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Best,  
Anne



### The Accidental Locavore Tries Whole Foods' 5-Step Program for Chicken

This morning the Accidental Locavore bought some chicken at Whole Foods. Yeah, so? While looking over the case for thighs to make the Indian chicken with yogurt, I noticed a 5-Step Animal Welfare Rating System for the happiness of the animals. This being competitive New York, once I found the chicken thighs, it was time to make sure my chickens lived in relative paradise before they ended being dinner. No such luck. The most blissful chickens weren't so idyllic, only a 2 on the scale of 1-5. Luckily, the Indian chicken is spicy, so their less-than-privileged upbringing will be lost (for sure now) under a shower of chiles, cilantro and ginger.

Being curious, the Locavore approached a woman unloading more meat into the case.

[Read more:](#)

### The Accidental Locavore: August Charcutepalooza Challenge, Binding



This month the Accidental Locavore and other Charcutepalooza participants gave up the sausage stuffing for a more refined pastime, making terrines. Our mission was to make them beautiful as well as delicious. Since I had a houseful of vegetarians coming for the weekend, as well as a box full of gorgeous vegetables, I decided to give Michael Ruhlman's grilled vegetable terrine a shot.

In return for some recipes for cherry tomatoes, my farmer was cool enough to let me pick up my farm box early in the morning, after I had asked for an "advance" of a couple of zucchini and a squash. Someone who knows me well had given me the perfect Le Creuset terrine a while ago so I was set.

[Read more & see more photos:](#)



### New Features:

#### August Desktop Wallpaper Calendar

[Click here to download the Accidental Locavore's August Calendar](#). To install it on Windows: Download and save the image where you can find it. Then: Control Panel/Personalization/Desktop Background and select the image. Or, just right click on the image and "Set as Desktop Background" Enjoy!

#### App of the Week

The Accidental Locavore website now features an app review. Check out this week's app: *42 Restaurants Lite* and

see if it's a keeper or not.  
[App of the week:](#)

### Blogging Boomers Carnival 220

From bird of prey...raptors, to channeling your inner Ed Koch and more, see what the Boomers are up to this week.  
[Check it out here:](#)

#### Quoted:

In **mint.com** in an article on no-cook recipes. [Check it out here:](#)  
In the **Associated Press** as part of an article on "missing" 9/11. [I'm at the end.](#)

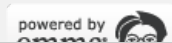
The **Accidental Locavore** is now on [Alltop!](#) Check us out under "food". Way under "food" but moving up! Scroll down towards the bottom of the page.

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