

Accidentallocavore®

Dear Friend,

After last week's newsletter disaster--a smoother week and a better looking newsletter!

Do you think you know [what the date on your milk or eggs means?](#) Maybe not.

Speaking of eggs, sometimes when I'm feeling under the weather, my go-to is this [Greek egg-lemon soup](#). Delicious and you have all the ingredients.

On next Monday's radio show an old friend of mine, Wendy Hanson. We'll be talking about her new venture and some West Coast food finds.

What better than some sunny daffodils for the [March Calendar?](#) Download and enjoy all month!

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



Expiration Dates: Best if Used By, Use By

One of my friends told the Accidental Locavore that the best day of her life was the day they put expiration dates on milk.

Seems her mother was an early believer in no food waste and would keep everything until it was gone. Gone in all senses of the word.

[Read more:](#)



Greek Egg-Lemon Soup: Avgolemono

Egg-Lemon Soup is my go-to soup when I'm not feeling well.

To me, it's more interesting than most chicken noodle soups and if you're making your own, much quicker.

Egg-lemon soup also has the advantage that you know exactly what's in it (all five ingredients), unlike canned soups.

So, I pull out that classic from the 1980's The Silver Palate Cookbook (still available if you never got a copy) and have soup in 30 minutes.



[Get the recipe:](#)



March Calendar

Sunny daffodils to perk you up for spring! Right click and save to your desktop for a month of sun!

[Download the Calendar:](#)

Calendar

Accidental Locavore Live!

If you missed the last show, you can catch up on [our homepage](#) and get some good tips on how to get organized.

Next Monday an old friend, Wendy Hanson. We'll be having fun talking about business and food!

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

Accidental Locavore

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