

October 2016 - Issue #48



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.

Halloween Health Prep!

It's Halloween season! This means fall weather, costumes, parties and candy candy candy.

Everyone deserves to indulge every once in a while (especially on Halloween candy), but don't forget about the balance!



EG will be focused on providing you with fresh, Autumn-inspired healthy recipes on our Fall Pinterest board. This way, you won't have to feel as guilty come Halloween! As always, these recipes will include the always fresh, always healthy EG herb and lettuce products. The best possible produce for you and for your family!

EG's Sunlight Recipe

Butternut Squash Hummus

Halloween diet approved!


Ingredients

1. 1 cup cubed butternut squash.
2. 4 cloves garlic, skin on.
3. 4 cloves garlic, peeled & minced.
4. 1 fresh lemon, juiced.
5. 1 15 oz can chickpeas, lightly rinsed & drained.
6. 1/3 cup tahini.
7. 3-4 tablespoons olive oil.
8. Sea salt & pepper to taste.
9. 1/2 cup fresh EG Parsley, chopped.
10. 1/4 teaspoon ground cinnamon.

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



**Herb-Filled Autumn
Pinterest Board!**

11. 1/2 teaspoon ground cumin.

Instructions:

1. Preheat oven to 400 F and position rack in middle of the oven.
2. Add cubed butternut squash and 4 peeled garlic cloves to a baking sheet and drizzle with 1 tablespoon olive oil and a pinch of salt & pepper. Toss to combine.
3. Bake 15-20 mins or until squash is tender and garlic is golden brown. Let cool for 5 mins.
4. Peel roasted garlic and add to food processor or blender along with squash, 4 cloves minced garlic, lemon juice, chickpeas, tahini, olive oil, salt, pepper, parsley, cinnamon and cumin.
5. Puree until creamy and smooth, scraping down sides as needed and adding more olive oil or touch of water if too thick.
6. Serve with pita chips and veggies of your choice!



[Maintain your balance here!](#)

Giving Back

A change must be made today in order to feed the world tomorrow!



Picked **Fresh** From
The  Patch

4" Potted Living Parsley

Parsley is well known for its antioxidant, antibacterial, antihistamines and anti-fungus properties.

Did you know it takes the average farmer about 1,847 gallons of water to produce just one pound of beef? Edible Garden uses less than 200 gallons of water to grow a pound of produce!

Did you know?



Ancient Romans wore garlands of parsley during feasts because they believed it to ward off intoxication!