

August 2016 - Issue #43



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.

Don't let the sun stop your summer fun!

We are told from the time we are small how important it is to regularly apply sunscreen, especially during the hot summer months. It is crucial to the health of our skin and can help to prevent skin cancer and other complications down the line. But hey, everybody makes mistakes. Edible Garden is here to help! Along with growing fresh and nutritious herbs and lettuce products, EG also grows Aloe Vera at our flagship greenhouse in Belvidere, NJ.



Sunscreen fail? Let aloe step in. Aloe Vera is a natural soother. Apply fresh, all natural EG aloe to your sunburned skin or try the all natural recipe below for instant relief!

EG's Sunlight Recipe

Homemade Aloe Vera Sunburn Soother

All natural!

Ingredients

1. 2 tablespoons avocado oil.
2. 2 tablespoons coconut oil.
3. 1 heaping tablespoon beeswax.
4. 1/4 cup natural EG aloe vera gel.
5. 2 tablespoons witch hazel extract.
6. 10 drops soothing essential oil.

Instructions

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...

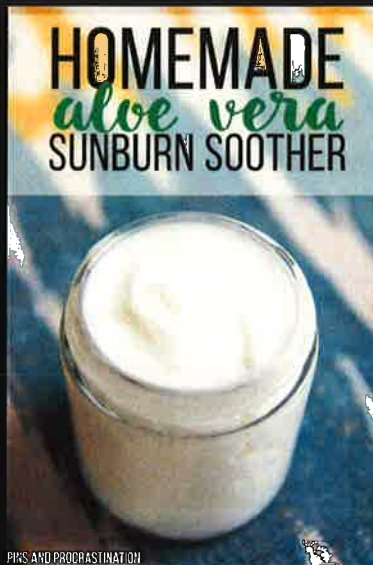
August's *EG Sunlight*
Shines on... 

Aloe Vera



Summer is flying by!
Don't miss out on all of our favorite recipes...

1. Melt the avocado oil, coconut oil and beeswax in a double boiler until fully combined. Transfer the mixture into the bowl you plan to mix in. Set aside for 20 mins to cool.
2. Combine the aloe vera gel, witch hazel extract and essential oil in a separate container.
3. When the oil mixture is slightly above room temperature, whisk using a hand mixer. While whisking, slowly pour the aloe mixture in until fully combined. Continue whipping for 30 seconds or until desired texture is reached.
4. Transfer lotion to an airtight container and store in a cool, dry place.
5. Apply when needed and feel the relief!



[EG Summer 2016 Pinterest Board!](#)

Giving Back

Picked **Fresh** From
The **Patch**



4" Potted Living Aloe Vera

Look for our fresh Aloe Vera in your local supermarket or garden center!



What is your favorite local organization to be a part of? Edible Garden would love to get involved!

No Itch Aloe



Aloe Vera gel can be used to prevent itching from bug bites!

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

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