

## General Tower Garden Guidelines: How (and when) to *Harvest*

### Gathering *gorgeous* Greens

Most greens—such as lettuce, kale, collards and others—allow for two harvesting methods, so you may always have fresh ingredients on hand for salads and other healthy dishes.

- 1. Whole plant.** Remove the entire plant and net pot from your Tower Garden or cut all the leaves off at 1-1.5 inches from the base of the plant.
- 2. Cut harvest.** This technique keeps the plant alive and encourages continued production. When there are plenty of mature leaves present:
  - Harvest only a few leaves at a time, from the bottom of the plant upward.
  - Allow 2-3 leaves to remain so the plant may keep growing.
  - Repeat every 2-3 days until the plant bolts or begins flowering.
  - After bolting, replace the plant with a fresh seedling.



### Picking *perfect* Produce

While tomatoes, squash, peppers and other fruit-bearing plants may be quite different, a few harvesting best practices apply to all. Do the following to improve your chances of record yields:

- Harvest frequently to promote continued flowering and production.
- When harvesting, use a clean knife or shears to avoid injuring the plant.

### Harvesting *healthy* Herbs

It seems a little counter intuitive, but typically the more herbs you harvest, the more you will grow. And there's no such thing as too many herbs! Here are a few guidelines to remember when harvesting herbs:

- Harvest frequently to encourage healthy, bushy growth.
- Harvest no more than 1/3 of the plant at a time.
- Once the plant bolts (or starts to flower), replace it with a fresh seedling.

### *Saving* Seeds

Harvesting seeds from your plants may not be something you've considered. But it's a great way to keep growing your favorite crops for free! The following seed-saving steps will apply to most plants.

- After flowering or fruiting, collect seeds from open-pollinated plant varieties.
- Wash and dry seeds.
- Store seeds in an airtight container, and place somewhere cool, dry and dark

