

Accidentallocavore®

Dear Friend,

Thank you for all the very moving comments on the *My Nice* piece last week, it meant a lot to me. This week, on to lighter fare (well, sort of).

Have you ever had [lechon](#)? It's the Filipino version of roast suckling pig and it's delicious! Then chime in on what you think should be the national dish of the US (no, we don't have one).

How about [Chinese broccoli](#)? If you don't have any from your CSA, broccoli rabe will work well here too.

Veggies from my CSA share are the stars of the July calendar. [Click here](#) (and right click on the image) to add it to your desktop.

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



The Lechon Party

Possibly lechon is as traditional a July 4th dish as a hotdog.

After all, the Philippines, where lechon, or roast suckling pig is the national dish, celebrated their independence (from the US) on July 4th.

Our friend Zhu Zhu decided that a dinner featuring lechon, or roast suckling pig, would be the perfect way to celebrate the holiday weekend. [Read more:](#)

Chinese Broccoli: What Is it? What Do With It?

Have you ever had Chinese broccoli?
Me neither.

Also known as gai lan, it was one of the choices at my CSA recently and feeling brave, the Accidental Locavore tried it. It looks like just the leaves of broccoli, but bigger, with a little bud in the center.

Since it was Chinese, something Asian seemed to be appropriate. [Get the recipe:](#)



July Calendar

Beautiful produce from my CSA!

[Download the Calendar:](#)

Calendar

Accidental Locavore

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