
TOWER GARDEN TIPS

From Suzanne Daigle - www.suzannedaigle.towergarden.ca

How to harvest lettuces

About 45 days after starting seeds — or whenever there are several mature leaves present — you may start harvesting your lettuce.

There are two ways to harvest: You can periodically pick individual leaves, which allows the plant to continue to produce. Or you can harvest the entire plant once it grows to a full head.

For the leaf harvest method, start from the bottom of the plant and pinch off or cut only a few leaves from each lettuce plant. Always allow two to three leaves to remain so the plant has enough energy to keep growing.

You can harvest like this every week until the plant shows signs of bolting. (Bolting means the plant has gone beyond the vegetative stage in its life and has begun taking the next step to flowering.)

If you'd rather use the whole head harvest technique, simply cut or remove the entire plant once the lettuce head reaches the size you desire.



5 Heart-Healthy Crops You Can Start Growing Today

With Tower Garden, growers can have access to heart-healthy greens year-round. Our aeroponic gardens can grow delicious fruits and vegetables three times faster than traditional gardening methods, not to mention with up to **30% greater yields**. This makes it easy to incorporate heart-healthy foods into every meal.

Here are some of the heart-healthy superfoods you can start growing today with Tower Garden:

Spinach

We've said it before and we'll say it again, spinach is one of the most nutrient-dense foods around. This leafy green is packed with just about everything your heart needs to function at its best, including plenty of omega-3 fatty acids, antioxidants, B vitamins, and fiber. Spinach is especially rich in folate, a water-soluble B vitamin that's essential for maintaining healthy blood cells for the heart.

Spinach is also extremely versatile in the kitchen, making it very easy to work into your daily diet. Spinach goes great in



THE BEST cleaning HACK for your Tower Garden

1. Take Tower apart and empty the reservoir.
2. Place all growing pots, clips and net pots in the reservoir.
3. Fill reservoir with water and a cup of **Citric Acid**.
4. Leave to soak for at least one hour. Longer soaks maybe needed if your Tower hasn't been thoroughly cleaned for a while or your water is hard or contains a lot of iron.
5. Take each piece out, empty the reservoir and rinse each piece well.

salads, sandwiches, smoothies, on pizzas, and as a side dish to your favorite main course. It can be sauteed, boiled, baked, or eaten raw. How cool is that?

Kale

It's no secret that leafy greens lead the way when it comes to nutrition. Regardless of health goals, anyone would benefit from incorporating more of these into their diet. Many of these greens, some dietitians would argue, take a backseat to kale. The nutritional value and culinary possibilities make it a true superfood.

When it comes to heart problems, a leading cause is chronic inflammation. Luckily kale is packed with flavonoids, vitamin K, and omega-3s, making it a powerfully effective anti-inflammatory food. One serving of kale is also equivalent to 10% of our daily fibre intake, which helps us control our cholesterol levels.

Kale can be ready to use in as early as three weeks!

Swiss Chard

High blood pressure involves the pressure inside the blood vessels, referred to as arteries, being too high. This is often caused by smoking, being overweight, drinking too much, or ingesting too much salt. As the heart pumps against this pressure, it must work harder. Over long periods of time, this can lead to serious heart-health risks that carry fatal consequences. Fortunately, this is something many of us can control by simply living and eating healthy.

According to **Healthline** magazine, "Swiss chard is an excellent source of potassium, calcium, and magnesium, minerals that help maintain healthy blood pressure." Like other healthy greens, the fiber found in Swiss chard may also help lower cholesterol levels. While it may be lesser known than it's leafy counterparts, eating more Swiss chard is key to keeping our hearts, and bodies, healthy.

Romaine Lettuce

Crunchy, sturdy, and full of nutrition, romaine lettuce is a hearty salad green that comes complete with plenty of health benefits. What it lacks in fiber, romaine lettuce makes up for in minerals like calcium, phosphorus, magnesium, and potassium. These help our bodies maintain cardiovascular health.

In addition to minerals, the antioxidant vitamins A and C

in romaine may help prevent cholesterol from building up and forming plaque in the arteries, thus making things easier for our beating hearts. Incorporate romaine into your salads and sandwiches when you're tired of spinach and want to switch things up.

Brussels Sprouts

While they're very unique in shape and texture, brussels sprouts are in the Brassicaceae family of vegetables, along with other members like kale and mustard greens. While they may be related to other healthy greens already mentioned on this list, brussels sprouts come with their very own heart-health benefits.

