

Accidentallocavore®

Dear Friend,

Wow! Sometimes numbers just sneak up on you. Welcome to newsletter #200!

The newsletter is going to be a little shorter now as I'm going to be posting blogs only once a week so I can focus on a new venture: [Hudson Valley Eats](#). Check it out and if you're on Facebook etc. please "like" it. We're taking on the food scene in the Hudson Valley--restaurants, distilleries, markets, farms, all of it.

Would you drink water that came from trees? [See how this unusual idea came to be.](#)

So you don't feel deprived of a recipe, how about [asparagus three ways](#)? My favorite is still tossed in mayo and grilled!

Big honor last week I was named The Daily Meal's Blogger of the Week! [Check it out here.](#)

Asparagus always means spring and these white ones make a [beautiful May calendar](#) for your desktop.

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they can [sign up for the newsletter](#). Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!
Anne



Water from Trees: Asarasi

Trees.
We think of them for lots of things.
Shade, landscaping, climbing, fall foliage.
But...water?
Yes.
Those same sugar maple trees that give you maple syrup now give you water.

[Read more.](#)



Recipes for Asparagus: Steam, Grill, or Roast and Enjoy!

This time of year, recipes for asparagus are as plentiful as tree pollen. Here are three ways to do them justice. What's your favorite?

[Get the recipe.](#)



May Calendar

Asparagus comes in many colors, and is always a sign of spring!

[Download the Calendar.](#)

[Calendar](#)

Accidental Locavore *Live!*

If you enjoyed the article about the water from trees, don't miss my interview with the CEO, Adam Lazar.

Next Monday, I'm off supporting my husband, so no show. The 22nd, I've got my friend and partner in [HudsonValleyEATS.com](#). Janet Irizarry and we'll give you a sneak peek at the new website.

Tune in at 5:00 EDT Mondays. [www.pawlingpublicradio.org](#) or listen anytime on our [homepage](#).

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PO Box 1289 | Pleasant Valley, NY 12560-1289 US



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