



Dear Friend,

Please enjoy this week's newsletter and pass it on to a friend. [Let us know](#) what you think of the recipes, and how you like the newsletter.

Click the little envelope at the top right corner to send to a friend, Twitter, Facebook, or LinkedIn.

Top 3 Reasons You Will Love the Accidental Locavore Website:

I am very excited to share with you the launch of my new website, www.accidental-locavore.com. The Accidental Locavore is all about enhancing your experience with food, cooking and, of course, eating. On the Accidental Locavore website, you will love discovering new things:



1. **Read** my [blog](#): It offers an eclectic mix of new discoveries; what I've been cooking, eating and thinking, all with an emphasis on local and fresh.

2. **Shop** with new sources, innovative recipes and loads of inspiration from chefs, farmers, shops, books and more.

3. **Cook** and have fun with [recipes](#)! Be inspired by new recipes posted every Friday.

I look forward to you becoming part of The Accidental Locavore community at www.accidental-locavore.com!



Cooking on Pink Himalayan Salt Blocks: the Class at the Meadow

Pink Himalayan salt blocks to cook on. Not only was the Accidental Locavore lucky enough to score one for Christmas, she got two of them. So it wasn't surprising that signing up for [the Meadows](#) class on cooking with pink Himalayan salt blocks, was high on my list of things to do this winter. Something perverse about cooking with something that comes from the furthest point away, and is probably a couple of millions of years old. But hey, it's February, and the only thing local and fresh in abundance is snow! My friend [Robin Baron](#), a great interior designer and lifestyle guru came along to see what it was all about, and my aunt (the giver of the salt block) was there too. [Read more:](#)

Cook-Along Recipe: Lemon-Egg Soup and a Variation With Meatballs

Greek lemon-egg soup or avgolemono is one of the go-to recipes when the Accidental Locavore has a cold. The other great cold remedy is any form of albondigas. This week's cook-along recipe was taken from a recipe from Food & Wine magazine for Tangy Lemon-Egg Soup with Tiny Meatballs, but after making it, a better bet would be the meatballs from the Food & Wine recipe, combined with the version I've always made, Greek lemon soup from the *Silver Palette Cookbook*. The Silver Palette recipe is easier, and I think better tasting. You can do it with or without the meatballs.



[Get the recipe:](#)

Blogging Boomers Carnival 193!

This week love is in the air, or isn't it? And what colors does it come in? [Find out here:](#)

The poll: What's do you want for Valentine's Day? [Cast your vote](#) on the homepage (and forward to your sweetie?).

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