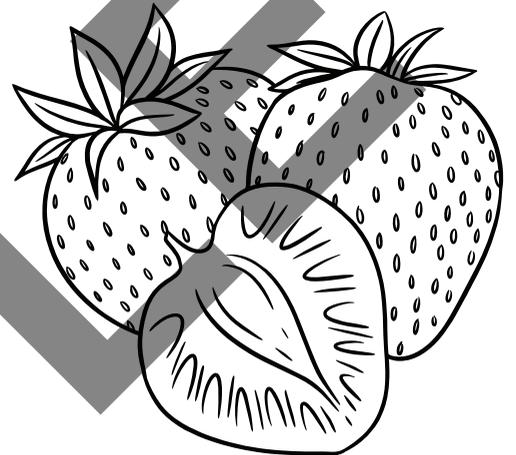
Next week I will:



GROWING STRAWBERRIES INDOORS

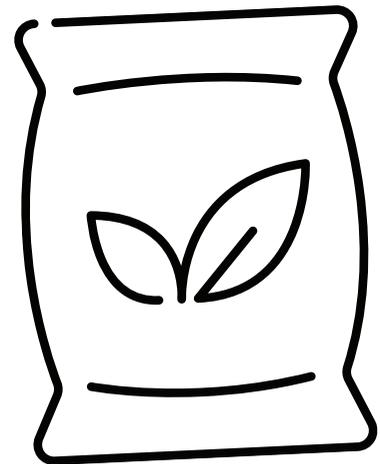
Strawberries are one of the sweetest crops you can grow in your Indoor Tower Garden!

With bright lights, gentle care, and a little help from you (*yes, you'll be the bee*), they'll produce delicious fruit for months on end.



WHAT YOU'LL NEED

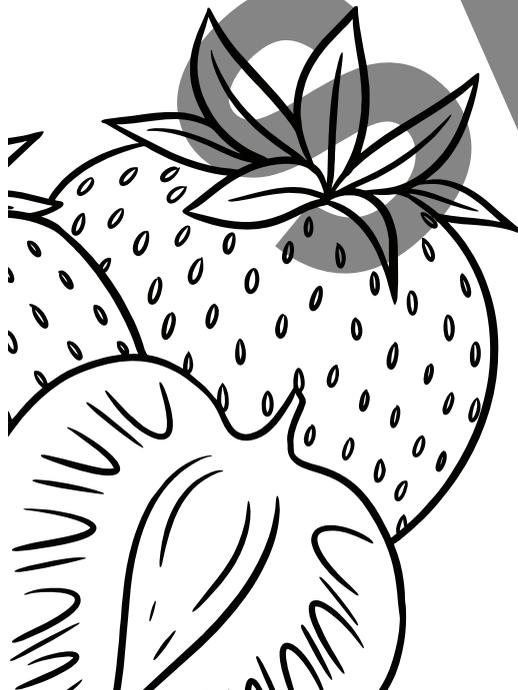
- Day-neutral strawberry plants
- Grow lights
- Water source
- Slow-release fertilizer
- Small paintbrush for pollination
- Fan for airflow and pollination help



HOW TO GROW STRAWBERRIES INDOORS

1. Choose Day-Neutral Varieties

Pick day-neutral strawberries — they don't depend on the length of the day to produce fruit. These plants can bloom and fruit year-round under grow lights!



GROWING CUCUMBERS INDOORS

Growing crispy, crunchy cucumbers indoors is one of the most rewarding Tower Garden adventures! They grow fast, taste amazing, and bring a burst of greenery to your kitchen or classroom.

WHAT YOU'LL NEED

- Support cage
- Parthenocarpic “mini” cucumber seeds
- Filtered water
- Extra clip-on grow light (optional)
- Nutrients & pH kit
- Scissors for pruning



HOW TO GROW CUCUMBERS INDOORS

1. Choose the Right Variety

Pick parthenocarpic, snack-sized “mini” cucumbers – these don’t need pollination and produce fruit indoors easily, like “Quick Snack” and “Mini-Me”.



CUCUMBER GROWTH TRACKING

Measure your cucumber plant growth—how long is it each week?

