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Dear,

This week: oysters on the brain and a simple marinade for lamb or chicken. If you have a friend or two who might like the newsletter, why don't you suggest they <u>sign up</u> 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



Four Reasons I've had Oysters on my Mind

The Accidental Locavore has had oysters on the brain for several reasons. First, I had some amazing oysters recently at a place I hadn't been in years – the Oyster Bar at Grand Central. I owe a big thanks to my friend Donna for suggesting a drink there recently. I had

some Totten Virginicas oysters that have quickly vaulted to #1 on my oyster list! Sweet and meaty, they're only available for a few months according to our server, so get out there soon and check them out, then thank me! <u>Oysters:</u>

A Simple Marinade Recipe for Lamb or Chicken

Escaping the cold, the Accidental Locavore is hiding out in Palm Springs, California. Besides the great weather, there is the added advantage of a backyard full of lemons, grapefruit and rosemary. I bought some lamb chops to stick on the grill and then, spying the rosemary hedge, thought a simple marinade was in order. This is pretty improvisational, so feel free to add and subtract what you want. I like to add balsamic vinegar as it seems to have a tenderizing effect on the meat. Marinade:





March Calendar

These beautiful eggs are from Brykill Farms and they taste as good as they look! 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:

How to Make 6 Pantry Staples at Home

If you've always wondered about making your own yogurt and granola, not to mention potato chips, check out my recent article on <u>The Daily Meal</u> and get all the recipes.



Huffington Post & The Daily Meal

How exciting! The Accidental Locavore is now part of Huffington Post's Kitchen Daily! <u>Click here</u> to follow on HuffPost. And <u>here</u> to see what I'm up to on the Daily Meal.

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.





