Share this: 🄰 🛐 🛅

# Accidentallocavore®

## Dear Friend,

Happy 4th of July!

If you've got escarole or any other bitter greens from your CSA, try the salad below.

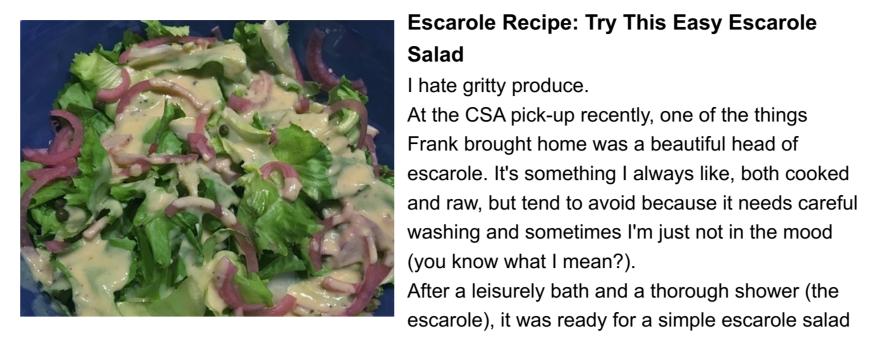
You might not know who Chef John Novi is, but his is a very interesting story. Read the article in Organic Hudson Valley that I wrote.

Don't forget to check out the new venture, Hudson Valley Eats. We're taking on the food scene in the Hudson Valley--restaurants, distilleries, markets, farms, all of it.

Time for a trip to Maine and some lobsters. In the meantime, I'll just look at them on the July

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they <u>can sign up for the newsletter</u>. Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy! Anne



Escarole Recipe: Try This Easy Escarole

At the CSA pick-up recently, one of the things Frank brought home was a beautiful head of escarole. It's something I always like, both cooked and raw, but tend to avoid because it needs careful washing and sometimes I'm just not in the mood (you know what I mean?). After a leisurely bath and a thorough shower (the

recipe l'd seen in bon appètit.

Read more:

# y f

**Chef John Novi** I had the chance to meet and write about Chef John Novi of the DuPuy Canal House for Organic Hudson Valley Restaurant recently.

Click here for the article:





July Calendar Craving lobster? Download the Calendar:

### Accidental Locavore Live!

Next Monday my guest will be Sara from Raspberry Fields Farm and we'll learn all about her granola and other goodies.

Last week's guest was Jennifer Solow of Edible Hudson Valley Magazine. Catch up with her on our homepage.

Tune in at 5:00 EDT Mondays. <a href="www.pawlingpublicradio.org">www.pawlingpublicradio.org</a> or listen anytime on <a href="our homepage">our homepage</a>.

Accidental Locavore

PO Box 1289 | Pleasant Valley, NY 12569-1289 US

Subscribe to our email list