

# Accidentallocavore®

Dear Friend,

Hope you had a good Labor Day Holiday! I've been making eggplant parm this way for a while and thought it was a good time to [revisit this new fave](#).

September always makes me sad--it's the end of summer, so I picked this [pile of peppers](#) for the calendar to cheer up the transition.

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



## Eggplant Parm My Way

Since I first posted this, it's become my go-to recipe for eggplant Parmesan.

It's lighter (but still no diet dish) than traditional and I do it in stages when we get a couple of cooler hours in a day. It's inspired from Mark Bitman's *How to Cook Everything* and really good because it's dredged in flour, not heavily breaded.

[Eggplant Parm:](#)



## September Calendar

Can you believe it's September already? What would you do with this pile of peppers?

[Download the Calendar:](#)

Calendar

## Accidental Locavore *Live!*

Back on Monday, the 10th with Ray Armater the new Executive Director of [Poughkeepsie Farm Project](#). He'll be telling us about the fall CSA shares and the upcoming [Soup-a-Bowl](#).

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

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