

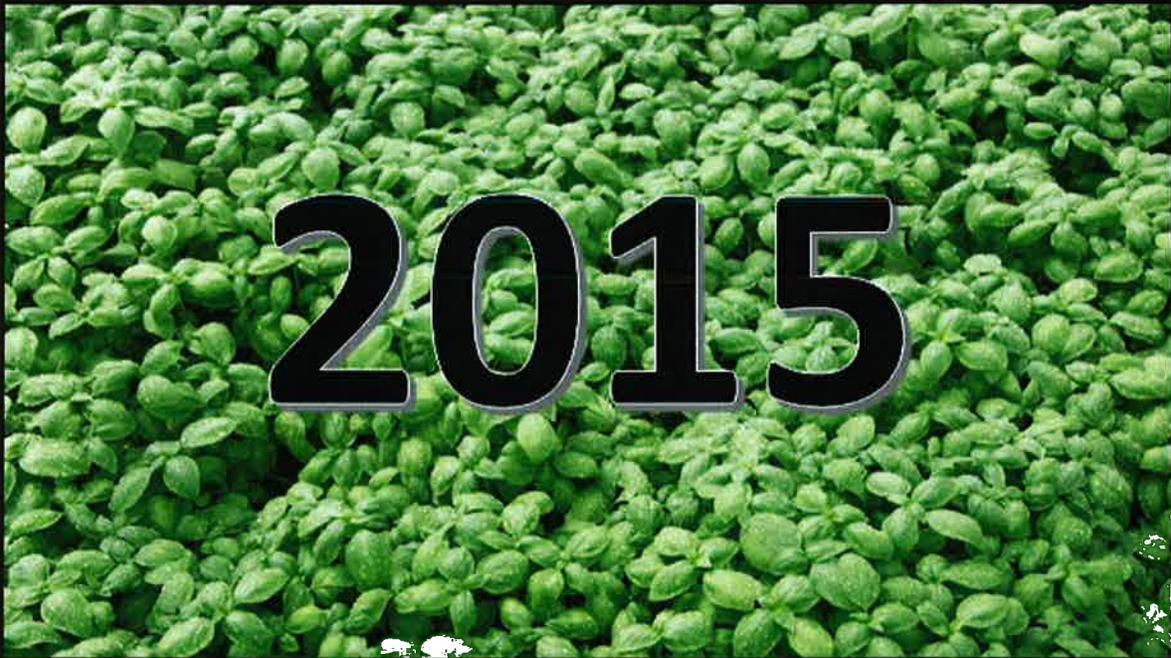
January 2015 - Issue #5



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.

Happy New Year! Giving a Warm & Prosperous Welcome to 2015!

It's that time again! The new year is here and so are all of the resolutions and desires to start a new, fresh & healthy chapter. Edible Garden is here to help you do just that. What better way to start than with healthy eating habits? Or even better yet, with naturally grown local produce? 2014 was a phenomenal year for Edible Garden, and with your help, we are looking to make 2015 even better!



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.....

January's EG Sunlight
Shines on... 

Sage



EG's Sunlight Recipe

Maple Glazed Roasted Acorn Squash

Ingredients

1. One Acorn Squash, seeded & sliced.
2. 3 tablespoons extra virgin olive oil.



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3. 3 tablespoons light brown sugar.
4. 1/4 cup warm maple syrup.
5. Fried sage leaves with salt & pepper for taste.

Instructions

1. Preheat oven to 375 degrees F.
2. Place sliced squash onto baking sheet & drizzle with oil. Toss together with salt & pepper.
3. Sprinkle squash with brown sugar.
4. Roast squash for 35-40 mins. Toss around occasionally to avoid sticking.
5. 10 mins before roasting is complete, brush warm maple syrup over the squash.
6. Top with fried sage, serve immediately & enjoy!

Picked **Fresh** From
The  Patch

EG Potted Sage

Edible Garden Sage, like the rest of the EG herbs, is guaranteed to be the highest quality herb you will find on your supermarket shelf. Growing sage in a controlled, indoor environment allows for the most efficient and nutrient dense products.

New year, old beliefs...



It is no coincidence that sage was chosen as the first **Sunlight** Herb of 2015. It has been historically said that sage absorbs negativity & misfortune from the household, lifts spirits, and promotes healing & spirituality. Here's to a happy and healthy 2015!

[@ediblegardenusa](#)

Giving Back



In the year 2014, Edible Garden has donated a total of over 1,000 pounds of fresh herbs and produce to local food banks. It is an honor to serve the community and continue to help those in need!

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