

Revolution

RECIPES

TOWER GARDEN® TO TABLE



COOKBOOK



Introduction

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients), gluten-free, dairy-free, mostly oil-free, and they contain ingredients that can be grown on your Tower Garden®! (See page 5 for more information on Tower Garden® or ask the person who shared this cookbook with you.)

Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up "flexitarian," the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank Brian Roes for his vision, Chef Penny Shack, the creators and contributors of the original Tower Garden® Cookbook for graciously assembling these recipes and Dawn J. Williamson for designing and assembling this cookbook.

*From our family to yours,
The Healthy Living Revolution Team*

"THE MORE **PLANT FOODS**
YOU EAT, THE
healthier
YOU WILL BE." - DR. MITRA RAY

Cover photos clockwise from top left: City Balcony Tower • Pac-Choi, Chives, Lettuce, Dawn J. Williamson, Phoenix, AZ • Harvest, Dawn J. Williamson, Phoenix, AZ • Indoor Garden with LED Grow Lights • Beach Balcony Tower • Indoor Tower Garden, Amanda Kosik, Phoenix, AZ • Porch Garden • Tower with Microgreens Extension Kit and Full Grown Tower • Dill Seedling, Dawn J. Williamson, Phoenix, AZ • Patio Tower Garden • Broccoli, Dawn J. Williamson, Phoenix, AZ • Swiss Chard, Dawn J. Williamson, Phoenix, AZ • Center: Winter Harvest, Dawn J. Williamson, Phoenix, AZ

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PANTRY STAPLES

SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It's not only tasty but also has many anti-inflammatory and anti-microbial properties. If you're out of fresh garlic you can substitute ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes for 1 clove.

ONIONS

In addition to health benefits, onions are full of flavor. If you're in a hurry or out of onions, you can substitute 1 Tbsp. dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

GINGER

Ginger is a powerful nutritional herb that supports digestive health and helps to reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes; it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to *ZING*! Growing your own on your Tower Garden® is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs

wasting away in your fridge. Herbs that grow great on the tower and are commonly used in these recipes include basil, cilantro, parsley, dill, rosemary, and thyme.

BRAGG LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Soy sauce is not gluten-free though. We recommend that you try one of these substitutions: Bragg liquid aminos, coconut aminos, or tamari.

FULL-FAT CANNED COCONUT MILK

Coconut milk builds up the body's immune system, helps with weight loss, increases energy, and lowers cholesterol and blood pressure. It's a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA-free and read the label to make sure it's organic with no added sugars.

ORGANIC VEGETABLE BROTH

BALSAMIC / RED WINE VINEGAR



Dawn J. Williamson
Phoenix, AZ

TOWER GARDEN®

SUPPORT YOUR HEALTHY LIFESTYLE

Are you ready to take back control of your food? Harnessing state-of-the-art growing technology known as aeroponics, Tower Garden® offers you a cleaner, simpler and more efficient way to grow fresh, healthy food for your family. This vertical, aeroponic growing system, allows you to grow 20, 28, or 52 vegetables, herbs, fruits and flowers in less than three square feet—indoors or out. It's the perfect companion in your journey toward healthy living.

GROW UP TO 30% MORE HEALTHY FOOD, 3X FASTER

Using aeroponics—the same technology NASA uses—Tower Garden® grows plants with only water and nutrients rather than soil. Research done at the University of Mississippi has found that the Tower Garden® will produce plants three times faster and produce 30% greater yields on average. That means you'll be enjoying abundant, nutritious harvests just weeks after planting (or even earlier if you start with seedlings from one of our Certified Seedling Providers).

GET NUTRIENT-LOADED PRODUCE (WITHOUT LOADS OF WORK)

Pests, disease, weeds—traditional gardening can be complicated and time-consuming. But because Tower Garden® automatically delivers water and nutrients when they're most needed, you're able to grow strong, healthy plants with minimal effort. And healthy plants can better protect themselves from pests and diseases naturally, without pesticides. Plus, you don't have to deal with weeds (or getting dirty) because there's no soil.

LIVE WELL WITH 90% LESS WATER AND SPACE

Want a garden but don't have the space? Dealing with drought? Because of its vertical, compact design and closed-loop system technology, Tower Garden® requires as little as 10% of the land and water traditional growing methods use. So it's perfect for sunny small spaces, such as balconies, patios, rooftops—even your kitchen provided you use grow lights. And it's better for the environment, too.

Get with the person who shared this cookbook with you to learn more about the Tower Garden® and to order your own!



