

Let's Plan!

A Student's Guide
to Growing the
Tower Garden Flex
OUTDOORS



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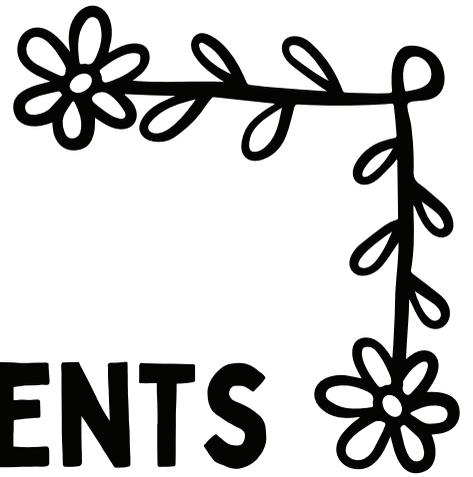


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A NOTE TO PARENTS

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.

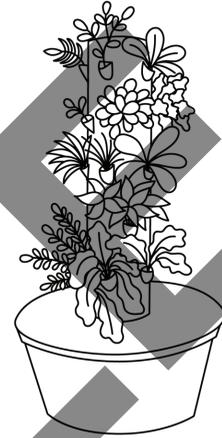


Happily, modern problems have found a modern solution! The interest in Tower Gardens has exploded over the last few years, and it's no wonder. A Tower Garden requires far less space, a fraction of the time to grow, less water, and less fertilizer than a traditional soil garden. Tower Gardens can be grown 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.

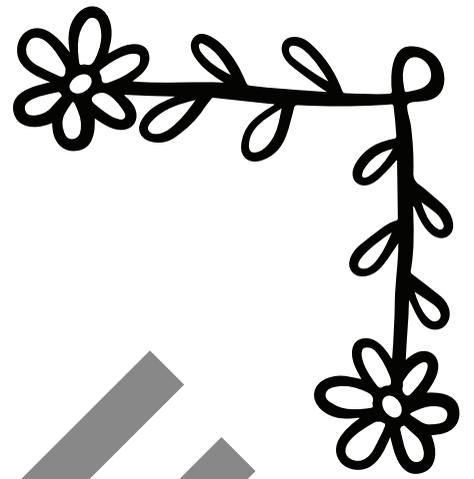


You don't need to be an expert gardener—just curious and willing to observe, record, and learn as you go.

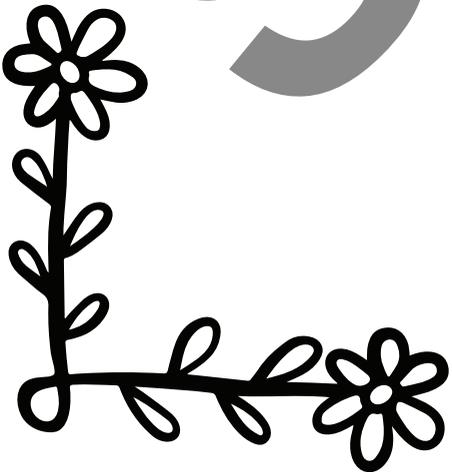
The Tower Garden has a longer growing season than soil gardens, so pay special attention to the garden calendar. These and other tweaks in this guide are designed to maximize the unique power of aeroponic growing.

REMEMBER...

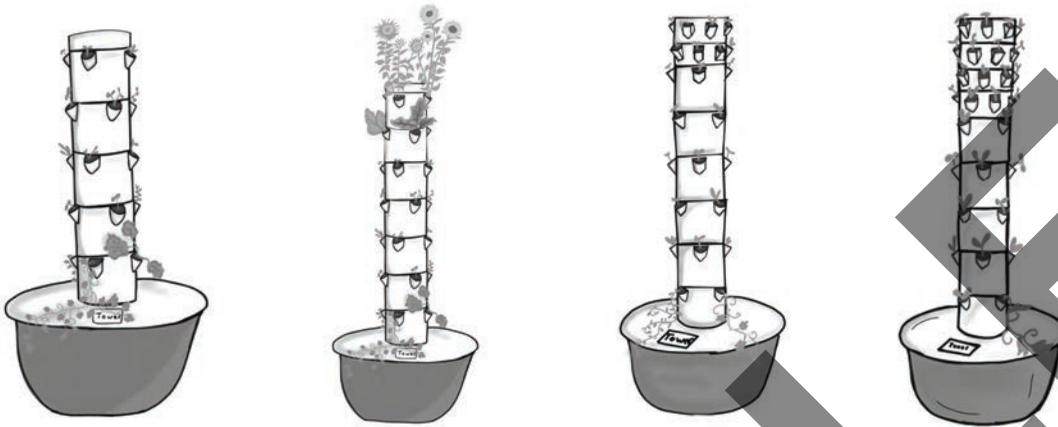
Gardening is a process of discovery. Take your time, observe often, and enjoy watching your tower come to life.



