

Let's Plan!

A Student's Guide
to Growing the
Tower Garden
INDOORS



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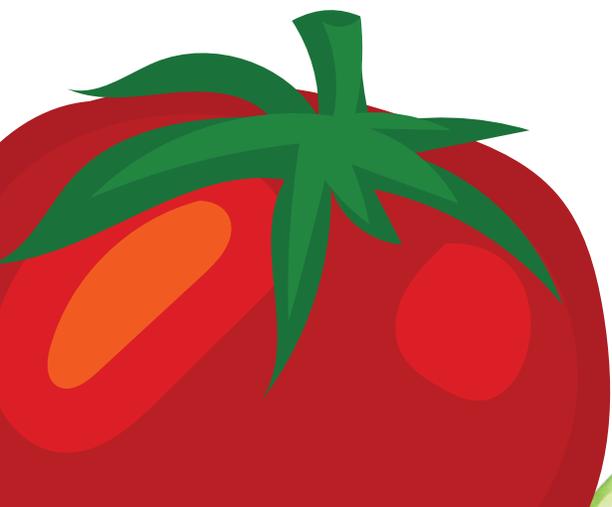
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A NOTE TO PARENTS

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 mulberries trees, their hands-stained 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 to grow Tower Gardens. Written in a child-friendly manner, it is designed to engage your children in the growing process, provide practical advice so that you grow an abundance of fruits and vegetables for your family, and empower you to be amazing gardeners! Sit back, relax, and take a look at what I have written for you. And 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.

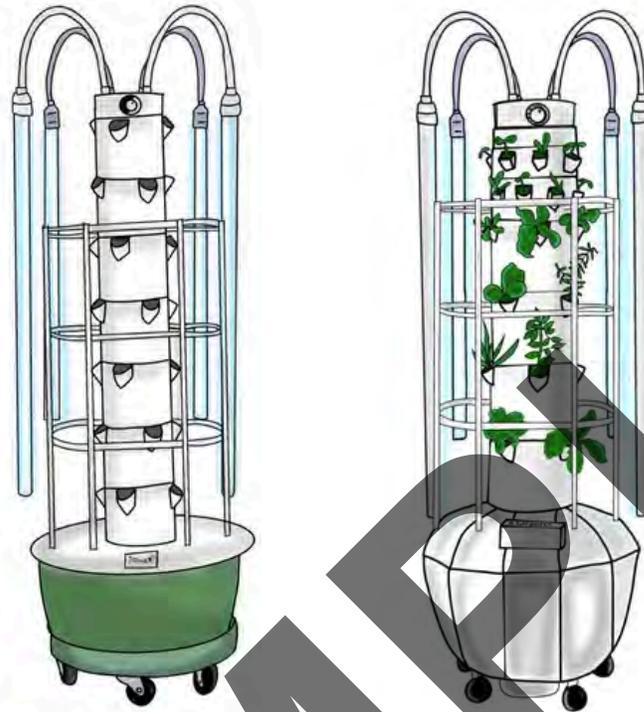
REMEMBER...

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

The background features a collage of fresh produce. In the top left, there are several bright red strawberries with green leaves and a small white flower. To their right are several heads of green broccoli. Further right is a large head of light green lettuce. Below the strawberries are green, feathery herbs. In the bottom left corner, a large red tomato is shown, partially sliced to reveal its orange interior. In the bottom center, there are several green pea pods. In the bottom right, there are large, dark green basil leaves. A large, faint watermark reading 'SAMPLE' is oriented diagonally across the entire page.

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.

HOW MANY SEEDS

Starting seeds for your Tower Garden is super simple—and knowing how many to plant helps every cube grow its best!

Some plants need only one seed, while others like to share their space with a few friends.

