

What can be Grown Indoors on a Tower Garden?

A wide variety of veggies and flowers can be grown on a Tower Garden. The easiest varieties of veggies to grow are lettuces like black seeded simpson, arugula, bok choy, and herbs like basil. Below is the list of vegetables, herbs, and flowers that can be grown indoors on a Tower Garden. This list can also be found at <https://keepitwatered.com/what-seeds-best-tower-garden>)

Fruits and Vegetables	Herbs (continued)
• Amaranth (vegetable type) • Arugula • Baby greens • Bayam • Beans: Lima, bush, pole, shell, fava, green • Broccoli raab • Cabbage and Chinese cabbage • Chard, all types • Chicory • Collards • Cress • Endive • Escarole • Kale • Kinh gioi • Komatsuna • Leeks • Lettuce, all types • Mesclun varieties • Misome • Mizuna • Mustard greens • Ngo gai • Okra • Pak choy • Radicchio • Sorrel • Spinach	• Cilantro (coriander) and culantro • Citrus basil • Cumin • Cutting celery • Dandelion • Dill • Echinacea (Coneflower) • Epazote • Feverfew • Flax • Garlic chives • Goldenseal • Hyssop • Lavender • Leaf fennel • Lemon balm • Lemongrass • Lovage • Marjoram • Mexican mint marigold • Mibura • Milk thistle • Mint, all varieties • Nettle • Oregano • Parsley (leafy types only) • Passion flower • Pleurisy root • Pyrethrum • Rosemary • Rue • Sage • Salad burnet • Saltwort • Savory • Shiso • Stevia • Thyme • Valerian • Wormwood
Herbs • Angelica • Anise hyssop • Basil, all types • Bee balm • Borage • Calendula • Catmint Catnip • Chamomile • Chervil • Chives	

Flowers that can be Grown on a Tower Garden

While flowers are best suited for the outdoors, it's possible to grow them indoors with grow lights, although hand pollination may be necessary. Marigolds are easy to grow from seed and do well in a Tower Garden.

Edible Flowers	Ornamental Flowers (continued)
• Calendula • Carthamus • Dianthus • Hyacinth bean • Marigolds • Monarda • Nasturtiums • Pansies • Salvia • Scarlet runner bean • Sunflowers (dwarf varieties only) • Violas Ornamental Flowers • Ageratum • Agrostemma • Ammi • Amaranth, globe • Amaranthus • Artemisia • Aster • Bells of Ireland • Bupleurum • Cardoon • Centaurea • Celosia • Coleus • Cosmos • Craspedia • Datura • Delphinium • Digitalis • Eucalyptus • Euphorbia • Forget-me-not • Hibiscus • Impatiens • Kale, ornamental • Morning glory • Nigella	• Petunia • Phlox • Poppy • Polygonum • Ptilotus • Safflower • Salpiglossis • Rudbeckia • Sanvitalia • Scabiosa • Snapdragon • Statice • Stock • Strawflower • Sweet peas • Thunbergia • Verbena • Yarrow • Zinnia