

RELATED FOUNDATIONS:

- Curriculum, Teaching & Learning

RESOURCES:

- [Aeroponic Growing Technology](#)
- [Tower Gardens Enhancing Classroom Learning](#)
- Tower Garden + Accessories
- Tower Garden Progress Sheet
- Tower Garden Salad Recipe
- [UnlockFood.ca Food Safety](#)



GROW IT... In a Tower!

ACTIVITY GOAL: To learn where food comes from and how it grows by providing direct experience with planting, growing, and harvesting using Tower Garden's aeroponic growing technology.

ACTIVITY INSTRUCTIONS:

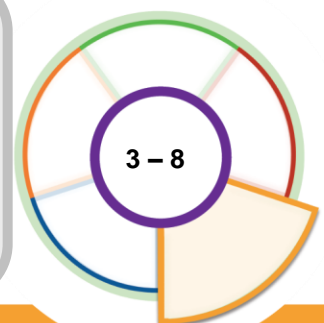
1. For price and information about purchasing a Tower Garden and supplies, contact Juice Plus 1-800-668-8980.
2. To explore how Tower Gardens can enhance learning experiences and engage students, visit: <https://www.youtube.com/watch?v=RZ0phO6aKrA>
3. To explore aeroponic growing technology, visit: <http://goodfoodmachine.towergarden.ca/aeroponics>
4. Once your Tower Garden has arrived, engage students in a discussion about our food supply.

Educator Prompts:

- Where does our food come from and why is this important?
 - What types of foods can you grow?
 - What do vegetables and fruit need to grow?
5. Assemble the tower, light system and adjust the water pH, with students' help. This will increase their knowledge about how the Tower works.
 6. Use the accessories provided with the Tower Garden package to plant the seeds as a class.
 7. Transplant the seedlings to the tower, according to the instructions.
 8. Regularly check the pH of the tower using the test strips. Add nutrients as per instructions and check the water level regularly. Have students prune as needed. Measure the growth of the plants and record this using the Tower Garden Progress Sheet.
 9. Have the class harvest the plants and make the Tower Garden Salad Recipe for a class party included below.

Curriculum Connections

- Grade 3: D1.1 Food origins, nutritional value and environmental impact; D3.1 Local and cultural foods, eating choices
- Grade 4: D1.1 Nutrients; D2.1 Personal eating habits; D3.1 Healthier eating in various settings
- Grade 5: D3.1 Media influences – food choices
- Grade 6: D2.1 Influences on healthy eating; D3.1 Benefits of healthy eating / active living
- Grade 7: D2.1 Eating patterns and health problems; D3.1 Personal, external factors in food choices
- Grade 8: D2.1 Personal eating behaviours; D3.1 Promoting healthy eating
- Other Connections: Science and math



Tower Garden Progress Sheet

Name: _____

Plant: _____

Month: _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>pH Level:</u> </p> <p><u>Height in cm:</u> </p> <p><u>Water Level Checked:</u> </p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p><u>pH Level:</u> </p> <p><u>Height in cm:</u> </p> <p><u>Water Level Checked:</u> </p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p><u>pH Level:</u> </p> <p><u>Height in cm:</u> </p> <p><u>Water Level Checked:</u> </p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p><u>pH Level:</u> </p> <p><u>Height in cm:</u> </p> <p><u>Water Level Checked:</u> </p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p><u>pH Level:</u> </p> <p><u>Height in cm:</u> </p> <p><u>Water Level Checked:</u> </p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>
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Tower Garden Salad

The Tower Garden can grow many different types of vegetables. When the plants are ready for harvest, hold a class party and have the students combine all the different vegetables into a yummy salad! Alternatively, have the students create many different types of salad using the different lettuce leaves the class has grown. All Tower Garden salads will be different, depending on what the class has chosen to grow in the tower. Use The Ultimate Guide to Salad Dressing infographic to create a tasty dressing for your unique Tower Garden salad!

Use the ingredients grown in the Tower Garden to create a salad:

Example Salad:

- Bell peppers
- Cucumbers
- Tomatoes
- Different types of lettuce (arugula, kale, chard, lettuce)

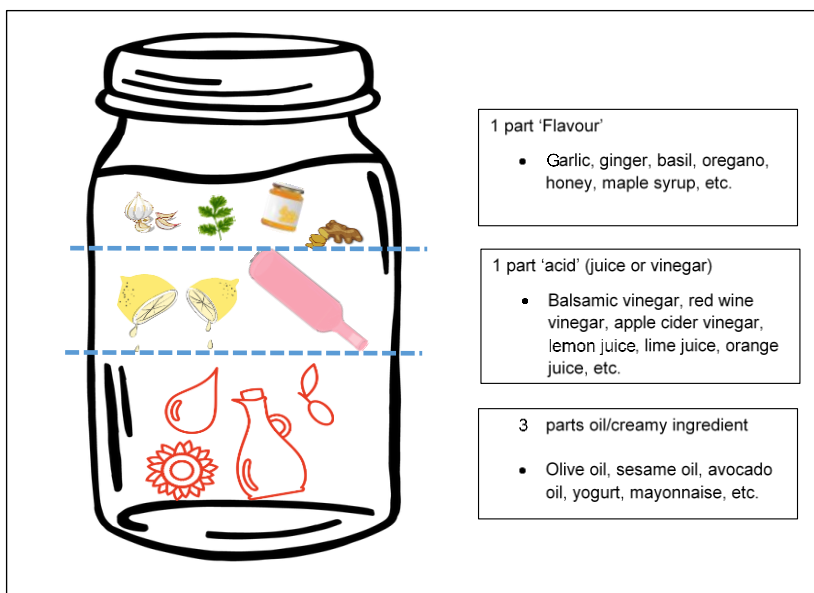
Use The Ultimate Guide to Salad Dressings to create one of the following types of dressing:

Vinaigrette Style Salad Dressing:

- 1/5 bottle of your favourite flavour
- 1/5 bottle of your favourite acid
- 3/5 bottle of your favourite oil

Creamy Style Salad Dressing:

- 1/5 bottle of your favourite liquid
- 1/5 bottle of your favourite flavour
- 3/5 bottle of your favourite creamy ingredient



Preparation:

Have the class harvest the vegetables and herbs from the Tower Garden. Wash all according to the safe food handling guidelines: <http://www.unlockfood.ca/en/Videos/Kitchen-Tips-and-Food-Handling/Video-Everyday-tips-for-washing-vegetables-and-fr>

Add the different types of lettuce to one bowl, or to individual bowls if making separate salads. Chop the vegetables (e.g., peppers, cucumbers, tomatoes) into small pieces and add to the lettuce.

To create the salad dressing, combine your chosen ingredients in a salad dressing bottle. Finely chop any herbs used into tiny pieces before adding to the bottle. Shake well, pour on top of the salad, and enjoy!