



Dear ,

Please enjoy this week's newsletter. There's a great, easy recipe for Brussels sprouts and it's not too late to donate to Hike 4 Hope. Perhaps you have a friend or two who might like it? 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.

Thanks,
Anne



Recipe for Shredded Brussels Sprouts With Parmesan

The Accidental Locavore is a big fan of Brussels sprouts. Even if you're not, this recipe may make you think differently about those little green cabbages (and remember, they're really good for you). This is a recipe I got from Food & Wine and adapted to serve 2, it's easy and quick.

[Brussels sprouts recipe:](#)

The Accidental Locavore Gets Local Grass-Fed Beef From Brykill Farms

While the Accidental Locavore has taken things like Whole Foods' 5-step program for raising meat with a grain of salt, don't you think there is something to be said about bringing up animals in a beautiful setting? Whether you'd be able to taste the difference or not, there's a feel-good aspect to knowing exactly where your food comes from, especially when it comes from somewhere as lovely as Brykill Farm.

[Read more:](#)



New This Week:

March Desktop Wallpaper Calendar

[Click here](#) to download the Accidental Locavore's March Calendar. To install it on Windows: Download and save the image where you can find it. Then: Control Panel/Personalization/Desktop Background and select the image. Or, just right click on the image and "Set as Desktop Background" Enjoy!

Blogging Boomer's Carnival 248

From camel races to the search for clarity, see what's new this week.

[Catch the carnival:](#)

Ecoplum

[See what happens](#) when the Accidental Locavore tries to go organic.

Hike 4 Hope

It's that time of year again...please help me support City of Hope and women's cancer research through Hike 4 Hope. To contribute [click here](#) and thank you so much!



Pinterest

Have you explored Pinterest yet? It's so interesting with many beautiful photos to inspire you to cook, travel decorate and more. Follow Anne and see the locavore "pins".

[Check it out:](#) 

The **Accidental Locavore** is now on [Alltop](#)! Check us out under "food". Way under "food" but moving up! Scroll down towards the bottom of the page.

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