



Dear Friend,

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Best,
Anne



The Accidental Locavore's Guide to Eating Local and Fresh in Maine

So when the Accidental Locavore isn't hanging at the bar at Cafe Miranda, what else is she eating that's local and fresh on the coast of Maine? If you happen to be heading up to the Maine Lobster Festival, here are some food ideas to get you away from the crowds.

How about water buffalo burgers sourced from the farmers' market in Camden stuffed with cheese from Hahn's End, one of the artisanal cheesemakers there too? Delicious and a healthy alternative...well, except for the cheese...to a beef burger. Grab a piece of their "Petit Poulet," an ash-rubbed semi-soft cheese to nibble on. If you go to the market on a Saturday, Uproot Pie Company is there with a portable wood-burning pizza oven turning out great looking pies. Wouldn't that be great (and mobbed) at the Greenmarkets in New York?

Another favorite place is your typical lobster joint, Waterman's Beach. The Locavore thinks it's pretty safe to say that most fish places on remote beaches have amazing food, world-wide.

[Read more:](#)

The Accidental Locavore: Farm Boxes and a Bunch of Salads

For the past two weeks the Accidental Locavore's farm boxes have been packed with goodies. Finally some great corn (sorry Maine, but the corn there was pretty ho-hum) the beginning of tomatoes and tiny fingerling potatoes. Those summer staples, eggplant, zucchini and summer squash, along with cucumbers and, this week a new addition, okra. Paul pointed out to me the lovely flowers the okra plants produce, a soft yellow with dark centers.



Because it's been so hot, we've been making a lot of Salad Nicoise, especially now with the potatoes, beans and tomatoes being so great. My ongoing experiment, to recreate Bobby Flay's amazing cauliflower gratin with goat cheese, is getting closer and the Locavore just used a beautiful head of cauliflower to make a gratin with goat cheese, crème fraîche, breadcrumbs and chevrè. Still not Bobby Flay level, but not bad.

[Read more & get the recipes:](#)



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. See what this week's app: *Recco* is all about and whether I "recco" it or not.

[App of the week:](#)

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.](#)

Blogging Boomers Carnival 219

This week a lot of us are focused on food. From Spam to gnocchi to a Saturday shopping trip. What's on everyone's mind?

[Check it out here:](#)

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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