PLANNING YOUR TOWER GARDEN



1. CHOOSE YOUR TOWER GARDEN



Check the box. Are you growing:

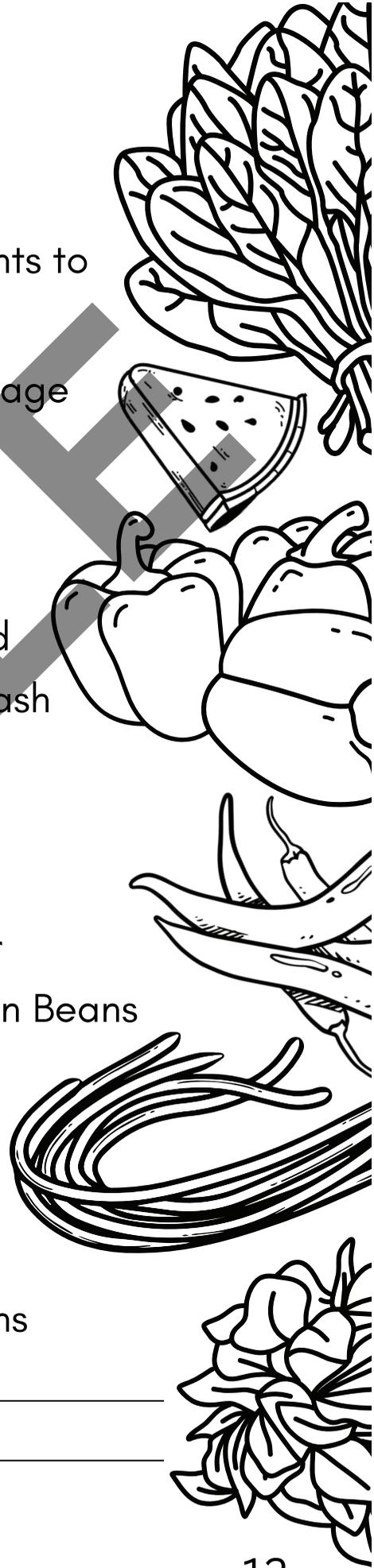
- The standard Tower Garden (20 plantings spots)
- A Tower Garden with the Extension Kit (28 total planting spots)
- A Tower Garden with a Combo Extension Kit (24 large spots and 16 baby spots)
- A Tower Garden with a Baby Extension Kit (20 large spots and 32 baby spots)
- A custom Tower Garden with _____ 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.

MEDIUM-SIZED PLANTS

Next, you want to choose medium sized plants to grow in the middle of your Tower Garden.

- | | |
|--|---|
| <input type="checkbox"/> Romaine Lettuce | <input type="checkbox"/> Napa Cabbage |
| <input type="checkbox"/> Leaf Lettuce | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Bibb Lettuce | <input type="checkbox"/> Mizuna |
| <input type="checkbox"/> Sugar Snap Pea | <input type="checkbox"/> Tatsoi |
| <input type="checkbox"/> Bull's Blood Beet | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Yellow Squash |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Hot Pepper |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Bell Pepper |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mini Pepper |
| <input type="checkbox"/> Celery | <input type="checkbox"/> (Bush) Green Beans |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Marigold |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Cosmos |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Zinnia |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Coreopsis |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Snapdragons |
| <input type="checkbox"/> Sage | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Red Cabbage | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Green Cabbage | |



