

# Accidentallocavore®

## Dear Friend,

Even though you know sugar is bad for you, do you cut it down/out? What got me to [really reduce my sugar intake](#) (and no, it wasn't last week's hot chocolate with red wine).

Do you like spinach? I really do and [this recipe has quickly become my favorite!](#)

This week's radio show is a special two-part look at the Poughkeepsie Farm Project. Check the details out below.

January certainly is a soup month and [this month's calendar](#) shows one of my favorites, soupe aux poissons. It's also one of my resolutions to start making it!

How about sending this on to some food loving friends and asking them to [sign up for the newsletter](#) and get a treat every Tuesday? Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



## Sugar

Sugar is bad for you.

Blah, blah, blah.

Funny how you know stuff is bad for you and do nothing about it.

Until...

[Read More:](#)



## Spinach with Garlic and Lemon Juice

Spinach is one of those vegetables that is hard to mess up.

A little fat (butter or duck) or olive oil and it's a success.

However, there are times when you want it to be a little more...interesting.

[Get the recipe:](#)



## January Calendar

Don't you think January is a great soup month?

One of my favorites: soupe aux poissons.

[Download the Calendar:](#)

Calendar

## Accidental Locavore *Live!*

If you missed the last show, you can catch up on [our homepage](#).

Monday, a special two-part show with Leon Vehaba and Lee Anne Albritton from Poughkeepsie Farm Project (home of my CSA). I'm sharing the time with Carol-Lee Kantor who hosts Community Focus. We're going to be talking about what goes into planning a farm, how PFP gives back to the community and more. There will be two segments, one from 5-5:30 and the second from 6-6:30.

Tune in at 5:00 EDT Mondays. [www.pawlingpublicradio.org](http://www.pawlingpublicradio.org) or listen anytime on [our homepage](#).

Accidental Locavore

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

