



Our Class Is Growing a Garden!

Dear Family,

I'm so excited that we are incorporating gardening into our curriculum. We're growing much more than fruits and vegetables; we're growing students' math, science, language arts, and social studies skills. We're also promoting student responsibility and healthful eating.

Our garden isn't an ordinary garden with soil; it's Tower Garden®. This earth-friendly approach to gardening uses much less water and space than soil gardens. Plus we can grow our plants year-round. Read on to find out more about this fun way to garden and how you can support your child's learning at home.



What's Tower Garden?

Just as its name implies, Tower Garden is vertical. This gardening system grows plants in air rather than soil. The sides of the tower have pockets for holding seedlings. The base of the tower holds a water-nutrient mixture. An electric pump sends water upward inside the tower. Then the water drips down onto the roots of the plants. This is called aeroponics. Along with water, the plants also need consistent light to grow well.

Garden Talk

No doubt your child will be excited to talk about our garden. Get conversations rolling with questions like these:

- How are the plants alike? How are they different?
- How are the plants changing as they grow?
- What did you notice about the garden today?



Want to learn more about Tower Garden? Visit livingtowers.com.



Fit Fact

Think the only benefit of a healthful diet is good nutrition? Think again. A diet rich with fruits and vegetables contributes to a better academic performance in school. For a healthful eating style, about half of a child's mealtime plate should be filled with fruits and vegetables.

More Veggies, Please!

If students grow fruits and vegetables, they're more likely to eat fruits and vegetables. Even children who usually shy away from healthful foods are more likely to eat fresh produce after they become involved in gardening. Keep your child's healthful habits growing with these simple ideas for adding more fruits and veggies to meals.

- Put veggie toppings on pizza.
- Serve sandwich wraps made with lettuce instead of bread or tortillas.
- Add shredded carrots or other veggies to your favorite meatloaf or burger recipe.
- Top cereal, yogurt, or oatmeal with sliced fruit.
- Add veggies—such as spinach, peppers, and tomatoes—to scrambled eggs.



Did You Know?

- Tower Garden® uses only 10% of the land and water used by a traditional garden.
- Plants grow up to three times faster in Tower Garden than in a traditional garden.
- Tower Gardens use the same gardening technology (aeroponics) that NASA uses.

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