

Accidentallocavore®

Dear Friend,

Back to playing with my Insta-Pot, this time with my new [favorite recipe for lamb shanks](#). Even better now that there's only one pot to clean!

No Insta-Pot? Not to worry, here's a [link to the original recipe](#), and Black Friday is just around the corner.

What would you do with a mess of wild mushrooms? I took their photo and it's the [November calendar](#)--enjoy!

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they [can sign up for the newsletter](#). Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



Braised Lamb Shanks with Herbs, Insta-Pot Version

This recipe for lamb shanks with lots of herbs has become my favorite way to do lamb shanks. Since my Insta-Pot takes up a lot of space, I'm trying to work on more ways to use it.

This recipe adapts really well and there's only one pot to clean!

[Lamb Shanks:](#)



November Calendar

After getting their picture taken, this mess of mushrooms made marvelous risotto!

[Download the Calendar](#) and right click to make it your desktop wallpaper.

Calendar

Accidental Locavore *Live!*

It was 2 great years with Pawling Public Radio and time to move on. My show on October 29th was my last. My thanks to Bill for giving me a shot and Mike for making me sound good!

To find any of the previous shows, [go to SoundCloud](#) and search for them or listen anytime on [our homepage](#).