

## 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 <u>calendar</u>. 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 crock-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

Read more:

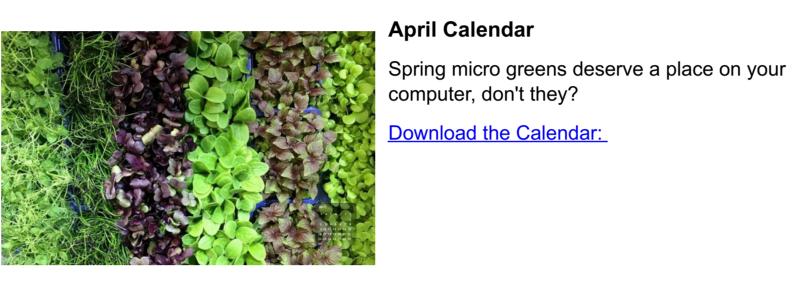
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Cambodian Pineapple Salad Who knew I'd fall in love with a pineapple salad?



Last week I conned my bestie into taking a Cambodian cooking class with me at Brooklyn Kitchen. The Accidental Locavore did it mostly because I thought I had no clue what Cambodian cooking was all about.

Get the recipe:



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 or listen anytime on our homepage.

Accidental Locavore

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