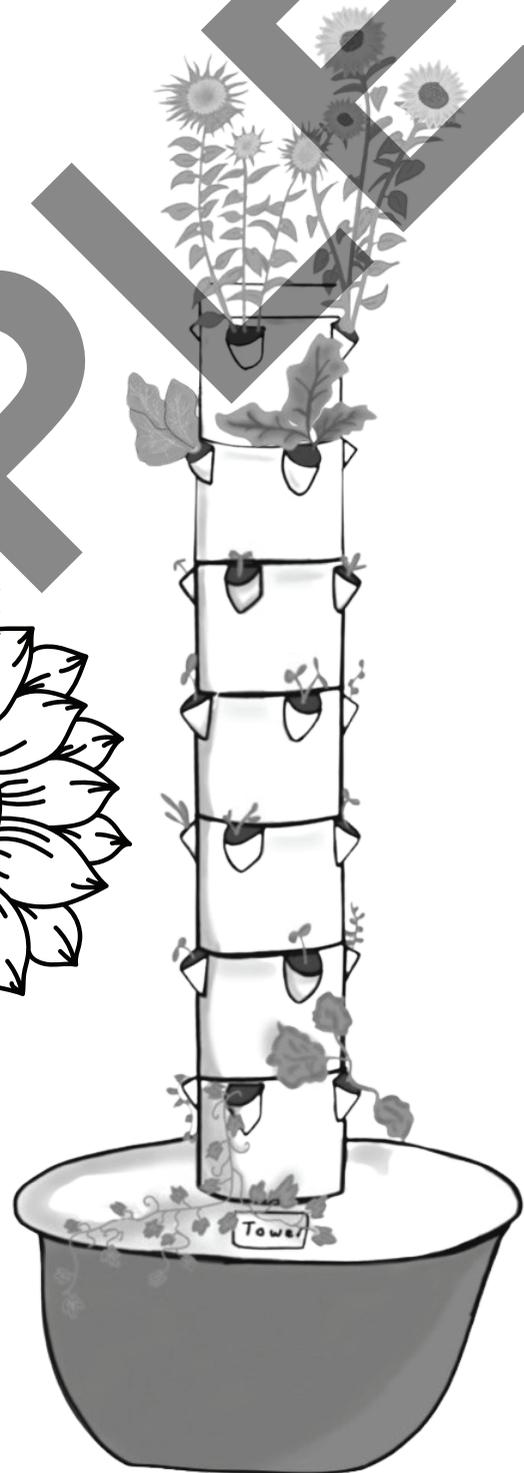
TALL PLANTS

If you have the regular Tower Garden or the Tower Garden with the Regular Extension Kit, you can grow tall plants on the very top!

Dwarf Sunflower

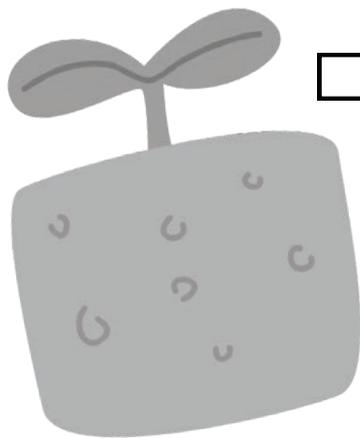
Celery

Swiss Chard



6. PLANT YOUR SEEDS

Once you've set up your plan, it's time to start planting your seeds. First, you want to grab your supplies:



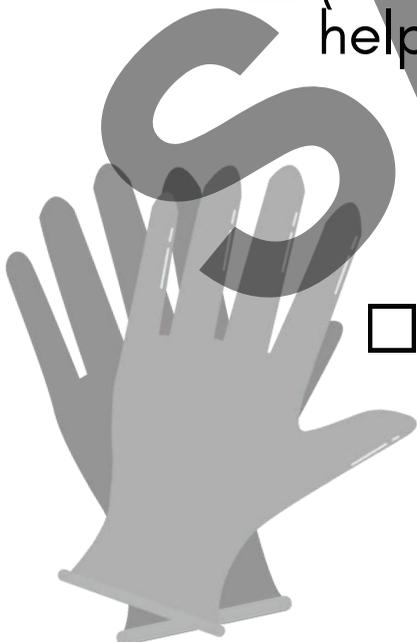
- Rockwool cubes



- A growing tray (a brownie pan works, too!)