Andrea Laplante
Plainville, MA

WHAT CAN I GROW?

FRUITS AND VEGETABLES

Amaranth
(vegetable type)
Arugula
Bayam
Beans: Lima, bush,
pole, shell, fava,
green
Broccoli
Broccoli Raab
Brussels Sprouts
Cabbage and
Chinese
cabbage
Cauliflower
Chard, all types
Chicory
Collards
Cucumbers
Cress
Dandelion, Italian
Eggplant, European
and Asian
Endive
Escarole
Garbanzo beans
Gourds, edible and
ornamental
Kale
Kinh gioi
Kohlrabi
Komatsuna
Leeks
Lettuce, all types
Mesclun Varieties
Melons, all types
Misome
Mizuna
Mustard Greens
Ngo Gai
Okra
Pak Choy
Peas, all types

Peppers, all types
Radicchio
Sorrel
Spinach
Squash, all types
Strawberries
Tomatoes, all types

HERBS

Angelica
Anise Hyssop
Basil, all types
Bee Balm
Borage
Calendula
Catmint
Catnip
Chamomile
Chervil
Chives
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
Lemon Grass
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

FLOWERS - EDIBLE

Calendula
Carthamus
Dianthus
Hyacinth Bean
Marigolds
Monarda
Nasturtiums
Pansies
Salvia
Scarlet Runner Bean
Sunflowers (dwarf
varieties only)
Violas

FLOWERS - ORNAMENTAL

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



FRESH PEPPERMINT TEA

3-4 stalks fresh peppermint

2-3 cups boiling water

1 Tbsp. honey (optional)

1. Rub peppermint between your fingers to bruise the leaves and release the minty aroma and flavor.
2. Boil water and pour it into a pot with the peppermint. Let the tea steep for 5–7 minutes and pour into your favorite mug.
3. Add honey to taste. (optional)

Makes approximately 2-3 cups.



Tower Garden Mint
Photo Credit: Dawn J. Williamson, Phoenix, AZ



LIME-BASIL LEMONADE

1 lemon, peeled and seeded

1 lime, peeled and halved

1 bunch fresh stevia

¼ cup fresh basil

3 cups ice cubes

½ cup water

1. Place all ingredients into a blender. Blend together until ice is crushed.
2. Add water for desired consistency.

Makes approximately 5 cups.

ASPARAGUS, SNAP PEA, AND RADISH SALAD

1 bunch asparagus, trimmed
2 cups snap peas
1 cup assorted radishes, quartered
¼ cup apple cider vinegar
3 Tbsp. olive oil
3 Tbsp. honey
½ tsp. salt
¼ tsp. black pepper
½ cup fresh mint, chopped
Microgreens for garnish



Tower Garden Snap Peas
Photo Credit: Dawn J. Williamson, Phoenix, AZ

1. Blanch (or boil) asparagus for about 2-3 minutes.
2. Blanch snap peas for about 1 minute and radishes for about 2 minutes.
3. After the asparagus, snap peas and radishes are done cooking, run them under cold water or dip them into a bowl with ice water to stop them from cooking further.
4. Whisk together vinegar, olive oil, honey, salt, and pepper in a large bowl until blended. Fold in the mint.
5. Toss in the asparagus, peas, and radishes until coated.
6. Arrange on a platter, and garnish with microgreens.

Makes approximately 4-6 servings.



MIXED GREENS SALAD

SALAD

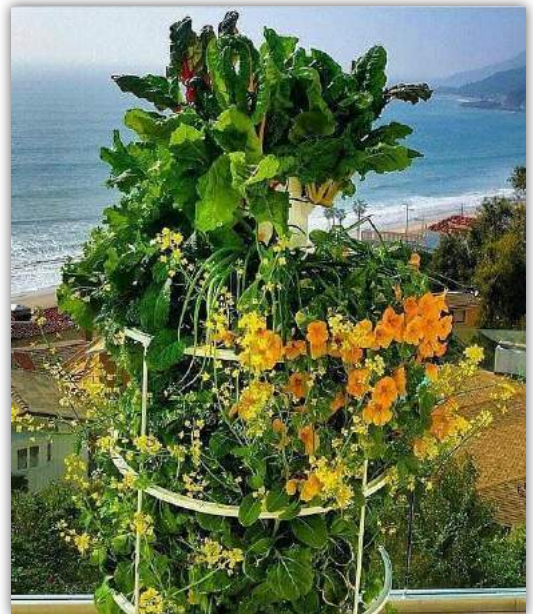
- 1 large bunch mixed greens, chopped
(lettuce, spinach, kale, swiss chard, arugula, mustard)
- Handful micro-greens (optional)
- ¼ cup fresh parsley, chopped
- 1 Tbsp. fresh basil, chopped
- 2-3 tomatoes, diced
- ½ cup nasturtium leaves and blooms
- 4 oz. mushrooms, chopped
- ⅓ cup green peas
- ½ cup walnuts, almonds, pecans or cashews, chopped
- ½ cup hemp seeds (optional)

