



**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.

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**Fillet of Sole Meuniere With Fresh Picked Lemons...Local and Amazing!**



Fresh picked lemons, and grapefruit from the backyard, don't you find it amazing to just wander out and pick something? Everyone reading this from California or Florida will smile at this, however, for the Accidental Locavore, it's always amazing. And the flavor is just so much better than anything you can ever get in a supermarket.

A good friend has an amazing post-modern house in Palm Springs, where I decided to ride out the trauma of the end of Daylight Savings Time. My theory is that if it's going to be dark, it's better to be warm and dark, so here I am. In the back of the house are a couple of grapefruit trees (red or white anyone?), and the biggest lemons you've ever seen.

[Read more:](#)



**Recipe for Lemony Lamb Shanks, Great for a Slow Cooker**

If you like lamb, this is a good, easy, one pot, dish for a slow cooker or the oven. If you're going to use a slow cooker, learn from the Accidental Locavore's mistakes and make sure you have all the ingredients the night before, so you can just pop it in and go in the morning.

This is a recipe my mother's best friend Nancy gave her many years ago. It does call for one pantry staple of the past, Lipton Onion Soup.

[Get the recipe:](#)

This month in the **EcoPlum newsletter** I talk about preserving and pickling, and getting over my fear of both...

What about cooking scares you? There's very little that frightens me, or ever has. I'll make anything for anyone at any time. If it works, great, if not, there's always delivery. However, when you get into preserving food, there are a lot of scary bits, right?

[Read more:](#)



**Please help!** I've been working really hard on getting the website ready to launch. Please "Like" the Accidental Locavore on Facebook so we can have our own link.

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<http://www.facebook.com/accidentallocavore>

Many thanks!

Don't forget to check out this week's [Blogging Boomer Carnival](#). Get advice on hot topics like are you too old to tuck pants into boots...

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