

Accidentallocavore®

Dear Friend,

When we talk about food waste, we usually think about perishable food. What about [all that stuff](#) in your pantry cupboards?

Last week, I didn't have much of an appetite, but these [great chocolate cookies](#) were exactly what I felt like eating.

"Below the fold" read my most [recent article for Westchester Magazine](#) and see who's next up on the radio show.

Some spices that might grace your Thanksgiving table are [this month's calendar](#).

If you know anyone who is into food and fun, please ask them to [sign up for the newsletter](#) and get a treat every Tuesday. Or you can click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

If there's anything you'd like to see more (or less) of, you can always let me know by replying to the email or commenting on the blog.

Enjoy!

Anne



Pantry Items: Is This Food Waste Too?

The other part of food waste that probably really goes ignored in your kitchen?

Pantry items.

They're not as perishable as fresh food but they do go bad.

Or just take up space. [Read More:](#)

Ultimate Chocolate Cookies

Sometimes you need to cook to take your mind off current events.

These ultimate chocolate cookies might distract you from things like election results.

And they taste amazing!

Might even put a smile on your face.

[Get the recipe:](#)



Westchester Magazine

Meet Leslie Lampert and see why she wants you to replace your afternoon coffee with a hot cup of bone broth. [Read more:](#)

Accidental Locavore *Live!*

If you missed this week's show, you can catch up on [our homepage](#).

Coming up on November 21st we'll talk with the owner of Clove, a jewel of a kitchen/gourmet shop in Red Hook. Listen in and get some holiday food gift ideas.

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



November Calendar

How many of these spices will you use for Thanksgiving?

[Download the Calendar:](#)

Calendar

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