DRESSING

- 2 Tbsp. white wine vinegar
- 1 Tbsp. olive oil
- 1 tsp. Dijon or spicy brown mustard
- 1 tsp. fresh chives, chopped

1. Mix together salad ingredients in a large bowl.
2. Combine dressing ingredients in a lidded container, shake well, and drizzle over salad.

Makes approximately 4 servings.



Jenny Twomey
Crosshaven, Ireland



RED PEPPER SALSA

4 tomatoes
1 orange bell pepper
1 yellow bell pepper
2 cups cilantro, chopped
1 small jalapeño pepper, chopped
1 sweet onion
2 Tbsp. lemon juice
Salt and pepper, to taste

1. Combine all ingredient in a blender, and blend to desired consistency.

Makes approximately 1-2 cups.



Jerry & Nancy Kroupa
Traverse City, MI



BUILD-IT-YOURSELF VEGGIE “BOAT”

1 bell pepper, diced
1 clove garlic, minced
1 onion, diced
2 Tbsp. olive oil
Salt, to taste
Black pepper, to taste
1 Tbsp. taco seasoning (optional)
1 head butterhead or large romaine leaf lettuce
10 oz. hummus
1 can (15 oz.) black beans (optional)
1 can (15 oz.) cannellini beans
1 tomato, sliced

1. Sauté bell peppers with minced garlic and onion in olive oil until tender. Add salt, black pepper and taco seasoning (optional) to taste.
2. Layer ingredients in the hollow of a leaf of lettuce in the following order: hummus, peppers, beans, and tomato slices.

Makes approximately 4-8 servings.



Tower Garden Lettuce
Photo Credit: Dawn J. Williamson, Phoenix, AZ



CROCKPOT RAINBOW RATATOUILLE

2 large tomatoes, diced
2 yellow squash, diced
1 orange bell pepper, diced
2 zucchinis, diced
1 large eggplant, diced
1 large onion, diced
Fresh basil, thyme, rosemary, garlic chives,
lavender, oregano, finely chopped, to taste
4 cloves garlic, crushed
¼ cup extra virgin olive oil
Salt and pepper to taste

1. Mix all ingredients together in a crock pot, reserving some of the fresh herbs for use as a garnish.
2. Cook on low for 6-8 hours.
3. Garnish with reserved fresh herbs.

Makes approximately 4-8 servings.



Tower Garden Red Pepper
Photo Credit: Dawn J. Williamson, Phoenix, AZ



ROASTED CHERRY TOMATO GAZPACHO

4 cups cherry tomatoes
1 Tbsp. extra virgin olive oil
Pinch salt and pepper
1 english cucumber, diced
1 yellow bell pepper, chopped
½ purple onion, chopped
2 cloves garlic, crushed
¼ cup red wine vinegar
3½ cups tomato juice
Parsley, chopped (for garnish)



Porch Tower Gardens

1. Place tomatoes into a shallow baking dish, drizzle with olive oil and season with a pinch of salt and pepper.
2. Roast the tomatoes in the oven at 425°F for approximately 15-20 minutes, or until they have burst and softened. Stir halfway through cook time.
3. Once done, remove tomatoes from the oven and let cool completely. Place cooled tomatoes into a blender along with cucumber, yellow pepper, purple onion, garlic, and red wine vinegar.
4. Blend all ingredients to desired consistency. Add tomato juice, salt and pepper and blend again for about 1 minute.
5. Pour gazpacho into an airtight container and place in the refrigerator to chill. When the soup is chilled, serve in bowls with a garnish of chopped fresh parsley.

Makes approximately 6 servings.



