

Accidentallocavore®

Dear Friend,

Not everyone is lucky enough to get my cousin's great jam. If you're looking for some delicious jams, [check out the piece below](#) (and there's a great book to tell you what to do with all that jam).

It gets hot in July, which gives you an excuse to make this delicious [ricotta ice cream](#) featured on the [July calendar](#).

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



LunaGrown Jam

If you love jam, you have to love a brand that's named for its (rescue) dog!

LunaGrown Jam is named for founder Christopher Wilson's dog Luna, a rescue from a shelter in da Bronx. Let loose on the farm, she headed out, later to be found munching on a wild blueberry bush and a jam company got it's name.

[LunaGrown Jam:](#)



July Calendar

Ricotta ice cream--just what you need when it's hot out and simple to make! [Click here for the recipe](#).

[Download the Calendar:](#)

Calendar

Accidental Locavore *Live!*

This week, we were previewing the upcoming Chef & Farmer brunch to benefit the North East Community Center in Millerton.

Next Monday, we're going to be coming back from Maine, so no show, but a belly full of lobsters!

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

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