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Accidental Locavore, The End of The Farmbaskets. Leek and Potato Soup



Time to admit there are no more **farmbaskets** for, gasp, the next six months. So what's an [Accidental Locavore](#) to do? First of all it was time to clean out various refrigerators, and put to use the **last of the vegetables** from farmer Paul. **Corn** got shucked and frozen for future use, **beans** were pickled with horseradish and peppercorns, and **potatoes** and **leeks** combined with homemade **bacon** for a lovely soup. **Orange** and **white cauliflower** along with **pimentos**, and **green peppers** joined **carrots** and **pearl onions** to make more [pickles](#). The last of the **broccoli** and some of the amazing **corolla potatoes** made a steak something special for dinner last night. Boy, were those great **mashed potatoes!**

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Recipe: Veal Meatballs With Baby Artichokes

When the cool weather comes, the [Accidental Locavore](#) always wants to make these meatballs, but **baby artichokes** aren't always around. This week, we hit the jackpot and found them in two colors! At the new (and pretty amazing) [Eataly](#), they were there in both **green** and **purple**, so of course we had to have them in both colors. It's a lot of prep work, but nothing difficult, and the results are worth it. I serve them over **egg noodles**, but feel free to improvise, and let me know what you like to serve them over.

[Get the recipe:](#)

I Say High Fructose Corn Syrup, You Say...Corn Sugar???

I also write a [monthly column](#) for EcoPlum, and this month take on the renaming of high fructose corn syrup. Check it out and the great redesign of the [EcoPlum](#) website. Visit your destination for environmentally friendly products and trusted green information!

Don't forget to check out this week's [Blogging Boomers Carnival](#), there are some great topics, like who actually owns your mortgage? Read it for more on this subject plus thoughts about crime writing, good eating, love, and happiness in mid-October musings.