

November 2014



*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 speciality in "Living" produce, which assures consumers they are getting the freshest most nutrient dense produce on their supermarket shelves.



## Who Says Living In the Gutter is a Bad Thing?


Dutch hydroponic farming methods have a proven history of producing sustainable, healthy food products.



With a controlled indoor growing environment, Edible Garden products are not exposed to harmful toxins and pesticides that often come with traditional farming methods. Edible Garden's growing practices takes away the unpredictability factor, and makes for consistently fresh produce right from our farm to your kitchen.

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.....

November's *EG Sunlight*

Shines on... 

## Hydroponic Basil



## EG's *Sunlight* Recipe

### Edible Garden Basil

#### *Ingredients*

1. 1 1/2 cups Edible Garden fresh basil leaves
2. 3 tbsp pine nuts
3. 4 cloves garlic, crushed
4. Pinch of Salt
5. Pinch of fresh cracked pepper
6. 1/2 cup extra virgin olive oil



Meet Jimmy Basil!



*Jimmy Basil is the friendly face of Edible Garden*

7. 1/4 cup grated parmigiano reggiano cheese

### Instructions

1. Place basil, pine nuts, crushed garlic, salt, and pepper in the bowl of a food processor.
2. Pulse while drizzling in the olive oil until smooth.
3. Add cheese one tablespoon at a time and continue to pulse into a thick paste.
4. Adjust by adding more olive oil if you like a runnier consistency.

Picked **Fresh** From  
The  Patch

### EG Living Basil

Edible Garden "Living" Basil is delivered with the root systems still intact, allowing the plant to continuously thrive for weeks!

### Tea Drinker?



Add some fresh or dried basil to your tea to help with digestion!

## Giving Back



### Abilities Program

Edible Garden has been awarded the Community Partnership Award from the Abilities Program of Northwest New Jersey!

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