

Recommended Plants to Grow on *Your Indoor School Tower Garden*

With Tower Garden, there are so many plants you can grow and many ways to use your harvests. Below are just a few of our favorite crops to grow indoors that will help you make the most out of your school garden!

For classroom salad or smoothie parties:

- Lettuce — all varieties
 - You can easily pair lettuce with a variety of raw vegetables (carrots, cherry tomatoes, celery, yellow bell peppers, cucumbers, etc.) and allow students to choose what they put on their plates to celebrate their lettuce harvests.
 - Butterhead/buttercrunch and romaine are popular favorites.
- Kale — all varieties
 - Kale is a great choice for smoothies. If you have access to a blender in the classroom, try blending 3 cups of frozen pineapple, 1 banana, 2 cups unsweetened almond milk, and 1 cup of fresh kale for a delicious green smoothie.
 - Lacinato/dinokale is nice and smooth with a rich, dark green color.



If you have access to a kitchen or an area in the school where you can cook and prepare foods:

- Basil — for pasta sauce, pizzas, lasagna, and pesto recipes
- Bok choy — for stir-fry dishes or serve raw on sandwiches and in salads
- Swiss chard — a power green that blends well in soups and smoothies
- Arugula — a little bit goes a long way (Some varieties are spicy!)



Herbs you can grow and enjoy fresh year-round:

Chives, Cilantro, Dill, Oregano, Parsley, Sage, Thyme, Lavender



Other plants to try:

- Spinach
 - *Since spinach requires a "cold snap" for germination, plant seeds in rockwool cube(s) and place in a tray or bowl with water. Then place the tray in the refrigerator for 2 weeks before transferring the rockwool cube(s) to the Tower.*
- Stevia
- Cutting celery
- Mint
 - *Roots are very aggressive, so it is better to grow mint separately.*

