March 2016 - Issue #34

EDIBLE GARDEN
SIMPLY LOCAL
SIMPLY FRESH

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 St Patrick's Day!

St Patrick's Day is practically here! Irish or not, we take advantage of any excuse to celebrate with good food, family and friends. (We do love all things green.) While it is fun to eat corned beef and drink green beer.. It is also important to use this holiday to remember how lucky we are!

At Edible Garden we recognize the fact that we are extremely lucky to have the resources to continue to better our herbs and lettuce products. We are lucky to have obtained our recent Non-GMO Project, USDA Organic, Kosher and GFSI certifications. But most importantly, we are lucky for the privilege to serve you and your family with healthy and safe produce. Our very own pot of gold at the end of the rainbow...

EG's Sunlight Recipe

Shamrock Style Irish Sausage Rolls

Makes 18 Shamrocks

Ingredients

1. 1/2 teaspoon dried thyme.
2. 1/2 teaspoon dried parsley.
3. 1/4 teaspoon of the following dried herbs: marjoram, basil, rosemary, sage, fennel seed.

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.....

March's EG Sunlight Shines on...

Sage

Take a look at our St Patrick's Day Pinterest board!

4. 1 teaspoon kosher salt.
5. Black pepper to taste.
6. 1/2 pound ground pork. (Can substitute with turkey or chicken.)
7. 1/2 cup breadcrumbs.
8. 1 clove garlic, minced.
9. 1 large egg, beaten.
10. 4 sheets puff pastry.
11. 1 large egg & 1 teaspoon water, beaten.
12. Flour for dusting.

Instructions

1. Grind the spices, salt & pepper together.
2. In a medium bowl combine ground spices, minced garlic and breadcrumbs.
3. Using your fingers, combine the pork and dry ingredients together in the medium bowl. Add one tablespoon of the beaten egg and discard the rest. Mix thoroughly with your hands until the mixture comes together.
4. Preheat oven to 400 degrees F. Line 2 large baking sheets with parchment.
5. Roll 1 thawed puffed pastry sheet on floured surface. Roll, with a floured rolling pin, just enough to smooth out creases and cut 9 shamrocks from the sheet with shamrock cookie cutter.
6. Brush each pastry shamrock with the egg wash and use fingers to portion small balls of sausage and place on pastry.
7. Roll out second pastry sheet and cut another 9 shamrocks. Brush with egg wash and place on top of shamrocks with filling, egg side down. Repeat with remaining pastry. Use fingers to seal.
8. Brush tops with egg wash. Arrange 9 pastries on each baking sheet. Use knife to make small cross in the center of each shamrock to vent.
9. Repeat process with remaining shamrocks.
10. Place baking sheets in preheated oven for 10 mins, then switch position of the trays. When finished, pastries should be golden brown.
11. Serve warm or cold and enjoy!

Recipes, Activities & More!

Giving Back

Sticking with the Irish holiday... Edible Garden is donating baskets of fresh herbs and lettuce to a fundraiser run by the Women of Irish Heritage organization!
Slainte!

Picked Fresh From The EDIBLE GARDEN Patch

4" Potted Living Sage

Straight from our local farms to your kitchen.

Some Sage Advice

Store dried sage in an air-tight container in a dark, cool, dry place and it can be kept fresh for months!

Edible Garden Herbs, 283 County Road 519, Belvidere, NJ 07823

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