October 2017 - Issue #72

EDIBLE GARDEN
SIMPLY LOCAL
SIMPLY FRESH

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.

Trick or TREAT!

No tricks here! Our biggest treat is fresh, locally grown herbs and produce 365 days a year. All Edible Garden herbs are grown in state-of-the-art greenhouses using the latest technology.

Incorporate our fresh herbs and lettuce products in your Fall recipes for a healthy and delicious addition!

EG's Sunlight Recipe

Greek Lemon Chicken Skewers

Healthy & delicious!

Ingredients:

1. 1 1/2 lbs chicken breast cut to 1" cubes.
2. 3 tbsp fresh lemon juice.
3. 1 tbsp red wine vinegar.
4. 1 tbsp EVOO.
5. 2 cloves garlic, minced.
6. 2 tsp dried oregano.
7. 1/2 tsp dried parsley.
8. 1/2 tsp coriander.
9. Salt & pepper to taste.

Instructions

1. In a large bowl whisk together remaining ingredients then add the cubed chicken and toss to coat.

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...

Oregano

Follow us on Twitter!

2. Cover and refrigerate the chicken for 45 mins to 3 hours.
3. Heat grill to medium high heat.
4. Thread chicken onto metal or wooden skewers, be sure to soak wooden skewers for 30 mins.
5. Oil grates of the grill or grill pan and place the skewers on them.
6. Grill the chicken for 3-4 mins then flip it over and grill for another 3-4 mins or until chicken is cooked through.
7. Serve with Tzatziki sauce & enjoy!

Click here!

Giving Back

Puerto Rico needs our help! Join us in donating to the thousands of people without power or clean drinking water.
UNICEF

Picked Fresh From The Edible Garden Patch

4" Potted Oregano

Fresh EG Oregano is grown using the most sustainable practices!

Did you know?

According to legend, it was the Greek goddess of love, Aphrodite, who planted oregano for the first time and gave it its fragrance.

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

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