

# What to *Grow* in a Tower Garden

All produce on a Tower Garden can be grown indoors (with LED Grow Lights) or outdoors (based on the season), but here is a list that will help guide your growing journey by plant for the best growing experience.

## Indoor

Arugula • Basil • Beans • Bok Choy • Cabbage • Chives • Cilantro • Cress • Celery •  
Collards • Dill • Endive • Kale • Leeks • Lettuce • Mint • Mizuna •  
Mu Oregano • Mustard • Pak choi (and other Asian greens) • Parsley • Peas •  
Radicchio • Sage • Sorrel • Spinach • Swiss chard • Thyme • Mustard greens

## Outdoor

Basil • Beans • Broccoli • Brussels Sprouts • Cabbage • Cauliflower •  
Collards • Cucumber • Eggplant • Endive • Kale • Kohlrabi • Lavender • Leeks •  
Lettuce • Mizuna • Mustard • Parsley • Peas • Radicchio • Spinach • Swiss Chard

## Both

Collards • Endive • Kale • Kohlrabi • Leeks • Lettuce • Mustard • Parsley • Lavender •  
Arugula • Bok Choy • Cabbage • Chives • Cilantro • Dill • Swiss Chard • Mint •  
Muzina • Mu Oregano • Pak Choi (and other Asian greens) • Sage • Sorrel • Thyme

