

November 2016 - Issue #49



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.

Natural or nothing!

Our culture as a whole is in the midst of a shift from unhealthy processed foods, to all natural, local food products.

Saying goodbye to GMO's, artificial flavors and processed sugars; and saying hello to USDA Certified

Organic, Non GMO Project Verified and all natural produce and food products!



Edible Garden is 100% on board. Not only do all of our herb and lettuce products fit right into this health shift, but they are locally grown and delicious too! From organic herbs, to hydroponic lettuce, to SuperLeaf, we are here to service your family's locally grown produce needs.

EG's Sunlight Recipe

Spaghetti Squash with Feta & Herbs

Healthy & delicious!


Ingredients

1. 1 medium sized spaghetti squash.
2. 1 teaspoon extra virgin olive oil.
3. 1/4 teaspoon garlic powder.
4. 1/4 teaspoon salt, and a pinch of black pepper.
5. 1 tablespoon fresh EG parsley.
6. 1 tablespoon fresh EG basil.
7. 1 tablespoon fresh EG oregano.
8. 1 teaspoon lemon zest.
9. 1/3 cup crumbled feta cheese.

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... 

Oregano



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Instructions

1. Preheat oven to 400 F.
2. Line a baking sheet with foil and spray with cooking spray.
3. Cut the squash in half lengthwise. Spray the insides with cooking spray, and sprinkle with salt and pepper.
4. Roast squash on the middle rack of the oven for 35-40 mins.
5. Remove squash from oven and let cool.
6. Using a fork, scrape the flesh out and put into a bowl. Add the remaining ingredients to the squash and stir everything together.
7. Serve immediately and enjoy!



Giving Back

Abilities of Northwest NJ!



Ashley and Rick celebrating Ashley's completion of the SustainAbilities hydroponic training program at Edible Garden!

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



4" Potted Living Oregano

Rich in calcium, antioxidants and dietary fiber...
No pizza is complete without oregano!

Did you Orega-know?



Ancient Greeks believed that cows who grazed in fields of oregano had tastier meat!

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

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