

Accidentallocavore®

Dear Friend,

Getting ready for Halloween? This week we're all about pumpkins.

Are you a fan of [pumpkin spice](#), or do you think it's been overdone? We found some pretty bizarre uses out there.

If you're a fan of pumpkin, [here's a great recipe](#) for stuffed pumpkins that not only tastes good, but will help use up some of those leftover odds and ends in your fridge.

[This month's calendar](#) features some unusual pumpkins I found at a farmers market in Maine.

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



Pumpkin Spice Overload

Pumpkin Spice:

Cinnamon.

Ginger.

Nutmeg.

Allspice.

Cloves.

Warm spices.

All good stuff-- makes your house smell wonderful.

But....

These days, it seems that there is almost nothing that wouldn't benefit from some "limited edition pumpkin spice." [Read More:](#)

Pumpkin Stuffed With Everything Good

There are certain recipes you just don't mess with. Pumpkin stuffed with everything good is not one of them.

It actually begs to be messed with.

And is a great way to use up some of those bits of leftovers in the fridge.

[Get the recipe:](#)



Accidental Locavore *Live!*

October 24th we're previewing [Hudson Valley Restaurant Week](#) (November 1-13th) with the publisher of *The Valley Table*, Janet Crawshaw. We'll talk about how it got started and what's new for this, the 10th anniversary. Join us!

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



October Calendar

Beautiful black pumpkins from a Maine farmers market.

[Download the Calendar:](#)

Calendar

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