SIMPLE ROASTED TOMATO SAUCE

Enough tomatoes to cover the bottom of a
1-inch lipped baking sheet
1 head garlic, whole cloves peeled
1/3 cup olive oil
1/2 cup fresh basil leaves (or several sprigs of
fresh thyme or rosemary)
Salt, to taste
Black pepper, to taste

1. Preheat the oven to 250°F. Place tomatoes and garlic on a large baking sheet, and drizzle with olive oil.
2. Top with herbs, season with salt and black pepper, and bake for 4 hours or until tomatoes are soft and bursting.
3. Allow everything to cool before pouring it into a blender. Pulse several times and then blend until desired consistency.
4. Enjoy as you would any sauce — over noodles and veggies, or as a base in soups. (It can also be eaten as a delicious soup all on its own.) Pour extra sauce into quart jars or into freezer bags and freeze.

Makes approximately 6-8 servings.



Tower Garden Red Pepper
Photo Credit: Dawn J. Williamson, Phoenix, AZ



STUFFED SWISS CHARD ROLLS

- 1 bunch swiss chard
- 2 Tbsp. olive oil
- 1 large onion, finely chopped
- Salt, to taste
- 2 tomatoes, chopped
- 2 large cloves garlic, minced
- 1 cup brown rice, cooked
- ¼ cup fresh parsley, finely chopped
- 2 Tbsp. fresh basil, finely chopped
- 1 cup tomato sauce (use recipe on page 14)



Tower Garden Swiss Chard
Photo Credit: Dawn J. Williamson, Phoenix, AZ

1. Bring a large pot of water to a boil, and submerge chard for 20-30 seconds. Immediately transfer the chard to a bowl of cold water and drain. Cut chard stalks from the leaves, and dice them about ¼-inch.
2. Heat 1 Tbsp. oil in a large, heavy skillet over medium-low heat. Add onion and cook, stirring until very soft. Add chard stems and salt, and cook until stems are tender (about 5 minutes). Add tomato and cook another 2 minutes. Add garlic, and cook about 30 seconds more. Remove the skillet from heat.
3. Preheat oven to 375°F, and lightly oil a baking dish large enough to accommodate the chard rolls.
4. In a large bowl, mix together rice, cooked ingredients, and fresh herbs to create the filling. Place about 2 Tbsp. of filling on each chard leaf and roll. Place rolls in the baking dish and top with tomato sauce. Cover with foil and bake 20 minutes, or until chard rolls are hot and the leaves are tender. Uncover and bake an additional 5 minutes.

*Makes approximately
4-6 servings.*



VEGETABLE SOUP

2 qt. (8 cups) vegetable stock
2 lb. tomatoes, peeled and chopped
3 carrots, peeled and sliced
2 stalks celery, sliced
1.5 lb. red potatoes, peeled and cubed
1 sweet onion, chopped
2 cloves garlic, minced
2 tsp. salt or to taste
½ tsp. pepper
1½ tsp. fresh thyme
1½ tsp. fresh rosemary
1½ tsp. fresh marjoram
1 Tbsp. fresh basil
2 bay leaves
2 cups of corn
1 zucchini, sliced and quartered
1 cup peas
2 cups green beans



Backyard Tower Garden
Photo Credit: Amanda Kosik, Phoenix, AZ

1. Combine stock, tomatoes, carrots, celery, potatoes, onion, garlic, salt, pepper, herbs and bay leaf in a large crock pot. Stir well. Cover and cook on low in the crock pot for 7-8 hours.
2. Add corn, zucchini, peas and green beans. Stir well, cover and continue cooking on high for 90 minutes.
3. Cover and cook for another 30 minutes. Remove the bay leaf and serve.

*Makes approximately
4-6 servings.*



VEGGIE CEVICHE

2-3 raw carrots
½ head of cauliflower
1 large tomato
1 medium yellow or red onion
¼ cup cilantro
1 jalapeño (optional)
1-2 limes, juiced
Salt and pepper
Gluten-free chips (optional)
Avocado (optional)

1. Chop carrots and cauliflower in a food processor.
2. Chop the tomato, onion, cilantro, and jalapeño (optional) by hand.
3. Mix all of the ingredients in a bowl. Add lime juice and salt and pepper to taste.
4. Enjoy with gluten free chips and avocado.

Makes approximately 4-6 servings.



