



Dear ,

Believe it or not it's the 15th anniversary of [Hike for Hope](#) and I'd love your support! When you're done donating, try this quick and tasty sole with tapenade.

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 little envelope at the top right corner to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!  
Anne



### Accidental Locavore Asks You to Support Hike 4 Hope 2013

Once a year, the Accidental Locavore takes a break from food (sorta, kinda-have to remember to ask about the bacon hike...) to hike and raise money for City of Hope.

Hard to believe it's been 15 years since that first hike! Do you remember what you were doing 15 years ago? How about 15 minutes ago? What I hope you'll be doing in the next 15 minutes is supporting me in this year's 15<sup>th</sup> annual **Hike 4 Hope**.

[Read more:](#)

[Donate:](#)

### Filet of Sole With Olive Tapenade Recipe

Both the Accidental Locavore and her husband saw this recipe in a Saveur newsletter and thought it looked interesting. Surprisingly, there were almost no pitted olives in the fridge, but there was a bit of the olive salad mix they use for muffalettas in New Orleans, so I added that to the olives we did have and it made a great tapenade. It's really quick and you can make the tapenade ahead of time. I made the full amount of tapenade and only enough fish for the two of us.

[Sole:](#)



### Locavore Hint

Why do blue painters tape and a Sharpie belong in your kitchen?

[Click here and find out:](#)



### February Calendar

How about some bright ranunculus instead of traditional Valentine's Day roses?

To use as your desktop wallpaper in Windows: Download and save the image where you can find it. Then: Control Panel/Personalization/Desktop Background and select the image. Or right-click on the image and choose "Set as Desktop Background" Enjoy!

[Download Calendar:](#)

### Huffington Post & The Daily Meal

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

moving up! Scroll down towards the bottom of the page.

PO Box 1289 | Pleasant Valley, NY 12569-1289 US

