August 2015 - Issue #20

The EXCHANGE

a blog by Edible Garden

Welcome to EDIBLE GARDEN!

Edible Garden is a national brand grown by a Co-Op of local growers of fresh, hydroponic produce with a specialty in "Living" produce, which assures consumers they are getting the freshest most nutrient dense produce on their supermarket shelves.

Why Dutch Hydroponics?

Edible Garden uses classic Dutch hydroponic farming methods in order to provide consumers with the best quality product possible. Holland is the world leader in hydroponic farming, so Edible Garden customers can rest assured that their herbs and lettuce are grown in the most trusted, safe and nutritionally beneficial environment possible.

Edible Garden brings the wisdom of world-renowned Dutch hydroponic technology to your local community through our line of "living" herbs and lettuce.

EG's Sunlight Recipe

Cranberry Sunflower Salad

Perfect Summer Salad!

Ingredients

1. Edible Garden Living Salads Spring Mix!
2. 2 cups sliced cooked chicken breast.
3. 1/2 red onion, thinly sliced.
4. 1/2 cup diced mozzarella cheese.
5. 1/3 cup dried cranberries.

EG Sunlight

Here at Edible Garden we have so many great products to choose from. That being said, we decided that it was only fair that each one of our products got a month entirely their own. A chance for that product to hog the spotlight.. Or in Edible Garden's case, the Sunlight. All issues of *The Exchange* received during that product's month will feature cool facts, recipes, creative ideas, and so much more about that particular product! So without further adieu.....

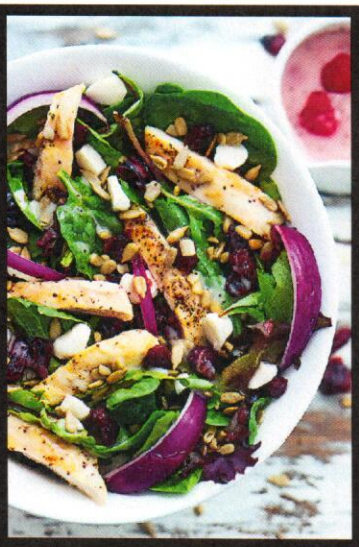
August's EG Sunlight Shines on...

NEW!

Living Salads

Not following EG on Instagram?

6. 1/3 cup shelled sunflower seeds.
7. 1/2 cup creamy poppy seed dressing.
8. 1/2 cup raspberry vinaigrette.



Instructions

1. Whisk together poppy seed dressing and raspberry vinaigrette. Store chilled until ready to use.
2. In a large bowl, toss together remaining salad ingredients.
3. Serve with chilled, prepared dressing.
4. Enjoy!

Picked Fresh From The Edible Garden Patch

Living Salads

One of the best things about new Edible Garden Living Salads is that it is still growing as you are purchasing it from your local supermarket! Because you are the one harvesting it right before serving, there is no such thing as a fresher salad.

A Royal Feast

Lettuce was served on the tables of the Persian Kings - 6th century B.C.!

Check it out!

Giving Back

Interfaith Food Pantry
20 *years of neighbors helping neighbors*

Edible Garden recently donated over 1,000 pounds of produce to the Interfaith Food Pantry of NJ!

It is an honor to work with such great local organizations such as this one!

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