

Seed Starting Procedure

1. Cut the rockwool apart.
2. Soak the rockwool in non-softened water for 30 minutes
3. Place the rockwool into the seed starting tray.
4. Place 8-10 lettuce seeds into the hole in the rockwool (Do NOT put in the vermiculite)
5. Put 1/4" of water in the bottom of the seedling tray. (Just enough to cover the bottom of the seedling tray.)
6. Place the seedling tray in a dark place. A cabinet or drawer works well.
7. Check the seedlings once a day and put more water in to bring the level up to 1/4" of water
8. For most lettuces, after just a couple of days, you should see a white fuzz on the seeds. (See photo below)
9. When you see the white fuzz, place the seedlings in the working Tower Garden or on the Tower Garden base with the lights turned on and as close to the tray as you can.
10. Rotate the tray each day and top off the water to 1/4". In about a week, or when roots start to come out the bottom, it's time to put them in the Tower Garden.



See <https://www.keepitwatered.com/seed-starting-procedure> for more details.

Tower Garden Lesson Plans

Keepitwatered.com/curriculum

Tower Garden Lesson Plans by Keep It Watered

Kindergarten
First Grade
Second Grade
Third Grade
Fourth Grade
Compare Three Growing Machines
Teach Ordinal Numbers

Life Skills Curriculum:

This is a 7-week Tower Garden curriculum based on New York's SEL standards for 9th-12th graders. Curriculum created by Steve Koontz, Keep It Watered, with the help of Dr. Rebecca Reynolds M.A., EdD, www.reynoldsproversions.org.

STEM Gardeners Tower Garden Inquiry Curriculum

This curriculum was prepared by Colleen Perfect, B.S., former high school science teacher, mom of two, avid indoor tower gardener, and Ted Fowler, Ed.D., Professor Emeritus, University of Cincinnati, College of Education, Office of Education Innovations and Community Partnerships.

Green Bronx Machine Tower Garden Curriculum (Purchase)

An immersive whole-school curriculum that aligns the art and science of growing vegetables with daily academic instruction in all subject areas. This project-based and standards-aligned learning experience helps students learn critical thinking and problem solving as they explore, discover, and create their own ecosystems.

For Green Bronx Machine curriculum purchase information, please contact Steve at steve@keepitwatered.com.

Tower Garden Seedling Cube

A 3-D printer file to create the rockwool holder.