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Best,
Anne

**What Does a Locavore Eat in the South of France?**

While the joke answer to what does a locavore eat in the South of France might be "whatever they want" (as long as it was grown 100 miles/161 km from where they are...), the Accidental Locavore ate a lot of great food and most of it was local and fresh. You know your locavore choices are much better in a mild climate where olive oil, lemons and other citrus, along with amazing vegetables and good wines, are all from just down the road.

One of the "old standbys," to quote my mother, is Le Safari in the old town of Nice by the market. We often go there for lunch, usually split a pizza from the wood burning oven and a classic salad Nicoise. One of the big differences in their salad dressings? More olive oil. On our last day in Nice at Safari, asparagus with foie gras was the special and as crazy as it sounds, made a great pairing with the pizza and a glass of rosé.

[Read more:](#)

The Accidental Locavore's May Charcutepalooza Challenge: Grinding. Merguez (Sliders with Chèvre)

For the **Accidental Locavore** May turned into merguez month. This month's Charcutepalooza challenge was grinding and I decided to go for the advanced challenge; making merguez. If you're not familiar with merguez, it's a spicy, North African lamb sausage and one of my favorites. The challenge was supposed to be more about grinding your own meat, than making link sausage, however once you get started...

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**Blogging Boomers Carnival 207**

From retiring accupuncturists to returning Jerry Seinfeld and lying on your online dating profile.

[See what Boomers are blogging about:](#)

The Accidental Locavore is now on [Alltop!](#) Check us out under "food". Way under "food"...scroll down to the bottom of the page.

The poll: What's your size preference...for asparagus?

[Cast your vote](#) on the homepage.

Results for: Is pepper the new "it" spice? Answer yes (100%).

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