

Accidentallocavore®

Dear Friend,

This week, the first of the contests! Win a free box of goodies. See below and enter before the 14th. Then, how about a simpler way to make eggplant parm?

Besides the goodie box, there's a French goat cheese selection to give away, so this would be a really good time to spread the word and get your friends [to sign up!](#)

Or you can click the icons above or below to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne

Share



Contest: Win a Wonderful Box of Goodies!

The Accidental Locavore was lucky enough to win a subscription to Mary's Secret Ingredients, a "culinary surprise box." A quarterly subscription service, I'm on my second box and it's been a lot of fun and surprises! And if you read to the end of this post, you'll have the opportunity to enter to win her upcoming fall box, which you'll most certainly enjoy! [Read more:](#)



A Simpler Eggplant Parmesan

Although it's not a terribly difficult dish, the Accidental Locavore was experimenting with a simpler eggplant parm. Instead of breading and frying the eggplant, I opted for peeling it, slicing it thinly and grilling it. It's still not a low-calorie dish, but slightly less of a fat delivery system... [Get the recipe:](#)



Septemember Calendar

The view from the sheep pasture at Four Legs Farm

[Download the Calendar:](#)

Calendar