

- based on the **PPM of 1000** and a pH of around 6.0, you could grow these plants together using the Tower Tonic Minerals Formula Parts A&B:

• Artichoke	• Parsley
• Basil	• Peas
• Chives	• Rosemary
• Fennel	• Sage
• Kale	• Thyme
• Leek	• Watercress
• Lemon Balm	
• Mernarda (Bee Balm	
• Mustard Greens	
• Oregano	

(Lettuce/Romaine may grow in this range as well, just watch for tip burn on the leaves – some varieties may tolerate the PPM level)

- based on the **PPM of 1265** and a pH of 6.0, you could grow these plants together using the Tower Tonic Minerals Formula Parts A&B:

• Artichoke	• Marjoram
• Beetroot	• Menarda (Bee Balm)
• Bok Choy	• Mustard Greens
• Broad Bean (Fava Bean)	• Parsley
• Carnation (petals of flower are edible)	• Peas
• Cauliflower	• Purslane
• Celery	• Pumpkin
• Chives	• Spinach
• Cucumber	• Summer Squash
• Kale	• Strawberries
• Leek	• Swiss Chard
• Turnip Greens	• Water Cress
• Watermelon	• Zucchini

- based on the **PPM of 1490** and a pH of around 6.5, you could grow these plants together using the Tower Tonic Minerals Formula Parts A&B:

• Beans	• Sweet Bell Peppers
• Beetroot	• Purslane
• Bok Choy	• Pumpkin
• Broad Bean (Fava Bean)	• Spinach
• Celery	• Squash
• Eggplant	• Summer Squash
• Endive/Chicory	• Strawberries
• Chives	• Swiss Chard
• Cucumber	• Tomatillo
• Kale	• Tomato
• Melon	• Turnip Greens
• Mint	• Watermelon
• Okra	• Zucchini
• Hot Peppers	

Remember to put larger plants like kale and those that vine like peas, cucumber, and nasturtiums towards the bottom and you'll need a support next to the Tower Garden where the vines can continue to grow out and fruit. Taller plants go towards the top (like Celery and Rainbow Swiss Chard).

- based on the **PPM of 1990** and a pH of around 6.5, you could grow these plants together using the Tower Tonic Minerals Formula Parts A&B:

• Beans	• Hot Peppers
• Beetroot	• Lavender
• Broccoli	• Sweet Bell Peppers
• Brussels Sprouts	• Tomatillo
• Cabbage	• Tomato
• Dill	

Keep in mind that your squashes, watermelons, tomatillos, and tomatoes are going to be heavy "feeders" meaning they will drink up water and nutrients during the hotter summer days.

Okay, so now you have an idea of what plants have similar growing PPM characteristics. Select one PPM group based on vegetables and herbs you like to use every day!

Keep in mind that for most of us, lettuce has to travel quite a ways if you're purchasing it from a big box store especially. 70%+ of all romaine is grown in Salinas, California. That means that romaine has to travel roughly 3,000 miles to get to my plate here in Atlanta, Georgia. They say on average it takes 10 days for a harvested romaine to get from the farm to our dinner plate! This is unacceptable! Especially since we know from industry studies that due to respiration rates of plants, nutrient availability decreases within the first 24-48 hours! That translates into you losing out nutritionally on the very purpose of eating that salad! So, with that in mind, simply starting by growing greens is a great place to start. I also like greens because of they mature in 4-6 weeks meaning you get to see your success (and enjoy the fruit of your efforts) earlier rather than later.

The other thing to consider regarding a salad is the number of varieties you have probably never tried because the grocery store only carries 3-4 options. I have found that some of my best salads incorporate a variety of greens and textures. Have fun exploring greens you've never tried before — you might find you really like them fresh off of your Tower Garden. I had always shy'd away from Bok Choy in the grocery store because it looked limp and lifeless, but when I grew it in the Tower Garden it was super tasty and I learned that I could keep harvesting for 2 months until the plant flowered. Now it's something I always plan on growing because it can be added to soups, quinoa, and salads.

If doing a greens selection to grow on your Tower Garden, I like to recommend my clients include a nasturtium on the lower part of their Tower Garden because a) you can eat both the leaves and the flower, b) most people have never tasted a nasturtium because they are not found readily in the grocery store and most often found on the fine diner's plate, c) they are so pretty to look at on your tower and d) they are companion plants meaning they are good to grow next to other plants to help deter certain pests... When planted alongside cucumbers, eggplant, tomatoes, or squash plants, nasturtiums may repel cucumber beetles, whiteflies, aphids and squash bugs. There are other edible flowers in this range that would be fun to explore if you're willing to be adventurous.

If you decide to do a vining crop with a higher PPM, keep in mind space (tip: put a trellis next to where the plant's port is and it can grow off to the side. These vining plants are often water hogs and love the sun, so plan accordingly for anything planted above them — those plants will also need to be heat tolerant. I always recommend including a flowering plant as it will attract pollinators and pollinators (aka: bees) will plump up your fruit and leave your flowering plants in a better state than how they found it.

Tomatoes are the most popular thing to grow. Ideally, you'll want to look for varieties that have compact traits, but if you do have room next to your outdoor Tower Garden, make sure you can handle the growth habit on a trellis. My favorite tomato is an heirloom variety, Cherokee Purple, and it's vining can reach up to 10' or more if it's given the nutrients it loves. (And BOY do they taste AMAZING!!!!) Cherry Tomato varieties are going to be prolific, so plan a space to support their growing needs to you have airflow and are able to easily keep pests from moving in on your crop.

Tip: If you are putting large vining plants in the lower ports of your Tower Garden. Plant to the left, right and on the back side leaving the front port open. (You may want to cover that port with a rubber disc like this.) The reason for leaving the front port unplanted is you need access to your water reservoir opening and some vines take over and make it difficult to reach it.

And my last thing to highlight is the pepper — remember that if you are growing outdoors and have hot peppers and sweet peppers both growing in your Tower Garden, you may get some cross-pollination through open-pollination and your sweet peppers might be hotter than their parent plants. It's a good idea to just pick either hot peppers or sweet peppers if growing outdoors. Now if you're growing indoors under lights, you can plant both hot and sweet in the same system in ports on opposite side of the Tower Garden because you will have to self-pollinate your flower buds anyway (turn a fan on to give your tower a light breeze or hand-pollinate with a toothbrush or paintbrush).

This should get your started. If you're looking for Seed Providers, you can check out our article [here](#).

Happy Planning!

— Erin