



**Dear Friend,**

Do you ever have a day when food is the only thing that will make you feel better? If beef jerky is one of those food, there's a recipe for it below. Many thanks to all those who have donated for the Hike 4 Hope-you've put me in the top 5 fundraisers! If you haven't yet, there's a link below. There's also a link to an interview I did with Olympic Gold Medalist Kristi Yamaguchi on HuffPost. Check it out to see inside the mind of a top figure skater.

If you have a friend or two who might like the newsletter, why don't you suggest they sign up by forwarding this email? Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



**Mushroom Soup, or How Food Makes You Feel Better**

Some days you just know food will make you feel better. Such was the case when the Accidental Locavore decided to hit up the Apple Pie Bakery Café at the Culinary Institute the other day, intent on getting enough croissants to make it through the weekend. Now, as we all know, hunger and a crappy mood are the perfect combination to send you out of a place like that lighter of wallet and heavier of bags.

[Mushroom Soup:](#)



**Homemade Beef Jerky**

For a long time now, the Accidental Locavore has been thinking about making some beef jerky. Not that anyone in my house is a huge jerky fan (except possibly the dog), however several lovely, large pieces of grass-fed beef from Brykill Farm in my freezer looked like they might make some great jerky. Give yourself a couple of days for this project. It's not at all hard, you just need marinating and cooking time.

[Beef Jerky:](#)





### Hike 4 Hope 2014

As you all know, the annual Hike 4 Hope to raise money for women's cancer research is very important to me. Would you please take a few minutes and sponsor me? Skip the latte today and give \$5 to [City of Hope](#). Many thanks!

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### Meet Kristi Yamaguchi

Through Procter & Gamble and Walmart, about a month ago, I got to meet Kristi Yamaguchi. Kristi had been showing the kids some of her moves on ice, which unfortunately I missed, but she graciously answered some questions (with a lot of humor) that might help you peer into the mind of a gold medal-winning Olympic skater.

[Kristi:](#)

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### Fall in Love!

If you're not in love with your numbers, now's the time to fall in love for the first time, or re-kindle an old flame. Hear what I had to say about loving your numbers on [Wendy Hanson's great radio show](#).

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### February Calendar

Can't be February without some chocolate, right? This is an easy molten chocolate cake, if it's making you hungry, [here's the recipe](#).

[Click here](#) to download the calendar.

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## Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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