



Dear ,

Is better butter really better? A few ways to try asparagus and some updates highlight this week's newsletter. 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



#### Is Better Butter Better? My Top 4 Butters

The Accidental Locavore has noticed that unlike olive oil, where certain celebrity cooks have made us all crazy with the screech towards EVOO, butter has remained on the sidelines. Even though we all know butter makes everything better, it gets a bad rap in the fat department. And unlike olive oil, where the provenance seems to matter to an occasionally ridiculous degree, we don't seem to get that particular about butter. Since I rarely bake, it never seemed to me that jumping to a better (i.e. more expensive, sometimes way more expensive) butter would make that much of a difference. Boy, was I wrong!

[Top 4 Butters:](#)

#### 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).

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.

[Click here for more ideas:](#)



#### [Croque Madame Muffins](#)

For Sunday brunch, we made these again, using a muffin tin for the first time. Much better! Also, took the leftover crusts from the bread, ran them through the food processor and voila-fresh bread crumbs for a later use.

#### Coach Farm Give Away

Meryl, the winner of the cheese from Coach, wrote a lovely blog about what she did with the cheese.

[Click for the link:](#)

And, if you were wondering about the winning name..."Rawsome". Enjoy it if you find it in your local cheese shop!

#### May Calendar

Now that spring produce is showing up, how about some asparagus? What's your favorite way to prepare them?

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.

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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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