

Accidentallocavore®

Dear Friend,

We've got some good new cafes around here that are flying under the radar. [This one should be on yours.](#)

Peaches are perfect any old way, but [I happen to love this caramelized version.](#) What about you?

What would [July be without lobsters and corn](#)? Check out this month's 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



Cafe Sweet Spot

Whether you're a resident, or a worker on Poughkeepsie's Main Street, you'll welcome Cafe Sweet Spot.

Open for breakfast and lunch, the cafe offers owner Ingrid Hernandez's dream of recreating "those cafes in the West Village, really fresh ingredients put together very nicely, it's my kind of comfort food."

[Cafe Sweet Spot:](#)



Caramelized Peaches

Caramelized peaches became one of those recipes that I've used a lot in the past and then somehow got lost in the shuffle.

Which is a shame because they're so good!

[Caramelized Peaches:](#)



July Calendar

You know it's summer when it's time for corn and lobster!

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

Calendar

Accidental Locavore

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

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