

Accidentallocavore®

Dear Friend,

Are you a little afraid of canning and pickling? Read this week's post and see how easy it can be! If you're not an eggplant fan, this recipe might change your mind, it changed Frank's!

I bet you have at least one friend who would enjoy this newsletter. It's easy to [sign up here](#). Or you can click the icons to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne

Share



Adventures With My New Canner

You may remember that a couple of months ago, I was sent one of the new Ball freshTech Electric Water Bath Canner and Multi Cookers, but I hadn't had a chance to put it through its paces. This week at the CSA we were encouraged to pick as many green beans as we wanted, which seemed to be the perfect "test drive" for the canner. [Read more:](#)



Grilled Eggplant and Lemon

If you're part of a CSA, you know that there are always a couple of veggies that appear once too often to really inspire you. For the Accidental Locavore, that vegetable is eggplant. It's not that I don't like eggplant, I actually love the stuff; it's just that my husband doesn't. This, from *bon appétit*, looked interesting. [Get the recipe:](#)



August Calendar

Probably the best blueberries I've ever eaten! From Mead Orchards in Tivoli.

[Download the Calendar:](#)

Calendar

Label GMO Foods

If you want to know where your food comes from, you might want to email to your Senators. It's online and easy to do. [Just click here:](#)

