



**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.

**How to Grow Your Own Oyster Mushrooms: a Locavore Diary.**



Recently, a friend told me about a site where you can order kits to grow your own oyster mushrooms. It seemed like a pretty cool idea, especially since the company recycles coffee grounds for soil for the mushrooms. Since the local and fresh pickings here are getting slimmer by the day, why not give it a shot? Alice Waters was quoted in a testimonial, so how much greener could it get?

- **Day 1:** If you live in a dry climate, like an overheated NYC apartment, it is suggested that you soak the bundle in a bucket of water overnight. Of course living in a NYC apartment means that you probably don't actually own a bucket. So the kind of disgusting looking thing is soaking in a big Calphalon pot, held down by a 5 pound dumbbell.

[Read more:](#)



**Your Chance to Taste Elyissia's Wonderful Chocolate-Extended!**

In the spirit of the holidays, you can enjoy all the delicious chocolates we tasted last week in the privacy of your own home, and with a 30% discount. But wait there's more! For everyone who orders through the newsletter, Elyissia will donate 10% to my favorite charity (see below). So stock up on her amazing caramels, the addicting popcorn, make your own chocolate bars, or get your holiday shopping done. Use the code **LOCA30** by December 31.

[Get chocolate!](#)

**Recipe for Chocolate Peppermint Bark**



If the last blog got you thinking about chocolate, here's an easy recipe for making your own chocolate peppermint bark. It's a great holiday gift. Feel free to improvise, and add nuts, coconut, dried fruit, whatever makes you smile. A small word of warning...the peppermint candies will scratch the work bowl of your food processor, and make an unbelievable noise. You could substitute milk or white chocolate for the dark, but why?

[Read more:](#)

**Blogging Boomers Carnival:** This week check out what we're all blogging about, including which fruits and vegetables will help you lower your exposure to pesticides, and how being grateful will extend your life. Let us know what you think.

So which is my favorite charity: Doctors Without Borders, Slow Foods, or City of Hope? Your vote will decide, [let me know](#).



[Subscribe](#) to our email list