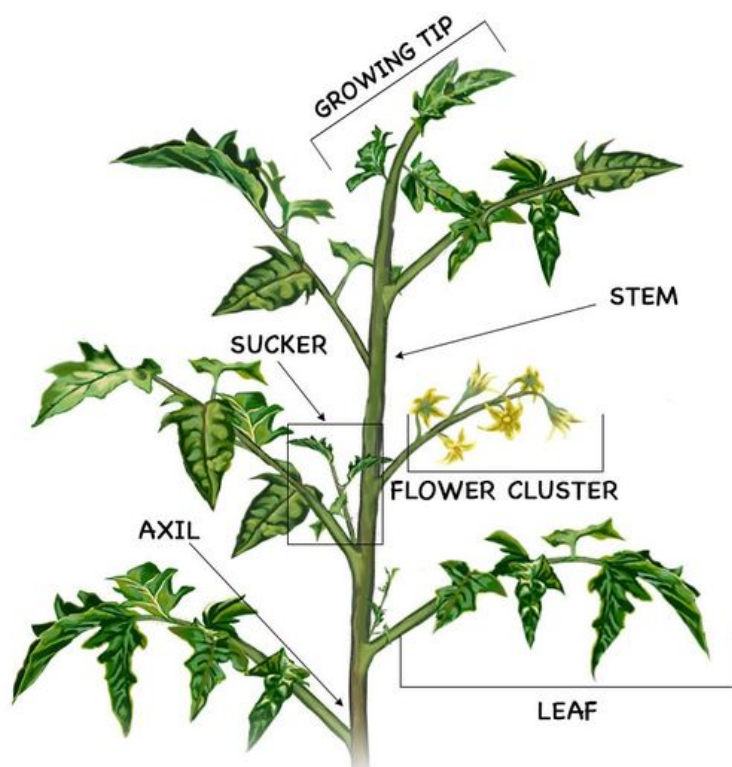
Brussels sprouts are high in fiber, nutrients, and contain important omega-3 fatty acids, which have all been linked to decreased risks of heart disease. These veggies are especially high in kaempferol, an antioxidant that has been shown to decrease inflammation in the arteries. So the next time you're in a pinch for a healthy side dish, why not go for some freshly grown brussels sprouts?

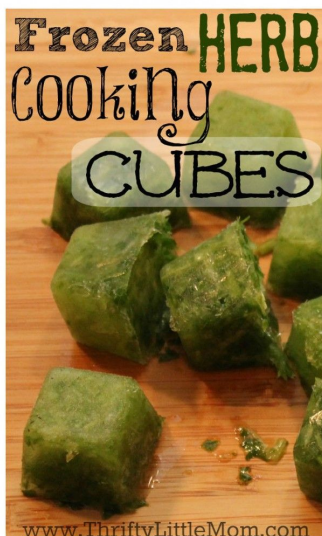
How to prune tomatoes

"Pruning indeterminate (vining) plants will not increase overall tomato production but will give you larger fruit earlier in the season.

Regularly look for and prune suckers on the lower third of the stem as they appear on the plant.

A sucker is a nonflowering, leafy shoot that grows in the joint between branches and the main stem of the plant. In short-season locations, pruning will allow the plant to focus energy on fruit production. If left on the plant, suckers unnecessarily divert water and energy that would otherwise be used for fruit development."





How to freeze herbs using the "herb cube" method.

1. Blend herbs in a food processor (or chop them up manually).
2. Spoon herbs into an ice cube tray, filling each cube slot about 3/4 full.
3. Top the remaining 1/4 of each cube slot with olive oil.
4. Place the ice cube tray in your freezer.
5. Once frozen, pop the herb cubes out of the tray, and store them in a freezer bag.

Then, next time a soup or sauce recipe calls for herbs, just drop a cube in! You'll love it!

What's your favourite recipe using ingredients from your tower garden?

Please forward to me at fishinginff@hotmail.com so I can share in our next newsletter.

In the meantime.....here is one I haven't tried yet but I plan to, as Swiss chard grows so fast and huge in my tower!

STUFFED SWISS CHARD ROLLS

INGREDIENTS:

1 BUNCH OF SWISS CHARD
 2 TBSP OF OLIVE OIL
 1 LARGE ONION, FINELY CHOPPED
 1 CUP OF COOKED BROWN OR WHITE RICE
 1/4 CUPS OF FRESH PARSLEY, FINELY CHOPPED
 2 TBSP FRESH BASIL, FINELY CHOPPED
 2 TOMATOES CHOPPED
 1 CUP OF TOMATO SAUCE
 1/4 CUP OF PARMESAN CHEESE
 SALT TO TASTE
 BLACK PEPPER TO TASTE

INSTRUCTIONS:

1. BRING A LARGE POT OF WATER TO A BOIL AND SUBMERGE CHARD FOR 20 TO 30 SECONDS. SET ASIDE 1/2 CUP OF THE WATER. IMMEDIATELY TRANSFER THE CHARD TO A BOWL OF COLD WATER AND DRAIN.
2. CUT CHARD STALKS FROM THE LEAVES AND DICE THE ABOUT 1/4 INCH. HEAT 1 TBSP OF OIL IN A LARGE HEAVY SKILLET OVER MED/LOW HEAT. ADD ONION AND COOK STIRRING UNTIL VERY SOFT.
3. ADD CHARD STEMS AND SALT, COOK UNTIL STEMS ARE TENDER (ABOUT 5 MINS). ADD TOMATO AND COOK ANOTHER TWO MINUTES. ADD GARLIC AND COOK ABOUT 30 SECS MORE.
4. REMOVE THE SKILLET FROM THE HEAT,

ONE LAST THING.....

REMEMBER TO SEND YOUR PHOTOS OF YOU AND YOUR TOWER INTO TRINETTE AND ME AT FISHINGINFF@HOTMAIL.COM

WE WILL BE HAVING A DRAW AT THE END OF JULY FOR SOME TOWER GARDEN RELATED PRIZES.

WE WANT TO SEE WHAT YOU ARE GROWING!

SUZANNE DAIGLE
204-271-3279

