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Best,  
Anne

**Blogging Boomers Carnival 206: From the Evils of Dairy to the Goodness of Flowers**

This week **the Accidental Locavore** happily hosts the 206th Blogging Boomers Carnival. It's one of the few hosting opportunities that doesn't require cooking. Don't worry there's still food involved...

To begin with: is dairy evil? **The Boomer Chronicles** wants to know (and if you're a cheese lover like I am, you'll want to know too.

Can dairy redeem itself? Take the quiz and see. As many as 50% of women and 25% of men over age 50 will break a bone due to osteoporosis. **Ann at Contemporary Retirement** has a quiz to help you discover if you're likely to be one of them.

[Read more:](#)

**Recipes for Asparagus: Steam, Grill, or Roast and Enjoy!**

This time of year, recipes for asparagus are as plentiful as tree pollen (but not quite as excessive as recipes for ramps). The Accidental Locavore shares recipes and ideas for asparagus (to see how to pick asparagus check out the "[How To](#)" section on the site).

No recipes needed to grill asparagus, one of my favorite ways to cook them. If they're not too big, just toss them in some olive oil and sprinkle with salt and pepper, and throw them on the grill for 5-10 minutes, turn after a couple of minutes and cook until they start to have grill marks, are flexible and cooked through. If you're working with bigger stalks, you might want to steam them.

[Get the recipe:](#)

**Happy Mother's Day!**

In honor of Mother's Day, my mother's recipe for her famous [raspberry blueberry pie](#) made an appearance on Mint.com.

[Check it out:](#)

See where my Ecoplum Chico bag and I went in the South of France.

[Discover what we bought and ate:](#)



**The poll:** Don't forget to chime in: Is pepper the new "it" spice?

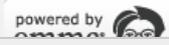
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