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# Accidentallocavore®

**Dear Friend,**

Possible attack of spring chickens! Check out my reverse theory of antibiotics and then try this great chicken with mustard and bacon from David Lebovitz's new book (more about that next week). And the flowers that grace the April calendar, should put a smile on your face!

Will you please help me spread the goodness and invite your friends [to sign up](#) for the newsletter? My spring goal is to double the readership, so if everyone reading this can get a friend to sign up...Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



## **My Reverse Theory of Antibiotics**

The Accidental Locavore was having lunch recently with someone extremely involved in the local food movement. As good locavores do, we could agree on the merits of grass-fed beef, heritage pork, farm fresh eggs and raw milk, when the next animal in the food chain came up: chicken. While I'm firmly aware of the benefits of humanely-raised local food and try to eat it whenever possible, I tend to have a problem with chickens. [Antibiotics:](#)



## **Chicken With Mustard and Bacon**

The Accidental Locavore was lucky enough to get an advance copy of David Lebovitz's new book My Paris Kitchen, which I'll tell you all about on April 7th. The recipes look great and the first one I put to the test was this one for poulet à la moutarde. It was one of those "what's not to like?" recipes, with bacon and so much mustard I actually ran out of Dijon – something I wouldn't have thought possible! This serves 4.

[Chicken recipe:](#)



### April Calendar

Aren't these beautiful Gerbera daisies?

[Download the calendar:](#)

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### Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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