



Dear ,

What do you have a lot of in your kitchen? Hot sauce, mustard, something else? How much is too much? If you have a friend or two who might like the newsletter, why don't you suggest they [sign up](#) by forwarding this email? Or you can click the little envelope at the top right corner to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!  
Anne

PS: The Locavore has moved. The new address is at the very bottom of this email.



#### How Much Hot Sauce is Too Much?

As the Accidental Locavore was moving recently and, in the process, combining the contents of two kitchens (never a good idea), it occurred to me that there might be a tipping point for certain condiments. How much hot sauce or mustard does someone need? When is it overkill and when is it simply overwhelming?

[Hot sauce:](#)

#### 7 Ingredients for the Best Guacamole Ever!

In honor of Super Bowl Sunday, what good would this blog be without a recipe for guacamole? And not to brag, but the Accidental Locavore makes the best guacamole! Here's the key: lots of cilantro. Even if you're not a big cilantro fan, just close your eyes and go for it, you'll be glad you did. The other tip is to save 2-3 of the avocado pits, clean them and put them in the middle of the guacamole to keep it from discoloring.

[Guac:](#)



#### February Calendar

How about some bright ranunculus instead of traditional Valentine's Day roses?

To use as your desktop wallpaper in Windows: Download and save the image where you can find it. Then: Control Panel/Personalization/Desktop Background and select the image. Or right-click on the image and choose "Set as Desktop Background" Enjoy!

[Download Calendar:](#)

#### Huffington Post & The Daily Meal

How exciting! The Accidental Locavore is now part of Huffington Post's Kitchen Daily! [Click here](#) to follow on HuffPost. And [here](#) to see what I'm up to on the Daily Meal. [Here](#), I'm part of a compilation on different ways to use chocolate-yum!

#### Locavore Hint

Why do blue painters tape and a Sharpie belong in your kitchen?

[Click here and find out:](#)



The **Accidental Locavore** is on [Pinterest](#) and [Alltop](#)! On Alltop, check us out under "food". Way under "food" but moving up! Scroll down towards the bottom of the page.

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