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Accidentallocavore®

Dear Friend,

This week we take a trip to Pennsylvania to watch ranges being hand-crafted and then have a great recipe for chicken in the slow cooker. If you have a friend or two who might like the newsletter, why don't you suggest they sign up by forwarding this email? Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



Birth of a Range – Some Assembly Required

If you've ever watched an episode of How it's Made, you, like the Accidental Locavore, would have jumped at the chance to go down to the BlueStar factory in Pennsylvania to have lunch, tour the factory and drool over these impressive ranges. In this hyper-automated age, there is a definite cool factor in watching the manufacturing process and meeting the people involved in producing a product – in this case, professional-grade ranges.

[Ranges:](#)



Slow Cooker Chicken With Hoisin & Bok Choy

The Accidental Locavore picked this recipe up from the Perfect Pantry, a blog I follow. Since it had chicken thighs, hoisin and bok choy it was already a no-brainer and the fact that all you do is dump the chicken in a slow cooker made it a must-try. Having bok choy as one of our last CSA picks made it happen. This is super easy – just takes a few hours in the slow cooker.

[Hoisin Chicken :](#)



November Calendar

No turkey, just a beautiful orange cauliflower. [Click here](#) to 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*.

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