

**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.

**Lebanese Food: DeGustibus Class With Chef Philippe Massoud of ilili**

Lebanese food is delicious and ilili is one of the Accidental Locavore's favorite restaurants. When the chance came to take a class at DeGustibus with Philippe Massoud from ilili, I was quick to sign up. The classes there are always interesting; while the chef stands there and works really hard (or looks like he's working hard), you sit there, eating and drinking. ilili is Lebanese and this was the first time DeGustibus has focused on Lebanese food.

[Read more:](#)

Recipe: Duck Confit Shepherd's Pie With Kale

Last week, the Accidental Locavore was out with some friends testing a restaurant for a future party. After a horrific incident at the original restaurant (follow me on [yelp.com](#) if you want to see where), we escaped across the street to Les Enfants Terrible. We went from being four really cranky diners to a happy and well-fed gang within moments of getting drinks and appetizers. I decided to have their duck shepherd's pie, not something I would normally order (too many awful public school versions) but the thought of duck, mashed potatoes and cheese worked, and it was delicious.

[Get the recipe:](#)

**From the Ecoplum Newsletter: What's Lurking in Your Refrigerator?**

What's lurking in your refrigerator? Chances are what's green in your refrigerator, has nothing to do with the green lifestyle you're really striving for. By now you've probably long forgotten any and all New Year's goals, after all it's almost spring, and the sooner we can put this winter behind us, the better, right? The Accidental Locavore is revisiting one of my three goals from January: Clean out your refrigerator, and fill your freezer.

[Get cleaning:](#)

Blogging Boomers Carnival 201!

What are the Blogging Boomers up to this week? Looking at the rise in demand for artificial limbs (cheerful thought, right?), social security and Squidoo among other things. Don't worry there's humor too!

[Don't miss the rest of the fun:](#)

-

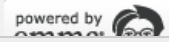
The poll: This week: Have you ever been to a Tupperware party?
[Cast your vote](#) on the homepage. Surprising results!

150 West End Ave 23H | New York, NY 10023 US

This email was sent to .
To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.



[Subscribe](#) to our email list