

November 2014 - Issue #2



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.

What's the Difference?

Why is Edible Garden's growing method better than that of a traditional farmer?



What's the difference? Edible Garden takes pride in the way that we grow our products. We use 90% less water than traditional farming methods. Edible Garden has a strong grasp on the importance of not only feeding the world today, but keeping up with sustainable practices in order to continue feeding the future world. Indoor farming is reliable, clean and sustainable. Take a look at how we conserve water! [Edible Garden Sustainability](#)

EG's Sunlight Recipe

Tricolore Caprise

Ingredients


1. 2-4 fresh tomatoes, sliced
2. 1-2 large pieces buffalo mozzarella, sliced
3. 1 small ripe avocado, sliced
4. 2-4 tablespoons Spinach-Basil Pesto
5. salt and pepper to taste

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.....

November's **EG Sunlight**

Shines on... 

Hydroponic Basil



Learn more about Edible Garden! Watch our video!

Instructions

1. Layer sliced tomatoes, buffalo



mozzarella, and avocado.

2. Drizzle with Spinach-Basil Pesto.
3. Sprinkle with sea salt and fresh ground pepper.



Edible Garden

Picked Fresh From
The  Patch

EG Living Basil

Experience the "Living" difference. Edible Garden Hydroponic Basil is grown with no harmful pesticides, herbicides, or GMO's. Get educated on what you are putting into your body. With Edible Garden you can always be sure that our products are healthy and natural!

Feel a cold coming on?



Basil leaves can be used to aid and often treat cold and flu like symptoms!

Giving Back



Local Food Pantry

Edible Garden has donated over 300 pounds of lettuce to a local food pantry.

Continuing to help our local communities in any way that we can!

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