

Dear Friend,

Before we get too swamped with the holidays, let's have a plan to do something with leftovers!

Maybe dress them with this <u>lime turmeric salad dressing</u>?

Some spices that might grace your Thanksgiving table are this month's calendar.

If you know anyone who is into food and fun, please ask them to <u>sign up for the newsletter</u> and get a treat every Tuesday. Or you can click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

If there's anything you'd like to see more (or less) of, you can always let me know by replying to the email or commenting on the blog.

Enjoy!

Anne



Food Waste: What Can You Do?

You know that food waste is a huge problem in this country.

A look in your refrigerator will reveal a little of everything and a lot of nothing.

You don't want to throw out the leftovers. Read More:

Lime Turmeric Salad Dressing

Lime, turmeric, ginger – got a couple of superfoods in this salad dressing, so it might actually be good for you.

And Zagat's has named turmeric "this year's trendiest superfood".

Get the recipe:







Accidental Locavore Live!

No show on Halloween, but you can catch up on <u>our homepage</u>. Coming up on November 7th a chat with Patty Wineapple of Half Moon Theater. See what theater and food have in common.

Tune in at 5:00 EDT Mondays. www.pawlingpublicradio.org or listen anytime on our homepage.



November Calendar

How many of these spices will you use for Thanksgiving?

Download the Calendar:

Calendar

Accidental Locavore

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