BIG & BOLD PLANTS

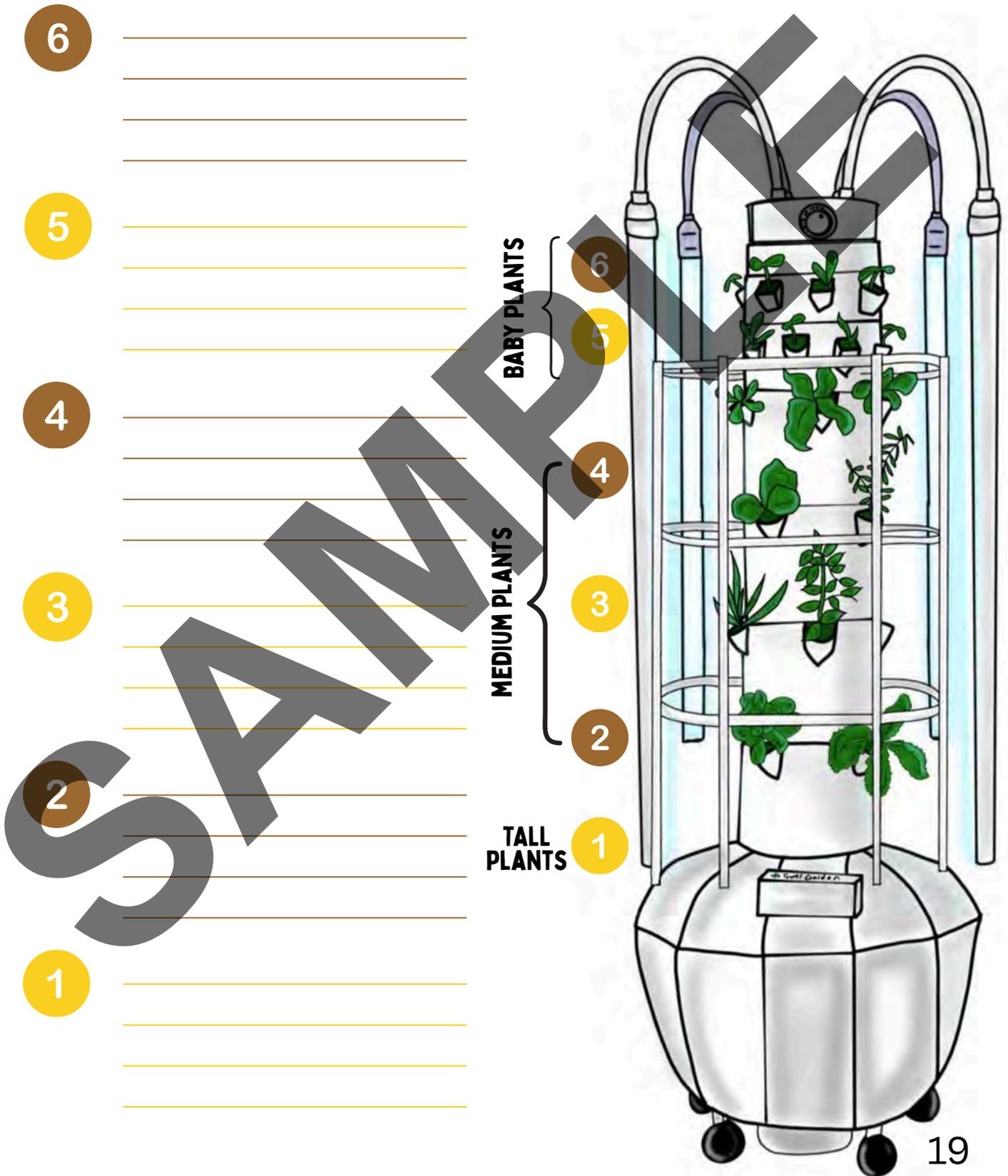
For large plants, one seed is enough.

Plant 1 for:

- Broccoli
- Cauliflower
- Celery
- Melons
- Dwarf Zucchini



TOWER GARDEN PLAN



SAMPLE

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!

