

October 2016 - Issue #47



The

EXCHANGE

a Newsletter 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.

Have You Met Your Farmer?

Edible Garden is made up of multiple farms that grow our fresh, all natural living herbs and lettuce products.

All farms are held to a strict quality standard. One of our co-op farms that serves the tri-state area is Gro-Rite Greenhouse & Garden Center.



Gro-Rite is owned and operated by the Vandevrede family and uses state-of-the-art growing technology to serve customers premium plant products. With over 40 years of growing experience and more than three acres of greenhouse space, Gro-Rite is the perfect place to grow, pack and ship EG products to your local supermarket!

EG's Sunlight Recipe

Maple Roasted Pumpkin with Chili & Feta

Autumn inspired deliciousness!

Ingredients

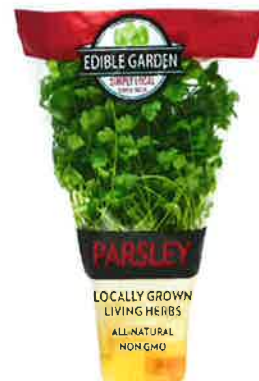
1. 2 lbs pumpkin (or sweet potato).
2. 2 red onions, peeled and cut into 12 wedges per onion.
3. 1/4 cup chopped walnuts.
4. 3 tablespoons maple syrup.
5. 3 tablespoons olive oil.

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...

October's **EG Sunlight**
Shines on... 

Parsley



Want to learn more about
our co-op farmers?

6. 1 tablespoon dried chili flakes.
7. pinch salt & black pepper.
8. 1/4 cup feta cheese.
9. EG Parsley, finely chopped.



Instructions

1. Preheat oven to 390 F.
2. Peel and dice the pumpkin into 1" cubes. Reserve pumpkin seeds.
3. Place pumpkin, pumpkin seeds, onion and walnuts onto a baking tray. Drizzle with olive oil and maple syrup. Toss pumpkin until evenly coated.
4. Sprinkle pumpkin with dried chili flakes, salt and pepper.
5. Roast for 25 mins or until pumpkin is browned and cooked through. Toss once at around 15 mins.
6. Remove from oven. Crumble over feta, and garnish with fresh chili and parsley.
7. Serve immediately and enjoy!

Meet Your Farmers

We'll do our best to ensure you're the farmer who made up the Edible Garden harvest camp menu.



[Click here!](#)

Giving Back



According to the US Department of Agriculture, roughly 30 to 40 percent of our food supply is wasted. Join Edible Garden in the fight to end food waste! Donate to your local food pantry!

Picked Fresh From The Patch

4" Potted Living Parsley

Parsley leaves carry zero cholesterol and fat, but are rich in antioxidants, vitamins and minerals!

Parsley Prayers



The Ancient Greeks believed parsley to be sacred and used it to adorn athletic victors, as well as decorate tombs of the deceased.