September 2017 - Issue #70

EDIBLE GARDEN
SIMPLY LOCAL
SIMPLY FRESH

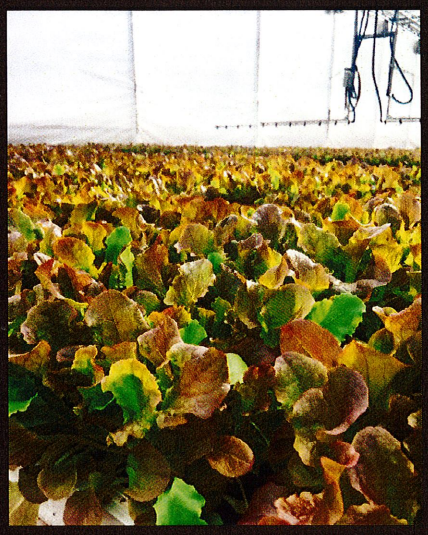
The EXCHANGE

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 = 5X the Flavor!



It is no surprise that lettuce is good for you, but can you imagine it being 5X as good for you? Edible Garden's new SUPERLEAF contains FIVE times the amount of antioxidants as ordinary lettuce. This all natural lettuce seed was developed with consumer health in mind. This fresh, nutrient-dense lettuce is locally grown and USDA Certified Organic!

Look for Superleaf at your local supermarket!

EG's Sunlight Recipe

Hummus & Superleaf Spring Mix Pizza

Healthy, fall fresh pizza!

Ingredients:

1. 1 lb pizza dough.
2. EVOO.
3. 1 cup Superleaf Spring Mix.
4. 1 cup chopped EG Parsley.
5. 1 cup chopped EG Mint.
6. 2 tablespoons fresh lemon juice.
7. 1 cup prepared hummus.
8. Shredded Ricotta.
9. Sea salt & pepper to taste.

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 EG Sunlight Shines on...

Superleaf Spring Mix

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Instructions

1. Preheat oven to 450 degrees. On a large baking sheet, stretch dough to 14" and brush with EVOO. Bake for about 15 mins, until golden brown.
2. In a bowl, toss the Superleaf, parsley, mint and lemon juice.
3. Spread hummus on hot crust and top with the salad mixture. Season with salt, pepper, EVOO & shredded ricotta.
4. Serve immediately & enjoy!

Giving Back

Thousands of people affected by the recent hurricanes need our help. Join us in donating to those in need!

Picked Fresh From The Edible Garden Patch

Superleaf Spring Mix - Cut

Superleaf is a nutritious take on standard Spring Mix. Look for us at your local supermarket!

Eat Like an Egyptian

Lettuce was first cultivated in Ancient Egypt more than 6,000 years ago!

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

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