



Dear ,

Happy Independence Day! What are you grilling for the holiday? Please enjoy this week's newsletter. If you have a friend or two who might like the newsletter, why don't you suggest they [sign up](#) by forwarding this email? Or you can click the little envelope at the top right corner to send to a friend, Twitter, Facebook, or LinkedIn.

Thanks,
Anne



Food Crawl: the Best Junk Food in the East Village

You've undoubtedly heard of a pub crawl, but what about a food crawl? It's a great way to try a bunch of different restaurants and explore a neighborhood, especially one with a variety of cuisines. The Accidental Locavore was part of a junk food crawl through New York's East Village on a warm spring night recently. We were a group of eight; a couple of chefs, a few foodies and a brave soul or two. The rules were simple and like the evening, flexible; food had to be able to be eaten outside, standing up.

[Crawl on:](#)

Carrot Salad Recipe with Harissa, Feta and Mint

This salad sounded like the perfect accompaniment to steak tartare on a very hot evening. Added bonus: our friend Jamila gave us a jar of harissa she made from a family recipe. It's great, a little chunky, nice and spicy! This feeds 4 as a side dish, is quick to make but needs some marinating time for the flavors to really develop.

[Carrot Salad:](#)



New This Week:

July Desktop Wallpaper Calendar

Patty pan squash from Stokes Farm for July (What you thought it would be red, white and blue?). [Click here to download the Accidental Locavore's July 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!

Huffington Post

How exciting! The Accidental Locavore is now part of Huffington Post's Kitchen Daily! [Click here](#) to follow on HuffPost.

Pinterest

Have you explored Pinterest yet? It's so interesting with many beautiful photos to inspire you to cook, travel decorate and more. Follow Anne and see the locavore "pins".

[Check it out:](#)

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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