

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 calendar](#).

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

Enjoy!

Anne



Escarole Recipe: Try This Easy Escarole Salad

I hate gritty produce.

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 escarole), it was ready for a simple escarole salad

recipe I'd seen in *bon appétit*.

[Read more:](#)



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.](#)

[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: www.pawlingpublicradio.org or listen anytime on our [homepage](#).

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