- A sharp knife (ask an adult for help!)



- Gloves (if your skin is easily irritated)

INSTRUCTIONS:

1. Soak cubes in plain water for 10 minutes.
2. Drain.
3. Add seeds. (Label them!)
4. Place tray in a sunny spot or under the Germinator.
5. Add water as needed to keep the cubes wet.
6. Observe daily!

WEEKLY GROWTH TRACKER

Week of: _____

Plant I'm Tracking: _____

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

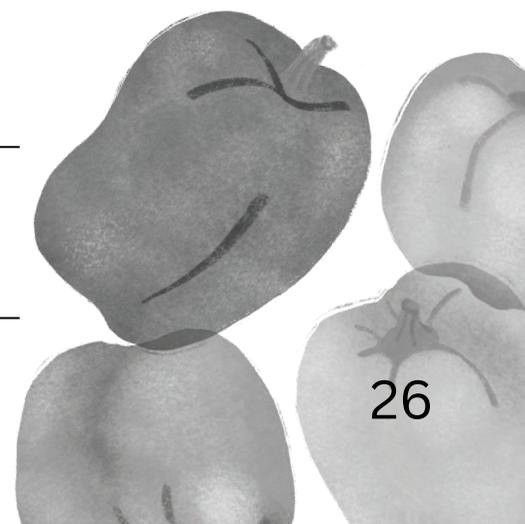
WHAT I NOTICE

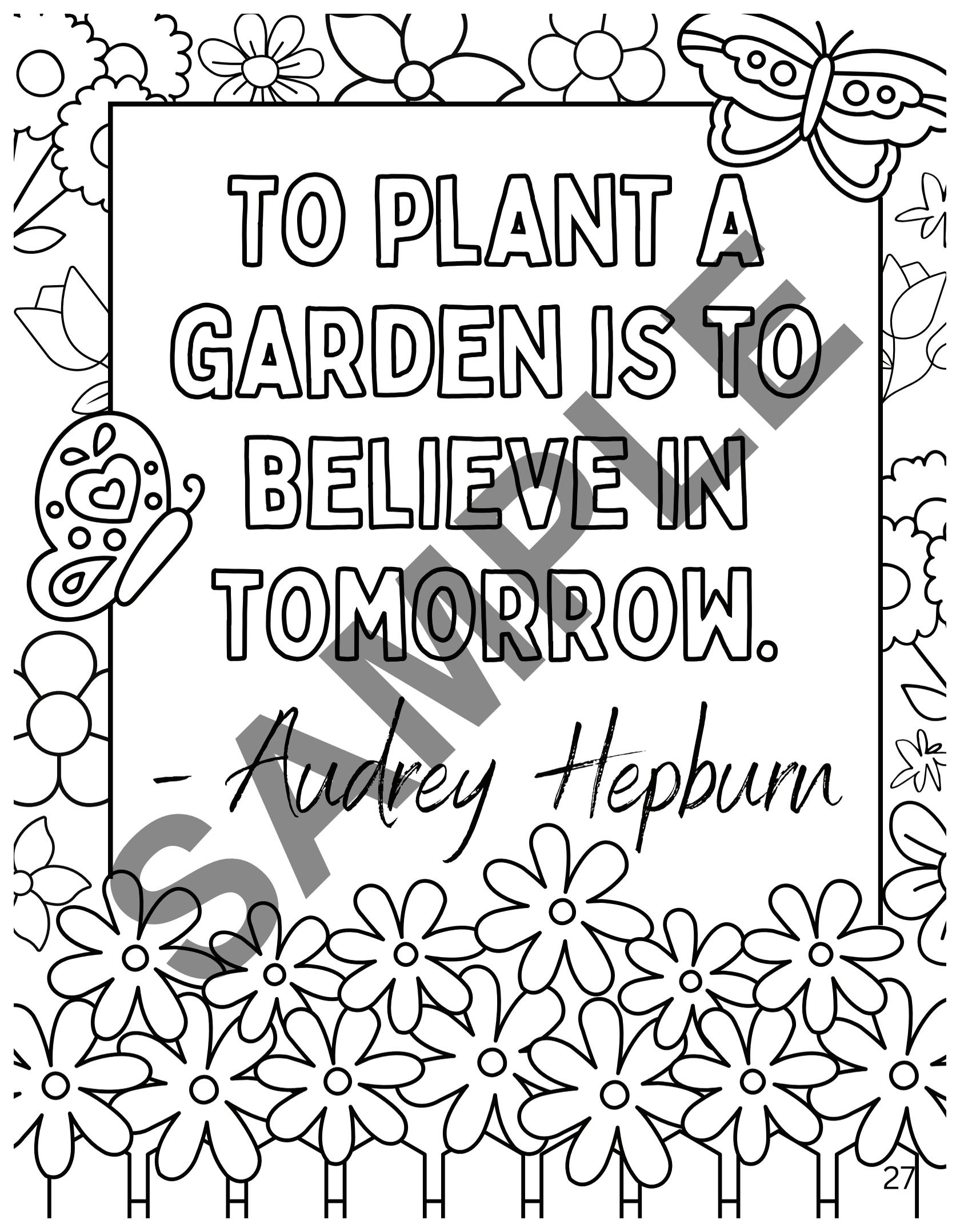
My plant looks:

