

# 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 can [sign up for the newsletter](#). 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.  
Kismet.  
Which is how, on a sunny day, I ended up in Beacon.

[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 found this great recipe.

[Get the recipe.](#)



### October Calendar

These beautiful fall leaves are actually salad greens from Obercreek Farm

[Download the Calendar.](#)

Calendar

### 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](#).

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