WEEK _____

REGROWING CELERY FROM SCRAPS

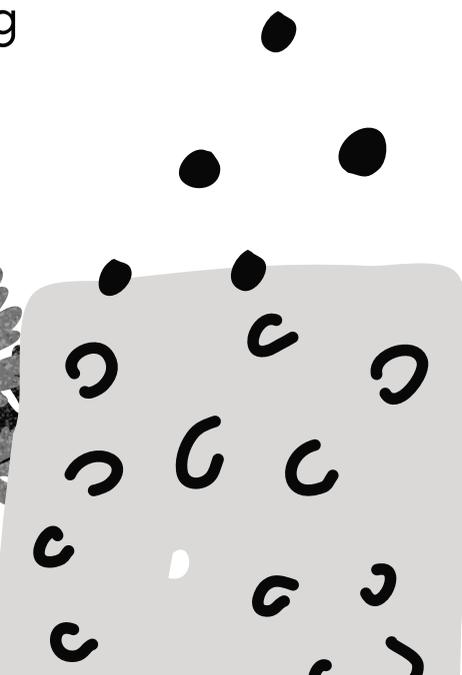
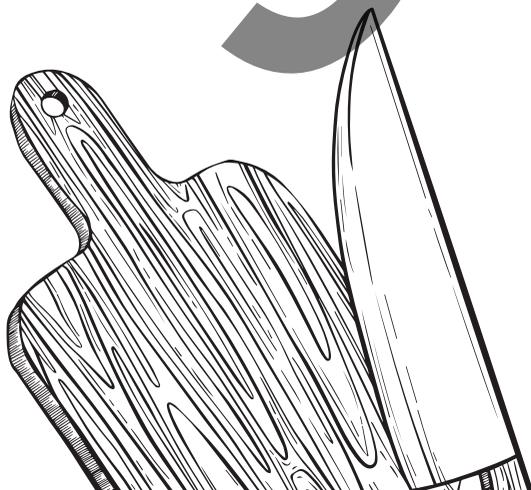
QUESTION

Can we grow a new celery plant from kitchen scraps instead of seeds?

Growing a celery plant from your leftover celery is possible because the bottom part of a celery bunch is where the roots grow. It's called a basal plate, which is the spot on the plant where the roots and stem meet.

WHAT YOU'LL NEED:

- One stalk of organic celery (with base and root end)
- Knife (grown-up help needed!)
- Tower Garden net pot
- Rockwool cube or sponge plug
- Shallow dish
- Water and grow lights



SEED SAVING

Saving seeds is fun—and it's a great way to learn about plant genetics!

When you save seeds from your Tower Garden, the next generation of plants might not look or taste exactly like the one you started with.

Why? The answer is in their genes!

HEIRLOOM PLANTS

Heirlooms are like plant “purebreds.”

When you save and replant their seeds, you'll grow the same type of plant again and again — just like their parents.

These plants have been passed down for generations and keep their color, taste, and shape over time.

Example: Heirloom tomatoes or purple carrots!



LEGGY PLANTS

QUESTION

Do plants grow toward a light source?

HYPOTHESIS (MY GUESS)

I think the seedling will grow

_____ because

WHAT YOU'LL NEED:

- One small seedling (in rockwool)
- A shallow container
- Water (enough to keep the rockwool moist)
- A Tower Garden or grow light source

WHAT TO DO:

1. Place the seedling in a shallow container with water to keep the rockwool damp.
2. Set the container about two feet away from your Tower Garden or grow light.
3. Observe the plant over several days.
4. Watch which direction it grows. Does it stretch toward the light?
5. Record or draw what you see each day.

MY OBSERVATIONS:

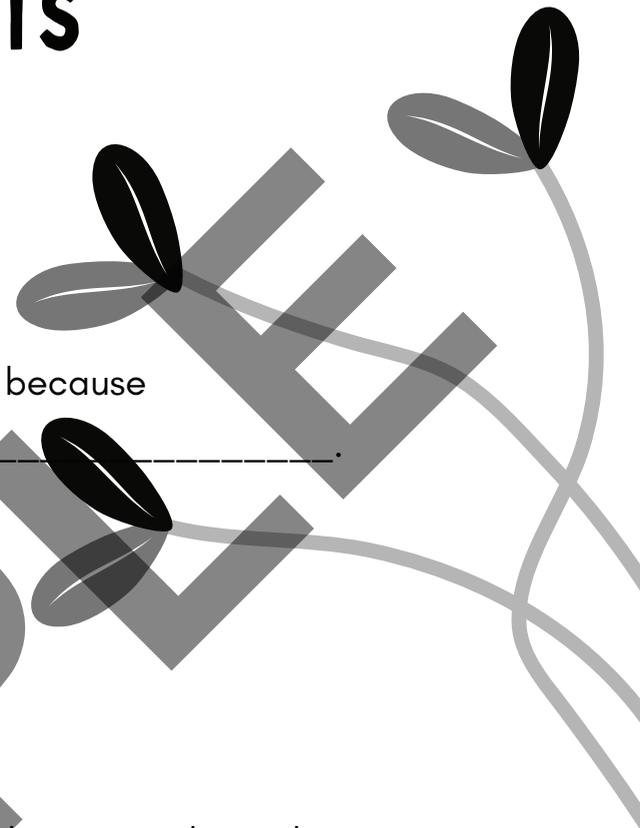
Day 1:

Day 3:

Day 5:

CONCLUSION:

This bending toward the light is called phototropism: the way plants grow in response to light. My seedling grew _____ because _____.