- Taller Greener Blooming Same as before

I noticed:

Next week I will:





TO PLANT A
GARDEN IS TO
BELIEVE IN
TOMORROW.

- Audrey Hepburn

SUMMER PLANTS

These plants make great summer companions for Tower Gardens. Check out the link below for more details on the specific types!

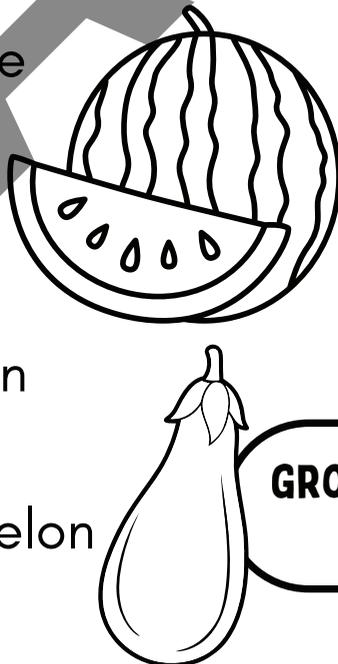
VEGGIES

- Everglades Tomatoes
- Muir Lettuce
- Calabaza
- Greens
- Celery
- Hot Peppers
- Long Beans
- Southern Peas



FRUITS & BERRIES

- Eggplant
- Cantaloupe
- Honeydew Melon
- Poha Berry
- Watermelon
- Eggplant
- Ginkaku Melon



HERBS

- Basil
- Oregano
- Mint
- Tarragon
- Sage
- Parsley
- Dill
- Lemongrass



FLOWERS

- Marigolds
- Calendula
- Coreopsis



Flowers attract pollinators!

[GROWLEARNGARDEN.COM/POST/
SUMMER](https://growlearngarden.com/post/summer)



NAME THAT PLANT PART

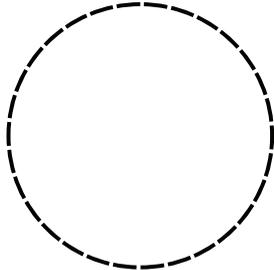
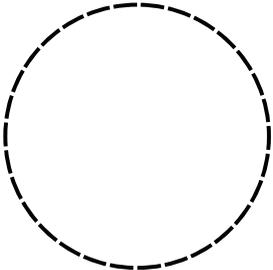
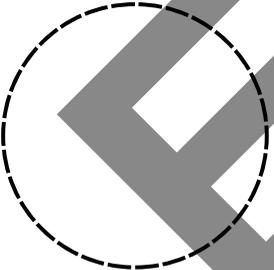
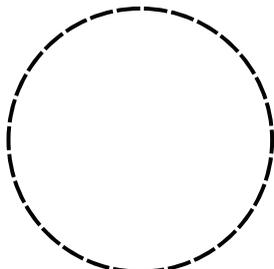
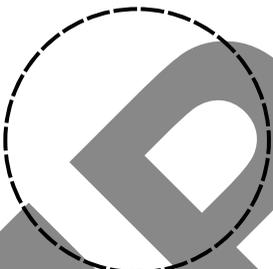
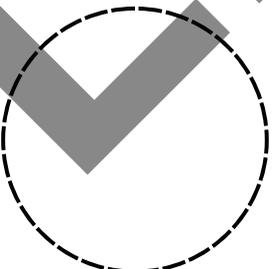
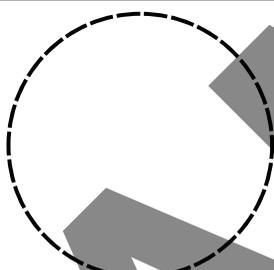
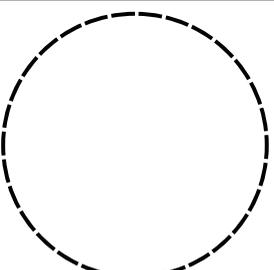
Each plant is unique, but they all have similar parts. Take a look at the tomato plant and see if you can write the correct labels for each part.



