

Accidentallocavore®

Dear Friend,

Maybe you think you've had enough—okay more than enough zucchini, [but this recipe](#) for zucchini and feta salad will change your mind!

An easy way (with little clean up) to julienne the zucchini for the slaw is one of these fancy peelers. [See which one came out on top.](#)

I may take next week off, so don't be surprised if Tuesday looks a little lonely.

Fall salads are never out of the question with these beautiful lettuces from Obercreek Farm gracing the [October Calendar](#). And if you're interested in upping your salad game, Charles will show you how on Thursday, 28th. [More details here.](#)

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



Zucchini Salad With Mint and Feta

Zucchini never ends.

While you've got plenty of zucchini and while we're still got warm weather, this salad is light and refreshing, quick to make, and you probably have most of the ingredients on hand.

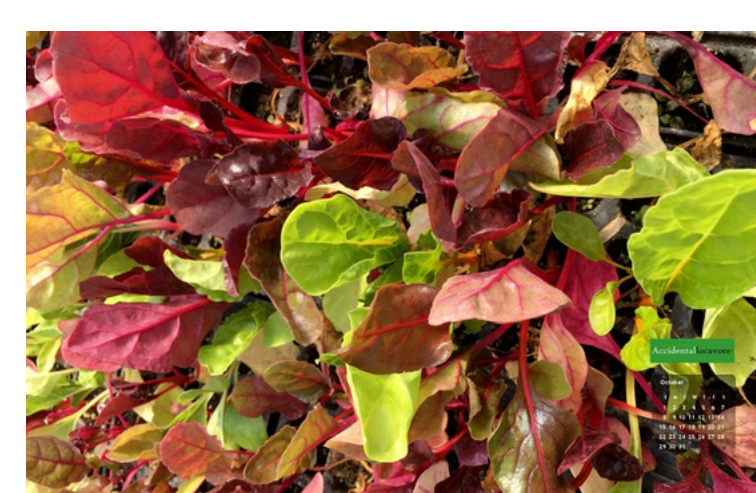
[Get the recipe.](#)



Julienne/Peel

A few peelers that reputedly julienne have appeared in my kitchen. Since I needed some carrots peeled and julienned to pickle for some future banh mi, it seemed to be a perfect opportunity to see if any of them performed as promised.

[Read More.](#)



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 with the CEO of Crown Maple. He'll invite you to come visit the farm, see how maple syrup is made and take in the fall foliage.

Next week, I'm taking a break. Come back and join us on October 9th and learn how easy it can be to make your own pickles and kraut.

Tune in at 5:00 EDT Mondays. [www.uswiringpublicradio.org](#) or listen anytime on [our homepage](#).

Accidental Locavore

PO Box 1289 | Pleasant Valley, NY 12569-1289 US



[Subscribe](#) to our email list