

# EDEN SPRING NEWSLETTER



## Fruittista Fun Fact

*Did you know that kombucha is packed full of live probiotic cultures that help support a healthy gut and fight inflammation? This fermented tonic is a natural detox that will leave you feeling “so fresh, so clean.”*



2.11

*Guns n' Hoses 5k Run  
@ Hobgood Park 7-9am*

2.14

*You are loved - by all of us at Eden  
Come enjoy a Rose Bowl with us*

3.17

*Keep your eyes peeled for  
something green joining the menu*

4.9

*Eden will be closed for  
Resurrection Sunday*

4.27

*WE. Women Entrepreneurs  
Networking @ Eden 6:30 - 9pm*



Hurry in while you can for one last taste of winter! There's only one month left to try our Peppermint Mocha Smoothie and our homemade soups. You know what that means... it's time to welcome back a favorite addition to our spring menu:

The Blackberry Basil Smoothie. This gut healing smoothie is made with locally crafted kombucha, mixed berries, fresh spinach, bananas, agave, and a splash of lemon juice. Rich in probiotics and refreshing to taste, this “berry” delicious snack has everything you need to take on the day.







## Employee Spotlight

If you love Eden - then you have probably seen Catherine hard at work behind the counter. Here are some fun facts about one of the best fruitistas around: Catherine received her Bachelor of Fine Arts from Reinhardt University where she also played on the school basketball team for four years. Not only does she kill it on the court, but she's also talented in the art studio! She's in the process of starting up her own small pottery business. If you're interested in supporting Catherine in her artistic endeavors, you can purchase and view her pottery in the lifestyle section at Eden!



## About Us

Chris and Stephanie's story began when they joined a running club at their corporate office job. One day, Chris walked back into the office after finishing a 3-mile run to find Stephanie about to begin hers. Even though he was exhausted, he asked if he could join her, (knowing full well he would have to persevere through another 3-miles.) Although the pair of lovebirds are no longer in a running club, they have the honor and joy of running Eden together.



## Did you know?

Order online directly from our website and have it delivered. A lot of businesses mark up their prices on Doordash and UberEats, but by ordering direct from us you save on that up-charge.

[ <https://edenwoodstock.edensmoothies.com/> ]

## Store Hours

### Monday thru Friday

8:30am - 7:00pm

### Saturday

9:00am - 7:00pm

### Sunday

11:00am - 6:00pm