roots flower leaf stem fruit

SUN HOUR DETECTIVE

Cut out the plants and match them to the amount of sun they need.

3 TO 4 HOURS			
5 TO 6 HOURS			
7+ HOURS			



RECORD THE SUN PATTERN

Observe your chosen spots throughout the day and color in the corresponding sun patterns.

☀ = Full Sun ☁☀ = Partial Sun ☁ = Shade

	10 AM	12 PM	2 PM	4 PM
1	☀ ☁☀ ☁	☀ ☁☀ ☁	☀ ☁☀ ☁	☀ ☁☀ ☁
2	☀ ☁☀ ☁	☀ ☁☀ ☁	☀ ☁☀ ☁	☀ ☁☀ ☁
3	☀ ☁☀ ☁	☀ ☁☀ ☁	☀ ☁☀ ☁	☀ ☁☀ ☁

Once you've made your observations, it's time to determine how much sun each spot has!

- 6+ hours? Full sun
- 4-6 hours? Part sun
- Less than 4 hours? Shade

Based on your observations, which is the best spot?

MAP YOUR SPOTS

SUN VS. SHADE

QUESTION

Do plants grow better in full sun or in shade?

HYPOTHESIS (MY GUESS)

I think plants will grow better in _____ because _____

WHAT YOU'LL NEED:

- Two small plants or seedlings
- Two spots for your plants—one sunny, one shady
- Water and nutrients (keep them the same!)
- A notebook or this page to record what happens

WHAT TO DO:

1. Place one plant where it gets full sun and the other where it gets shade.
2. Give both plants the same amount of water and care.
3. Watch them each day for one week.
4. Record what you notice about size, color, and number of leaves.

MY OBSERVATIONS:

Sunny Plant: _____

Shady Plant: _____

CONCLUSION:

After one week, the plant in _____ grew better

because _____.

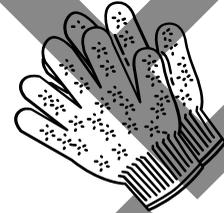


SAMPLE

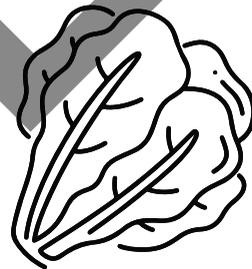
DAILY GARDENING TASKS

Just like brushing your teeth or feeding a pet, your Tower Garden needs a little attention every day.

- Check water level** – add more water if the reservoir is low.

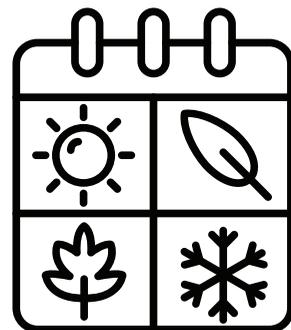


- Harvest ripe crops** – pick leafy greens early in the day – they taste sweeter.



- Look for pests** – look for caterpillar frass and holes in the leaves. Check the top and bottom of the leaves for small, soft-bodied insects, too.

- Check minerals** – add the correct amount of minerals every time you add water. Change the strength of the Tower Tonic Mineral Blend with the seasons.



[GROWLEARNGARDEN.COM/POST/
MINERALBLEND](https://growlearngarden.com/post/mineralblend)

