

December 2016 - Issue #51



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.

Superleaf Spring Mix!

We hear a lot about antioxidants and how they are beneficial, but what do they actually do?

Antioxidants work to prohibit the oxidation of other molecules in the body. If these oxidized molecules, or free radicals, in the body go unchallenged it can cause a wide range of illness and chronic diseases. In other words, antioxidants are crucial to human health!



Edible Garden teamed up with a leading scientist at Rutgers University to create Superleaf. Superleaf contains 5X the amount of antioxidants as ordinary lettuce! That means making a salad with Superleaf is a 5X healthier salad than your ordinary romaine. Not only is it the healthiest lettuce you can eat, but it is also delicious! Look for Superleaf at your local supermarket!

EG's Sunlight Recipe

Gorgonzola Cheese Cups with Pear, Hazelnut & Spring Mix Recipe

The perfectly healthy holiday appetizer!


Ingredients

1. 1 cup (packed) Parmesan 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...

December's EG Sunlight

Shines on... 

Living Superleaf Spring Mix



(Cut lettuce version coming soon!)

Have you liked us on Instagram yet?

2. 8 teaspoons Gorgonzola cheese.
3. 1 teaspoon all-purpose flour.
4. 1 cup (packed) Superleaf Spring Mix.
5. 2 tablespoons chopped hazelnuts, lightly toasted.
6. 1 Bartlett pear, cut into 1/2" dice.
7. 2 tablespoons EVOO.
8. 1 tablespoon balsamic vinegar.



Instructions

1. In a small bowl, combine Parmesan cheese and flour.
2. Heat a small non-stick skillet over medium-low heat. Be sure pan is fully heated before adding cheese. Sprinkle 2 tablespoons of Parmesan mixture into a 4" circle in the middle of the skillet. Sprinkle 1 teaspoon of Gorgonzola cheese over the Parmesan.
3. Cook until the circle starts to hold together as you lift it off of the pan and the bottom is starting to brown, about 1-1 1/2 mins.
4. Using an offset spatula, lift the circle of cheese from the pan and flip to the other side. Cook for an additional 15-30 seconds.
5. Gently press the circle into a muffin tin. Repeat with the remaining cheese, to make a total of 8 cheese cups. Let the cheese cups cool completely in the muffin tin. When ready to use, carefully lift them out of the tin.
6. In a medium bowl, combine Superleaf Spring Mix, toasted hazelnuts, pear and a simple vinaigrette made of the olive oil and balsamic vinegar. Only use enough vinaigrette to lightly dress the salad.
7. Place the cheese cups on a serving platter and gently fill with the salad.
8. Serve immediately and enjoy!



[Click here!](#)

Giving Back



Edible Garden has joined the PMA (Produce Marketing Association) community in hopes to aid in the continuous advancement of the produce industry!

Picked **Fresh** From
The  Patch

Superleaf Spring Mix

EG's new Superleaf Spring Mix is grown 100% organically and uses absolutely zero harmful pesticides or herbicides. Yes, it's just

naturally that healthy!

Plant-Based Power



On average, plant
foods contain 64
times the antioxidant
power of meat
products!

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

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