

August 2016 - Issue #44



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.

EG Sunlight

All Natural... The only claim you need.

If you were to walk down the grocery store aisle today, just about everything has some type of claim on it.

"Great source of...", "Does not contain...", the list goes on and on. How do you know that what you are consuming is actually beneficial? Keep it natural! It doesn't get more natural than a plant.



EG Aloe Vera is grown 100% naturally with no harmful pesticides, herbicides or GMO's. Aloe Vera has been proven to detoxify, support immune health, lower cholesterol and blood sugar, aid digestion and so many more extremely health conscious properties. Give EG Aloe a try!

EG's Sunlight Recipe

Healing, Hydrating Aloe & Cucumber Water

All natural!

Ingredients


1. 2 EG Aloe Vera leaves.
2. 1 cup unsweetened coconut water.
3. 1/2 cucumber, chopped.

Instructions

1. Cut the Aloe Vera leaves into halves, lengthwise. Use a spoon to scoop the translucent gel.
2. Add gel to blender with coconut water and cucumbers. Blend.
3. Process, strain the liquid to eliminate the cucumber pulp.
4. Add more water if desired.

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



Have you liked us on Facebook yet?



Like us on
Facebook

[Click here!](#)

5. Drink, enjoy,
hydrate!



Giving Back



We hate being wasteful! Why
throw away good food when
you can donate it to a local
food bank?

Picked **Fresh** From
The  Patch

4" Potted Living Aloe Vera

EG's Aloe Vera is grown under the same high
quality standards as the rest of the Edible Garden
products!

Aloe H2O



Aloe Vera gel is
composed of 96%
water, allowing it to
survive in extremely
dry conditions!

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

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