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Accidentallocavore®

Dear Friend,

Happy (almost) Valentine's Day! At least it's something to get your mind off the weather. This week we're playing with Cornish game hens. Is there a difference between two major brands and a great, easy recipe to make with them.

Why don't you invite your friends [to sign up](#) for the newsletter? Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



A Tale (and Taste Test) of Two Cornish Game Hens

Because of the size of most chickens, unless you're having a major dinner party, it's not very often that the Accidental Locavore gets to taste-test poultry head-to-head, but I wanted to try a recipe from Persiana with Cornish game hens, and when my local store had two different brands, it seemed like the perfect time to see if Bell and Evans was significantly better than Perdue. And when I say significantly, at Adams where I bought the birds, there was a \$2/pound price difference between the two. [Read more:](#)



Easy Roasted Cornish Game Hens With Harissa

The Accidental Locavore just added Persiana to the cookbook collection. It's loosely Middle Eastern. This was a super-easy recipe for pousins but Cornish game hens are much more available, so that's what I used. For 2. [Get the Recipe:](#)



Februaury Calendar

What better time for a mug of hot chocolate? And [here's the super-easy recipe.](#)

[Download the Calendar:](#)



Farm2Me and France Today

Beginning in January, the Accidental Locavore is going to be a monthly contributor to Farm2Me. [Click here for the link:](#)

If you missed the Raclette piece, check it out on [France Today's website.](#)

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