Share this: 🄰 🛐 🛅

Accidentallocavore®

Dear Friend,

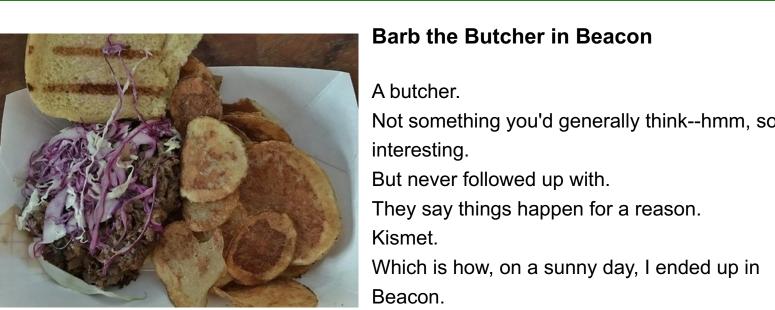
Good butchers are getting harder to find and a female butcher is a very rare sight. Meet Barb. I was looking for winter squash recipes and remembered this one. Don't let the two sauces throw you off, it's really good!

My latest piece for Organic Hudson Valley is up, this time it's an Italian restaurant in New Paltz. Fall salads are never out of the question with these beautiful lettuces from Obercreek Farm gracing the October Calendar.

Don't forget about the other venture, Hudson Valley Eats. We're taking on the food scene in the Hudson Valley--restaurants, distilleries, markets, farms, all of it.

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they <u>can sign up for the newsletter</u>. Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy! Anne



Barb the Butcher in Beacon

A butcher.

Not something you'd generally think--hmm, sounds interesting. But never followed up with. They say things happen for a reason.

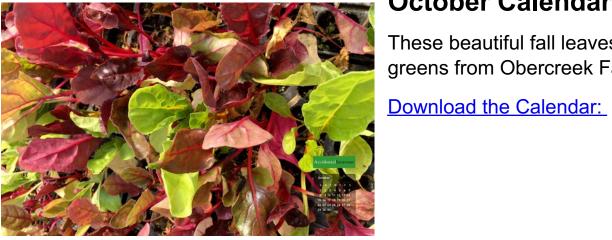
Read more:



Butternut Squash With a Pair of

Sauces Although I generally need to be talked into the autumnal pumpkin/winter squash frenzy kicking and complaining (but not screaming), we were given a beautiful butternut squash from a friend's garden. I went cruising for something interesting to do with it and





October Calendar These beautiful fall leaves are actually salad greens from Obercreek Farm

found this great recipe.

Get the recipe:

Accidental Locavore Live!

This week we were talking fermenting with Karen of Kraut Source. Give a listen if you have any questions about DIY pickles, etc.

Next Monday is a surprise, but you know we'll be talking food, so tune in.

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

Subscribe to our email list