

September 2016 - Issue #45



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.

Another Herb-Filled Summer Comes to a Close

Labor Day is almost here, which means another herb-filled summer in the books. And what a great summer it was! With continued innovation, further expansion of both our product lines and our facilities, and as always an abundance of attention to quality and freshness, we were able to continuously serve you with the best products we know how!



With a new season approaching, we will continue our mission to serve you with the highest quality herbs and produce on your supermarket shelves!

EG's Sunlight Recipe

Crispy Zucchini Bites with Creamy Thyme Sauce

The perfect summer to fall segway!

Ingredients


1. 1 zucchini, cut into half inch coins.
2. 3 large eggs.
3. 1/2 cup almond milk.
4. 1 cup flour.
5. 3 1/2 cups panko bread crumbs.
6. 1/2 cup grated Parmesan cheese.
7. Vegetable oil for pan frying.
8. 2 tablespoons chopped EG parsley.

For Creamy Thyme Sauce:

1. 8 oz sour cream.
2. 1 teaspoon fresh EG thyme, minced.

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...

September's Sunlight
Shines on... 

Thyme



Take advantage of our Summer Pinterest board while you still can!

3. 1 teaspoon freshly squeezed lemon juice.
4. Salt and pepper to taste.

Instructions

1. Place flour in a small bowl and set aside. Mix Parmesan, panko and parsley together in another small bowl and set aside. Beat eggs and milk together in a separate bowl and set aside.
2. Dredge each zucchini coin first in the flour, then the egg mixture, then the panko mixture. Repeat until finished with zucchini coins.
3. Heat up frying pan and add oil. When oil is hot, add breaded zucchini. With heat on medium, cook until zucchini is golden brown (about 2 mins on each side). Place fried zucchini on paper towels to absorb oil.
4. Serve immediately with Creamy Thyme Sauce!



For Creamy Thyme Sauce:

1. Whisk thyme, sour cream, lemon juice, salt and pepper together. Keep refrigerated after use.

Picked Fresh From
The  Patch

4" Potted Living Thyme

For culinary purposes, Thyme pairs wonderfully with Rosemary, Parsely, Sage and Oregano!

Bed Thyme



In the Middle Ages, people placed thyme under their pillows to prevent nightmares and aid sleep.

EG Summer 2016!



[Recipes, crafts, DIY and more!](#)

Giving Back



Edible Garden's hydroponic growing practices guarantee that neither the produce nor the environment is ever contaminated by any chemicals!

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

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