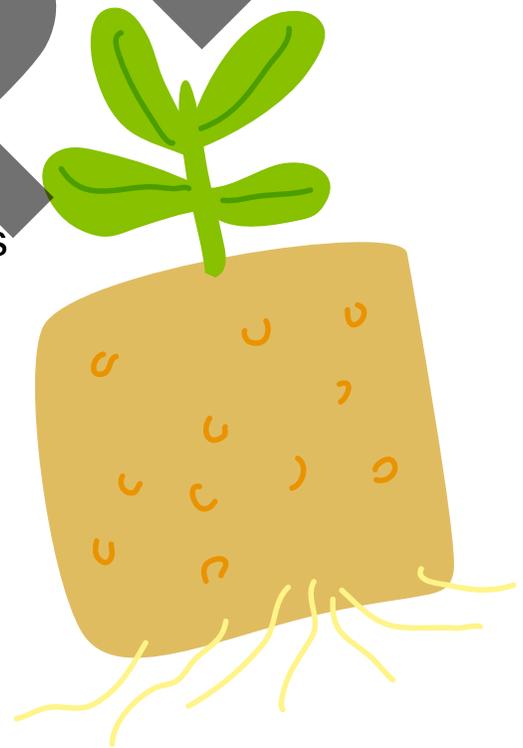
Indoors, you'll avoid almost all pests and get to watch your seedlings sprout under the glow of your grow lights.

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.



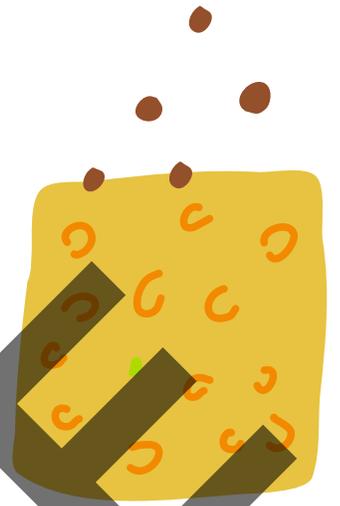
WHAT IS ROCKWOOL?

Rockwool (stonewool) is made from molten rock spun into cotton candy-like fibers and then compressed into cubes.

Rockwool is similar to a sponge and has a tremendous capacity to absorb both water and nutrients.

The tiny holes in the rockwool provide space and oxygen for healthy root growth!

Dry rockwool (stonewool) can sometimes irritate sensitive skin. It's less irritating when it is wet.



ALWAYS start indoor plants indoors under the Germinator (grow light) so you don't introduce pests into your garden.



TO PLANT A
GARDEN IS TO
BELIEVE IN
TOMORROW.

- Audrey Hepburn

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!



STRAWBERRY TRACKING

Record how many flowers pollinated successfully each week.

NO. OF PLANTS	NO. OF PLANTS	NO. OF PLANTS	NO. OF PLANTS
WEEK _____	WEEK _____	WEEK _____	WEEK _____
NO. OF PLANTS	NO. OF PLANTS	NO. OF PLANTS	NO. OF PLANTS
WEEK _____	WEEK _____	WEEK _____	WEEK _____

STORE VS. HOME

How do store bought strawberries compare to your home grown ones? Think about their taste, look and feel!

HOME	STORE
------	-------

CUCUMBER TRACKING

Track how long your cucumber takes to sprout, flower, and fruit.

SPROUT <i>Draw it:</i>	FLOWER <i>Draw it:</i>	FRUIT <i>Draw it:</i>
----------------------------------	----------------------------------	---------------------------------

TIME TO GROW _____

TIME TO GROW _____

TIME TO GROW _____

HOW MANY CUCUMBERS DID YOU HARVEST THIS MONTH?

MONTH _____	MONTH _____	MONTH _____
MONTH _____	MONTH _____	MONTH _____

GROWING TOMATOES INDOORS

Tomatoes are one of the most satisfying crops to grow indoors!

