



**Dear Friend,**

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Best,  
Anne



### Accidental Locavore's 3 Reasons to Buy From a Farmers' Market or a CSA

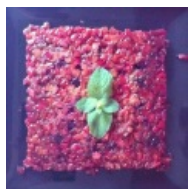
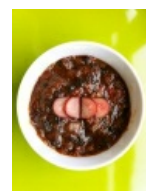
The Accidental Locavore is a strong proponent of buying as much as you can from farmers' markets, joining a CSA (Community Sponsored Agriculture) or food co-op. After all, that's how I became the Accidental Locavore and learned to love the surprise that comes with every delicious box. But what's in it for *you*?

1. **You get to know where your food comes from.** By getting to know farmers and other local purveyors you certainly make a connection to the source of your food, but there are other benefits. When you know your farmer, things can be saved for you, so if you're not a morning person (like the Locavore) they'll put stuff aside for you, let you know what's coming, what's good that week and what may be at the end of its run.

[Read more:](#)

### Blogger's Editor's Choice! Recipe for Rhubarb Ginger Chutney

For the second time in three weeks, The Accidental Locavore's blog has been picked as an Editor's Choice for "What's HOT" in food! [Check it out on Blogger](#) and be sure to comment (that way they'll ask us back). Thanks for your support!



### The Accidental Locavore: Recipe for Rhubarb Upside-Down Cake

Recently the Accidental Locavore has had upside-down cake on her mind. At a new favorite lunch spot (only because we haven't had dinner there yet), Another Fork in the Road, my friend Betty and I happily split an apricot blueberry upside-down cake over the weekend. That was the impetus the Locavore needed to make this rhubarb-blueberry upside-down cake.

Here's what my trainer thought of it: "Your Rhubarb/blueberry upside down cake is to die for! Amazing. I want MORE! \_Thank you!"

[Click here for the recipe:](#)

### Blogging Boomers Carnival 210

Who is the Baby Boomer Icon? Are you too old to ride a bicycle (or in my case, too chicken)? Do people

know what you do? And more...  
[Aren't you curious?](#)

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The **Accidental Locavore** is now on [Alltop](#)! Check us out under "food". Way under "food"...scroll down to the bottom of the page.

**The poll:** What's your size preference...for asparagus was pretty close with fat beating thin by a spear. Now it's all about color, white, purple or green.  
[Cast your vote](#) on the homepage.

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