

# Accidentallocavore®

Dear Friend,

Happy Birthday to my mother and aunt!

[The Insta-Pot](#) has become the trendy appliance to have. Do they work and do you need one? A recent class in Cambodian cooking brings us this [lovely pineapple salad](#). Try it on it's own or as a base for grilled chicken or fish.

April brings lovely micro greens for the [calendar](#). Download them and think salad!

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



### My Insta-Pot Experience

Like millions of Americans I bought an Insta-Pot. My excuse? It was half price on Amazon and my slow cooker had just sprung an irreparable leak.

Sayonara crook-pot, hello Insta-Pot. An Insta-Pot (if you haven't heard of them) is reputed to be the replacement for most of the appliances you have and plenty that you probably don't.

[Read more.](#)



### Cambodian Pineapple Salad

Who knew I'd fall in love with a pineapple salad? Last week I conned my bestie into taking a Cambodian cooking class with me at Brooklyn Kitchin.

The Accidental Locavore did it mostly because I thought I had no clue what Cambodian cooking was all about.

[Get the recipe.](#)



### April Calendar

Spring micro greens deserve a place on your computer, don't they?

[Download the Calendar.](#)

[Calendar](#)

### Accidental Locavore *Live!*

This week we were talking with Heather Castro from Chocolate Mousse Catering. Learn about all the other things she does besides catering.

Next Monday, we're speaking with Samantha who runs a very interesting operation in Poughkeepsie. Find out all about this surprising space.

Tune in at 5:00 EDT Mondays. [www.pawlingpublicradio.org](http://www.pawlingpublicradio.org) or listen anytime on [our homepage](#).

Accidental Locavore

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