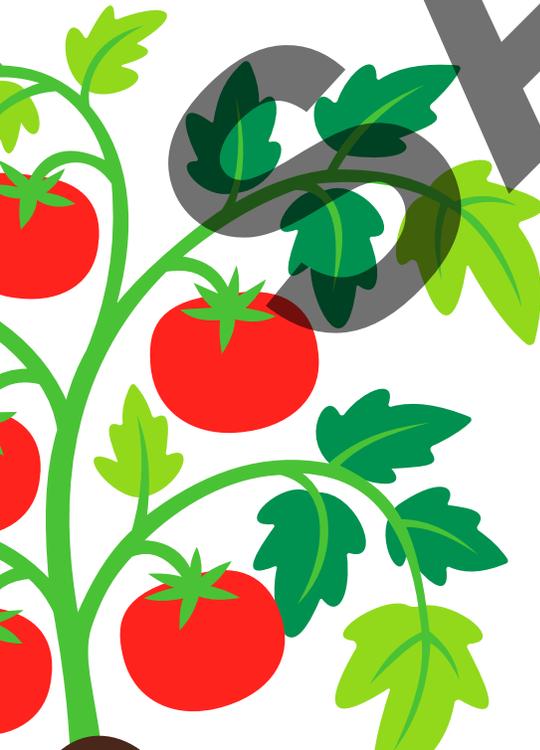
Micro-dwarf varieties stay compact, thrive under grow lights, and produce sweet, colorful fruit almost anywhere—even on your kitchen counter or classroom shelf.



HOW TO GROW TOMATOES INDOORS

1. Choose the Right Variety

Not all tomatoes are meant for indoor growing! Pick micro-dwarf or “pot” varieties that stay under 24 inches tall.



REGROWING CELERY FROM SCRAPS

QUESTION

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

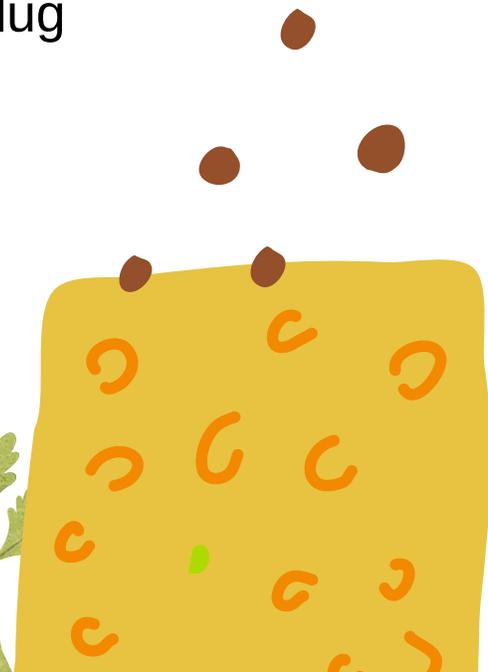
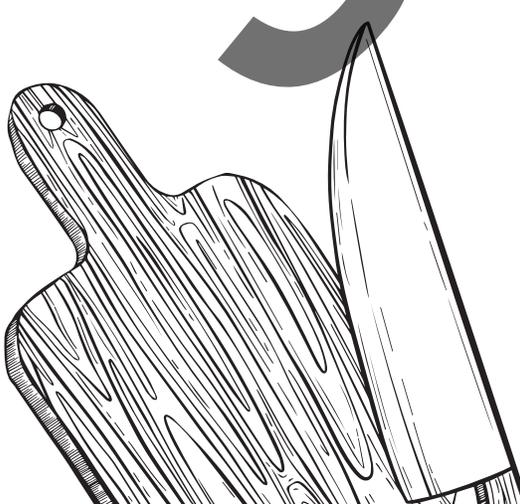
HYPOTHESIS (MY GUESS)

I think my celery will grow

_____ because
_____.

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

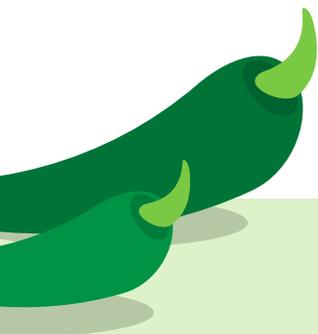


F1 PLANTS

Most store-bought produce is grown by farmers using F1 seed. Growers cross breed plants to choose specific characteristics: color, flavor, disease-resistance.

When you save seeds from an F1 hybrid, the next generation can grow in all kinds of ways—some spicy, some sweet, some short, some tall!

Think of it like this: You might have your dad's eyes and your mom's smile — plants mix their traits the same way!



