

# Accidentallocavore®

Dear Friend,

Hope you're not up to your neck in snow! Thinking ahead to spring, there are a few things I think we should [spring clean from our lives](#). What would you add?

If you like granola, you should try making it yourself. [This one with caramel](#) might remind you of Cracker Jack—not a bad thing, right?

Monday's radio show is a special one with Poughkeepsie Farm Project. Get the details below.

What better than some sunny daffodils for the [March Calendar?](#) Download and enjoy all month!

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they [can sign up for the newsletter](#). Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



## 8 Things We Need to Spring Clean

It occurs to the Accidental Locavore that there are several trends, food and otherwise, we need to spring clean out of our lives—you've got a week. They are not bringing joy.

[Read more.](#)



## Crunchy Caramel Granola

One of the Accidental Locavore's big issues with granola is that it's very hard to find any without nuts.

I started making my own because it's easy and you control exactly what goes into it. Everything you like – nothing you don't.

[Get the recipe.](#)



## March Calendar

Sunny daffodils to perk you up for spring! Right click and save to your desktop for a month of sun!

[Download the Calendar.](#)

Calendar

## Accidental Locavore *Live!*

If you missed the last show, you can catch up on [our homepage](#). We're talking chili competitions and pork butchery.

Next week a special two-part show with Carol-Lee Cantor and Poughkeepsie Farm Project. Join us and see what it takes to put farm-fresh food on your table.

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

Accidental Locavore

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