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Dear Friend,

Is a newcomer the best bagel in NY? Ever want to take your aggressions out on some unsuspecting root veggies? See below for three ways to crush, squish, etc.

Why don't you invite your friends [to sign up](#) for the newsletter? My goal is to double the readership, so if everyone reading this can get a friend to sign up...Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

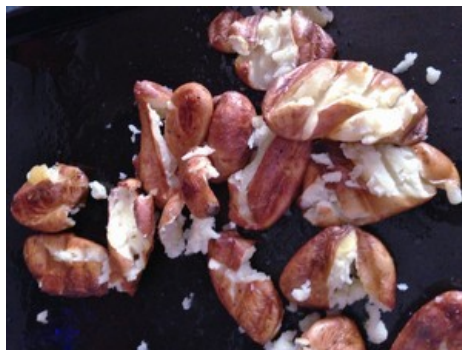
Anne



Is This the Best Bagel in New York?

There's been a lot of hype recently about a new bagel shop that's come to the Big Apple, so when the Accidental Locavore found herself face-to-face with Black Seed Bagels in the new Brookfield Place food hall, research beckoned. Black Seed is supposed to be a hybrid between New York and Montreal bagels, hand-rolled and baked in a wood-fired oven.

[Bagels:](#)



Crushed, Smashed, Squished

Or, three ways to take your aggressions out on unsuspecting root vegetables...

Maybe it was the thought of moving, but somehow both the Accidental Locavore and her husband decided it was time to rough-up a few root vegetables. Here are three easy ways to do it, all of them simple enough to add your own touches, and good enough to leave as-is.

[Crushed:](#)



July Calendar

Radicchio from my CSA is this month's cover girl:

[Download the calendar:](#)

Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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

