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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.

You're Alive, Your Salad Should Be Too!

Looking for the convenience of pre-mixed lettuce blends, but want the freshness of a newly grown garden salad? Look no further. New Living Salads from Edible Garden are the perfect remedy for fresh variety seekers.



Living Salads are delivered to your local grocery store with the root system still in-tact. This means that it will continue to grow and obtain nutrients on your supermarket shelf! Just snip and use as desired for a fresh, Spring Mix salad!

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



EG's **Sunlight** Recipe

Apple Chicken Salad

Healthy and delicious!

Ingredients

1. 1 tablespoon olive oil.
2. 2 boneless, skinless chicken breasts.
3. 10 ounces Edible Garden Living Salads Spring Mix.
4. Quarter of a red onion, thinly sliced.
5. 2 cups apple chips.
6. 1 cup glazed pecans.

Learn more about our growing process!

Our Process

Edible Garden uses greenhouse technology to grow fresh herbs and daily greens that are full of nutrients and ready to go!



7. 1/2 cup Gorgonzola cheese, crumbled.
8. Dressing of your choice. (We recommend White Balsamic Vinaigrette!)



Instructions

1. Preheat oven to 350 degrees. Prepare a baking sheet with aluminum foil and mist with cooking spray or oil.
2. Brush chicken breasts with olive oil, and season with a pinch of salt and freshly ground black pepper.
3. Place chicken on baking sheet and cook for 20-30 mins (or until internal temp is 160 degrees and the juice runs clear).
4. Remove from the oven and let chicken cool for at least 10 minutes, then slice or shred.
5. Toss your remaining ingredients together and add the desired amount of dressing.
6. Toss, serve and enjoy!

Our Process

Giving Back



Picked Fresh From
The  Patch

Living Salads

Edible Garden Living Salads is as fresh as it gets, and there is nothing quite like a fresh cool salad on a hot summer day. Living Salads is a guaranteed blend of nutrient-dense lettuce of multiple varieties. Give it a try and let us know what you think!

Edible Garden is so proud to work with a great organization like the Abilities program of Northwest NJ!

Declaration of Lettuce



Thomas Jefferson had 19 varieties of lettuce growing in his garden at Monticello!