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Accidentallocavore®

Dear Friend,

Can you believe it's July? There's a great seaside photo for the July calendar, below. This week, I'm taking inventory of kitchen appliances and hoping to create a healthier snack with roasted chickpeas.

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.

Happy July 4th-Enjoy!

Anne



A Crowded Kitchen, Are ___ Appliances too Many?

The Accidental Locavore was the lucky recipient of the new Ball freshTech Electric Water Bath Canner and Multi Cooker to try out. I'm hoping it will make a mad canner out of me and the fear of preserving will be a thing of the past! It's beautiful and it's big – make that huge. Since it arrived, I've been trying to find a place for it (off the kitchen floor) and it's been making me take stock of what's taking up real estate in the kitchen. [Read more:](#)



Roasted and Crispy Chickpeas

In an ongoing search for healthier snacks (i.e. not chips), the Accidental Locavore recently came across a bunch of recipes for roasted chickpeas. These, from the NY Times, are super easy, and probably pretty healthy, but you do need some time to let them dry before you roast them. [Get the recipe:](#)



July Calendar

Don't you always want to be by the sea in July? This is from Rovinj, Croatia

[Download the Calendar:](#)

Media Coverage

OK, it's not food-related but don't you think #15 is the best tip? [Check it out here:](#)

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