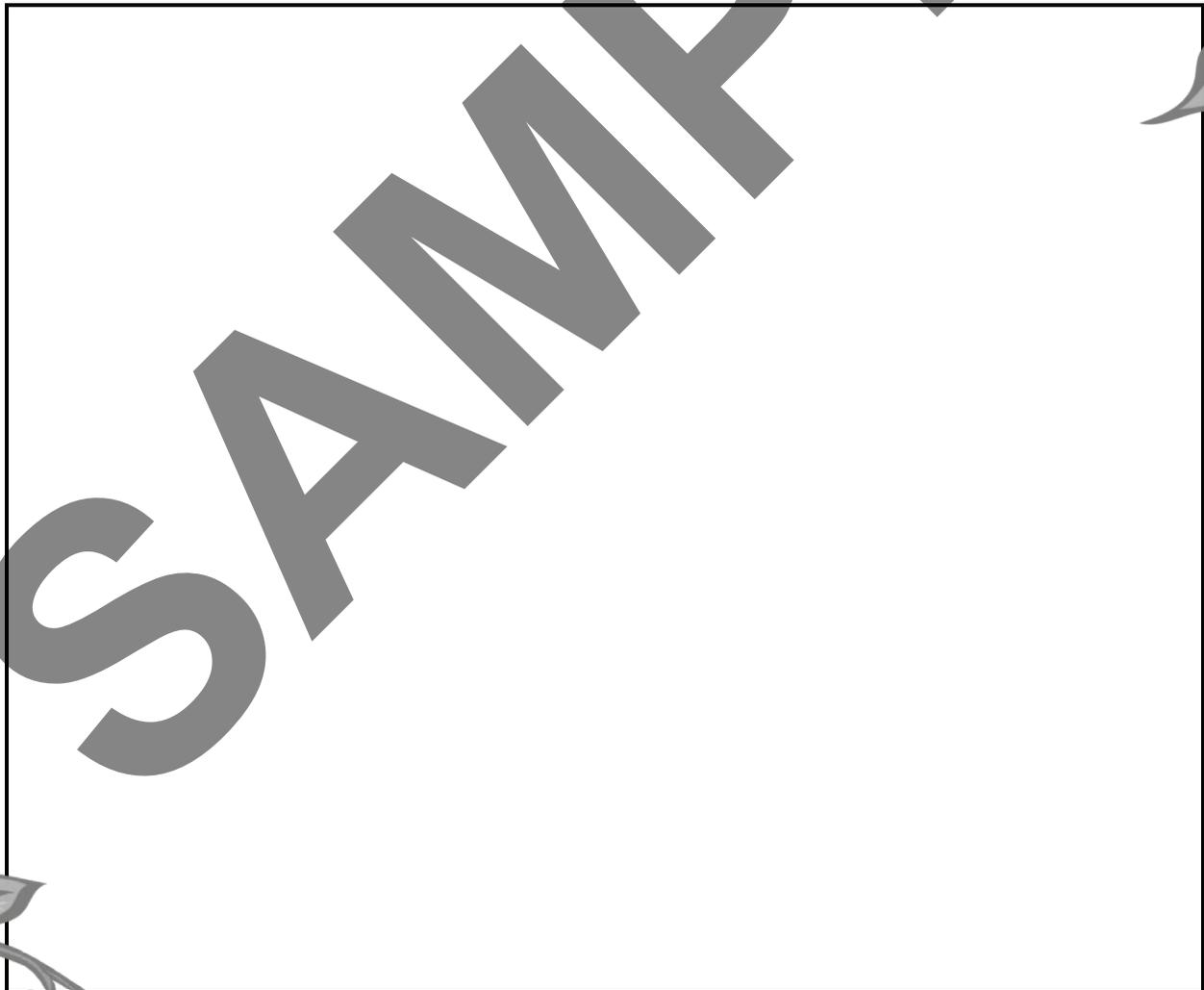


PLANT PROBLEM SOLVER

Draw or describe one problem you notice in your Tower Garden (yellow leaf, drooping stem, pests, etc.). Then write or sketch what you did to fix it.

Example prompts:

- *What did the leaves look like?*
- *What steps did you take?*
- *How did you know it was working?*



A large empty rectangular box with a black border, intended for drawing or writing. A large, semi-transparent watermark reading 'SAMPLE' is oriented diagonally across the box from the bottom-left to the top-right.

WHAT IS POLLINATION?

Flowers need help to make fruits and seeds. Pollination happens when pollen moves from one flower part to another.

Bees,
butterflies,
moths, flies,
and even the
wind can do
this job.

Without pollination, many plants would never make tomatoes, cucumbers, strawberries, or melons!

INVESTIGATE IT

Go outside and look at three flowers. Do you see any insects visiting them? Draw the flower and the visitor in your garden journal.

WHEN TO HARVEST

Harvesting means picking plants when they're ready to eat. But not all veggies ripen the same way!

- **Leafy greens (lettuce, spinach, kale):** Start picking outer leaves when they're big enough to eat. The middle will keep growing.

- **Tomatoes & peppers:** Wait until the color is bright all over (red, orange, or yellow, depending on the variety).

BEAT THE BUGS! Harvest tomatoes early, when you see a flush of color, and ripen on the counter.

- **Cucumbers & squash:** Pick when they're firm and young—too old can mean seedy or bitter.

- **Herbs:** Snip a little at a time from the top so they keep growing.

Picking at the right time means the plant gives you more food later.