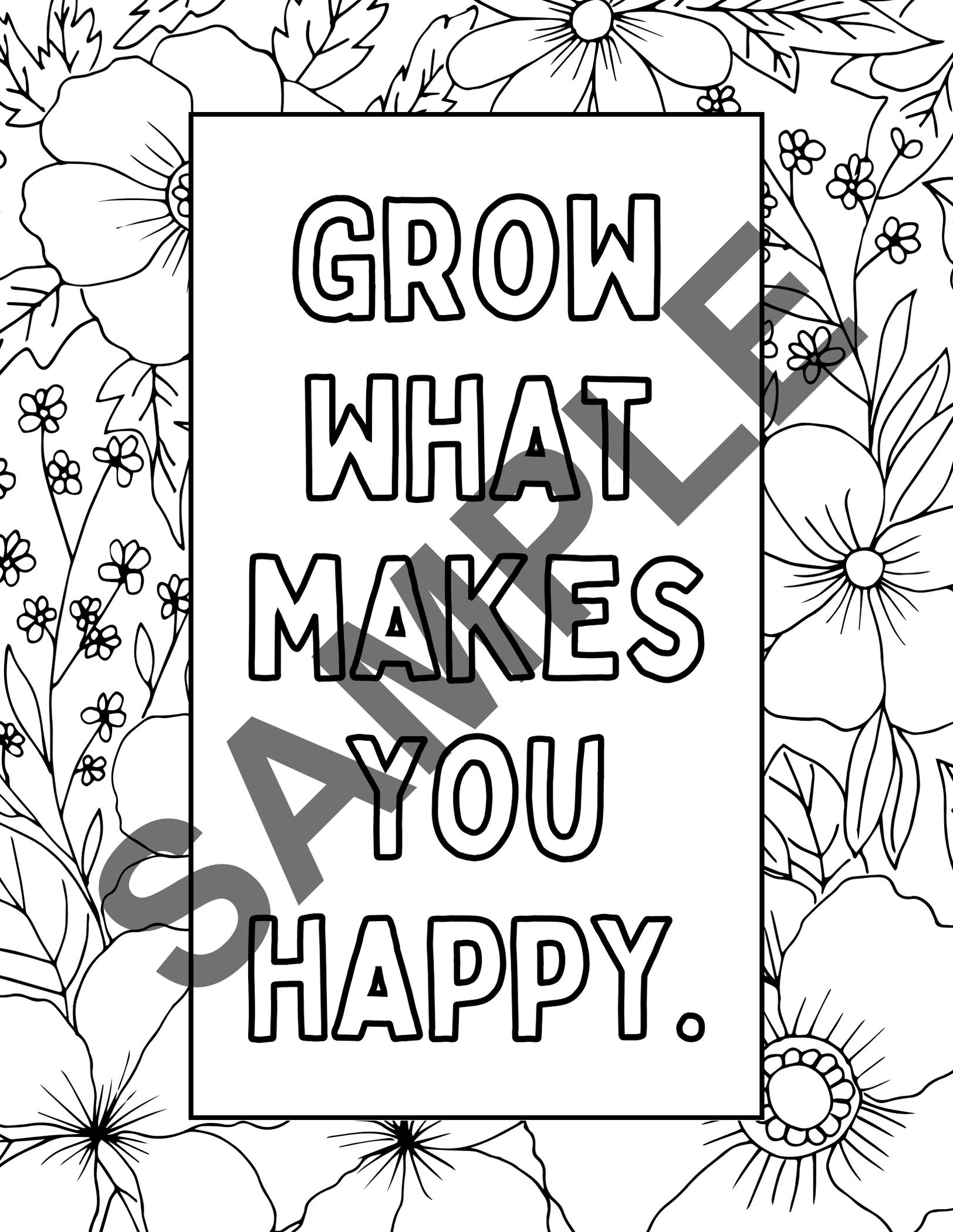
SAVE YOUR PEPPER SEEDS!

Next time you cut open a grocery store pepper, save the seeds!

- Plant them in a moist cube and place them in your Tower Garden.
- Watch how the new plants grow—they might look or taste a little different!

That's because many grocery peppers are F1 hybrids. Their seeds grow plants that take after one of the parent plants—a perfect introduction to Mendelian genetics!