Tower Garden Tomatoes
Photo Credit: Dawn J. Williamson, Phoenix, AZ



BAJA BOWL WITH MANGO SALSA

SALSA

- 1 mango, peeled and chopped
- 1 cup black beans, rinsed
- ½ oz. fresh cilantro, chopped
- 1 lime, juiced
- Olive oil, avocado oil, or coconut oil
- 1 red onion, diced
- 2 cloves of garlic, diced
- 6 oz. swiss chard, diced (remove stems)



Tower Garden Cilantro

Photo Credit: Dawn J. Williamson, Phoenix, AZ

BAJA BOWL

- ¼ cup rice flour
- ¼ cup cornstarch
- ¼ cup water
- 1 tsp. chipotle (or taco) seasoning
- Pinch of salt
- ½-¾ cup oil of choice
- 1 can (14 oz.) hearts of palm, drained with excess water removed by paper towel, cut in half
- Pepper to taste (optional)



MANGO SALSA

1. Mix together mango, beans, cilantro, and lime juice in a large bowl.
2. In a pan with a small amount of oil, sauté onions until softened, about 4 minutes. Add garlic and swiss chard. Cook until softened. Add to mango mixture.

BAJA BOWL

1. Mix rice flour, cornstarch, water, ½ tsp. seasoning and salt until it's not too thick or too thin.
2. In a pan, pour oil of choice and heat. Dip hearts of palm in the batter and pan sear for 3 min. on each side. They should be crispy. This may need to be done in a few batches. After removing, place on a paper towel to dry and sprinkle with salt.
3. Scoop the mango salsa onto the baja bowl, placing the hearts of palm on top. Sprinkle with the remaining seasoning.

Makes approximately 2 servings.

KALE CHIPS

1 bunch kale

1-2 Tbsp. avocado oil, olive oil, coconut oil or oil of choice)

Seasoning of choice (salt, pepper, nutritional yeast, cumin, chili powder etc.)

1. Preheat oven to 225 F°. (Convection ovens cooks more thoroughly.)
2. Rinse and dry kale. Cut out the large stems and tear apart to make smaller pieces. In a large mixing bowl, drizzle kale with oil and seasonings of choice. Toss thoroughly to combine.
3. Spread the kale over 2-3 large baking sheets and make sure the kale pieces aren't touching each other. Bake for 15 minutes, then turn the pans around and lightly toss. Bake for 5-15 minutes more, or until kale is crispy and very slight golden brown. Watch closely as it can burn easily.
4. Remove from oven and let cool slightly. Chips will crisp up even more once out of the oven. Enjoy immediately! Store leftovers covered at room temperature for 2-3 days.

Makes approximately 4-6 servings.



Tower Garden Kale
Photo Credit: Dawn J. Williamson, Phoenix, AZ



NUT-FREE PESTO

2 cups packed fresh basil (large stems removed)
3 Tbsp. sunflower seeds (if NOT nut-free, try pine nuts or walnuts)
2 large cloves garlic, peeled
2 Tbsp. lemon juice
3-4 Tbsp. nutritional yeast
¼ tsp. sea salt (plus more to taste)
2 Tbsp. extra virgin olive oil
3-6 Tbsp. water (plus more as needed)

1. In a food processor or small blender, mix basil, seeds (nuts), garlic, lemon juice, nutritional yeast, and sea salt on high until a loose paste forms.
2. Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed. Add water as needed to make consistency pourable.
3. Adjust taste by adding more nutritional yeast for cheesy flavor, salt for overall flavor, nuts for nuttiness, garlic for bite, or lemon juice for acidity. Great over zucchini or carrot noodles!
4. Store leftovers covered in the refrigerator up to 1 week. After that, pour into ice cube molds, freeze, and store up to 1 month or more.

Makes approximately 2 servings.



Tower Garden Basil
Photo Credit: Dawn J. Williamson, Phoenix, AZ



GREEN BEAN AND CUCUMBER SALAD

¼ pound green beans, trimmed and cut in half
1 tsp. Dijon mustard
1 tsp. lemon juice
3 tsp. olive oil
¼ tsp. kosher salt
1 lemon, zest
¼ cup chives
1-2 cucumbers, halved and cut lengthwise
Almonds, slivered (optional)

1. Boil and cook green beans for about 2-3 minutes.
Drain and rinse with cold water.
2. In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and lemon zest. Chop chives with scissors directly into the bowl.
3. Slice cucumbers to be the same size as green beans. Toss green beans, cucumbers and almonds (optional) in the bowl and serve with extra chives on top.

Makes approximately 4 servings.



Tower Garden Green Beans
Photo Credit: Dawn J. Williamson, Phoenix, AZ



HAPPY GROWING!



Thank you to all of our contributors!
For more resources, please visit www.HealthyLivingRevolution.com.

Top row from left to right: Jerry & Nancy Kroupa, Traverse City, MI • Dawn J. Williamson, Phoenix, AZ • Amanda Kosik, Phoenix, AZ
Bottom row from left to right: Patio Tower Garden, Balcony Tower Garden, Backyard Tower Garden