

# Accidentallocavore®

## Dear Friend,

Is your favorite comfort food on my list? If not, [comment](#) and let us know what we're missing! If you've got leftovers, you've got a meal with the recipe for Thai fried rice, below. August means blueberries, so check out the calendar. And if you care about where your food comes from, you might want to sign the petition to have GMO foods labeled.

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



## What's Your Go-To Comfort Food?

After thoroughly perusing Kerry Altiero's new cookbook *Adventures in Comfort Food*, the Accidental Locavore started thinking about comfort food. While there are some foods that would be almost universal, on every list there are bound to be others that just don't appeal. For me, chicken (or any other kind of) pot pies don't even make the top 100 and there's a reason for that. [Read more:](#)



## Thai Fried Rice

The beauty of fried rice is that it's great for all those small bits of leftovers you have cluttering the fridge. The Accidental Locavore had a bunch of stuff that needed to be put to good use and it was lunchtime.... Make sure everything is prepped and ready to go, this comes together really quickly! [Get the recipe:](#)



## August Calendar

Probably the best blueberries I've ever eaten!

[Download the Calendar:](#)

Calendar

## Label GMO Foods

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

