



Dear ,

What do you have a lot of in your kitchen? Hot sauce, mustard, something else? How much is too much? 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

PS: The Locavore has moved. The new address is at the very bottom of this email.



How Much Hot Sauce is Too Much?

As the Accidental Locavore was moving recently and, in the process, combining the contents of two kitchens (never a good idea), it occurred to me that there might be a tipping point for certain condiments. How much hot sauce or mustard does someone need? When is it overkill and when is it simply overwhelming?

[Hot sauce:](#)

7 Ingredients for the Best Guacamole Ever!

In honor of Super Bowl Sunday, what good would this blog be without a recipe for guacamole? And not to brag, but the Accidental Locavore makes the best guacamole! Here's the key: lots of cilantro. Even if you're not a big cilantro fan, just close your eyes and go for it, you'll be glad you did. The other tip is to save 2-3 of the avocado pits, clean them and put them in the middle of the guacamole to keep it from discoloring.

[Guac:](#)



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. [Here](#), I'm part of a compilation on different ways to use chocolate-yum!

Locavore Hint

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

[Click here and find out:](#)



The **Accidental Locavore** is on [Pinterest](#) and [Alltop](#)! 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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