

Accidentallocavore®

Dear Friend,

Gosh, it's October already! Happy belated birthday to my husband and dad!

Since pumpkins will probably be in the house this month, [how about a recipe](#) that tastes great and can clean out a bunch of different leftovers?

[The October calendar](#) features some of the most beautiful shallots. What's your favorite use for them?

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



Pumpkin Stuffed With Everything Good

There are certain recipes you just don't mess with. Pumpkin Stuffed with Everything Good is not one of them.

It actually begs to be messed with.

And is a great way to use up some of those odds and ends in the fridge.

[Pumpkin Stuffed With Everything Good:](#)



October Calendar

I saw this gorgeous pile of shallots in the farmers' market in Maine and thought they deserved to be October's calendar.

[Download the Calendar](#) and right click to make it your desktop wallpaper.

Calendar

Accidental Locavore *Live!*

We were finally back on air with Ray Armater the new Executive Director of Poughkeepsie Farm Project. Find out about the fall CSA shares and how to sign up for them.

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