You'll see how traits can appear, disappear, or mix, just like in people.



**GROW
WHAT
MAKES
YOU
HAPPY.**

WATER OBSERVATIONS

Draw your glass of water, what do you see?



Make your observations

APPEARANCE	
SMELL	
TASTE	

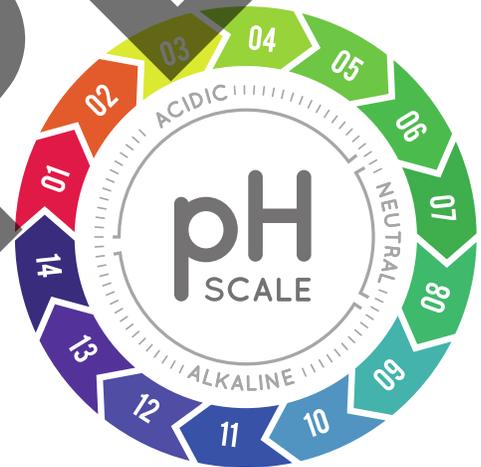
THE IMPORTANCE OF PH

Once you've added water and Tower Tonic, it's time to test the pH!

If the pH is too high or too low, your plants can't take up the essential nutrients they need to grow. Even though you may be adding minerals to the water, if the pH is off, the plants can't use them—so getting the pH *just right* is key!

WHY PH MATTERS

The pH level measures how acidic or alkaline your water is. A healthy Tower Garden should stay between 5.5 and 6.2.



When the pH is balanced, your plants can easily absorb the nutrients in Tower Tonic.

DID YOU KNOW?

The pH of your household water is influenced by the ground beneath you. In Florida, limestone bedrock makes water alkaline (7.8–8.4)—much too high for healthy plants!

To lower the pH to the ideal range (around 5.5–6.0), use "pH Down." Some people are lucky and don't need to adjust at all—if your pH naturally falls between 5.5–6.2, you're good to go!

POLLINATING INDOOR PLANTS

When you grow indoors, you don't have bees or butterflies to help your plants make fruit—but that's okay!

You can be the bee and help your plants pollinate by hand. Pollination is how plants make fruits and seeds, and it's one of the most magical parts of gardening.

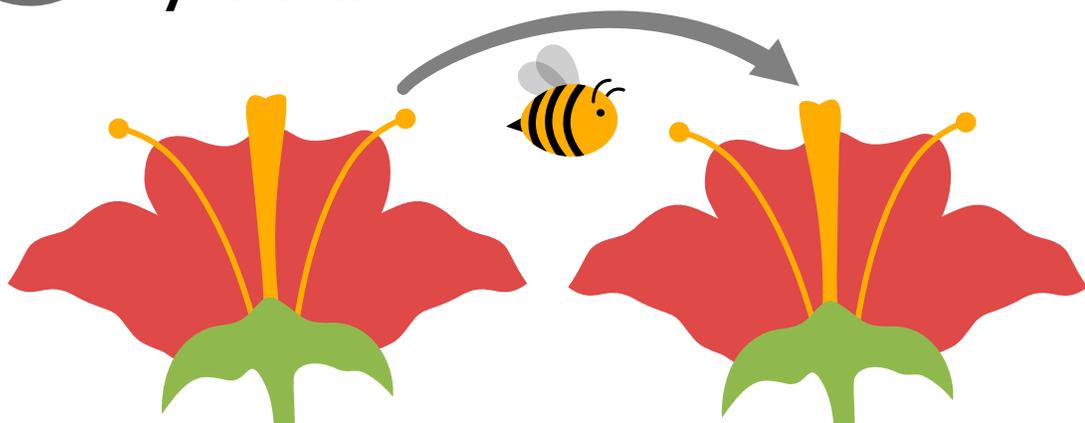
WHY POLLINATION MATTERS

Pollination happens when pollen from the male part of a flower (the anther) moves to the female part (the stigma). This process allows plants to produce fruit.



Outdoors, bees and butterflies do the work—but indoors, it's up to you!

So, how do you do it?



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.

