

December 1 2014 - Issue #3



*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.

## A Healthier Home for the Holidays

With Thanksgiving under our belts, it is time to look forward to the rest of the holiday



season. The holidays are all about family and spending as much time as possible with the people that you love. There are a few common factors that tend to bring all families to the same place at the same time.

When it comes to Edible Garden, what is the first factor that comes to mind? Food! It is so important, especially during the holiday season, to cook healthy and delicious meals for you and your family. At Edible Garden we believe that it is our job to provide you with the freshest, most nutrient-dense herbs and produce to feed your family. There are so many things to worry about when planning the perfect holiday meal, finding fresh and local herbs and produce should not be one of them.

## EG's Sunlight Recipe

### Rosemary Potatoes


#### Ingredients

1. 2 1/2 lbs Yukon Gold potatoes cut in 1/2"

## 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.....

### December's EG Sunlight

Shines on... 

## Rosemary



Don't forget to Like us on Facebook!

- squares.
- 2. 1/4 cup extra virgin olive oil.
- 3. 1 tablespoon sea salt.



*Instructions*

1. Preheat a cast iron skillet over medium/high heat.
2. Place the potatoes, olive oil, sea salt, and half of the chopped rosemary into the skillet and cook for about 15 mins. Use a spatula to flip the potatoes whenever the bottoms begin to brown.
3. After about 15 mins, turn the heat down to medium. (If the pan is smoking turn down sooner.)
4. Add the rest of the rosemary and continue to cook at medium heat, continuously flipping the potatoes. Cook until potatoes are golden brown and slightly crispy.
5. Serve immediately.



Check it out!

*Giving Back*



Picked **Fresh** From  
The **EDIBLE GARDEN** Patch

**EG Potted Rosemary**

I don't know about you, but here at Edible Garden, Rosemary is one of our very favorite herbs to cook with during the holidays. Our 100% naturally grown rosemary is the perfect addition to take your meal to the next level. Try it out for yourself!

**Every Little Bit Counts**

Edible Garden continues to support our local communities. With the holiday season upon us, giving back wherever we can just seems to feel that much better. Join us in the giving spirit! Happy Holidays!

*Forgetting Something?*



Rosemary was historically used to aid in the reduction of memory loss!