

Accidentallocavore®

Dear Friend,

Would you drink soda or more flavored seltzer if the ingredients were healthier? Find out how the guys from [More Good](#) are trying to get you to "drink More Good". We're on our fourth bottle!

Breaking out the grill this weekend? Try [grilling a Caesar salad](#)—it's amazing!

The newsletter is going to be a little shorter now as I'm going to be posting blogs only once a week so I can focus on a new venture, [Hudson Valley Eats](#). Check it out and if you're on Facebook etc. please "like" it. We're taking on the food scene in the Hudson Valley—restaurants, distilleries, markets, farms, all of it.

Asparagus always means spring and these white ones make a [beautiful May calendar](#) for your desktop.

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 & Happy Memorial Day!

Anne



Drink More Good—Soda Syrup

Doing good and soda syrup don't usually come to mind as a perfect pairing.

And trying to get people to drink more soda these days is a little like tilting at windmills.

Just don't tell that to the guys at More Good.

They know that we're all suckers for carbonated water flavored with something sweet — they're just trying to make that something sweet a little better for you.

[Read more:](#)



Grilled Caesar Salad

Start your summer off in a great way!

This grilled Caesar salad has become part of the Accidental Locavore's summer repertoire. It's really easy and if you want to make it even easier, you can use your favorite bottled dressing (but don't, the dressing is easy and super-delicious!).

[Get the recipe.](#)



May Calendar

Asparagus comes in many colors, and is always a sign of spring!

[Download the Calendar.](#)

Calendar

Accidental Locavore *Live!*

This week, I had my friend and partner in [HudsonValleyEATS.com](#), Janet Irizarry for a sneak peek at the new website.

Next Monday is Memorial Day so I'll be grilling with my friends. Enjoy!

Tune in at 5:00 EDT Mondays [www.pawlingpublicradio.org](#) or listen anytime on [our homepage](#).

Accidental Locavore

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



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