

# Accidentallocavore®

### Dear Friend,

### Welcome spring!

This week, we have a strange and true story about Skittles and steaks. Check it out below.

If that makes you want to turn vegetarian, this recipe for stuffed shells will do the trick!

In the news below, why I'm considered a gastrognome and a shout out to my granola!

April brings lovely micro greens for the <u>calendar</u>. Download them and think salad!

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

Enjoy!

Anne



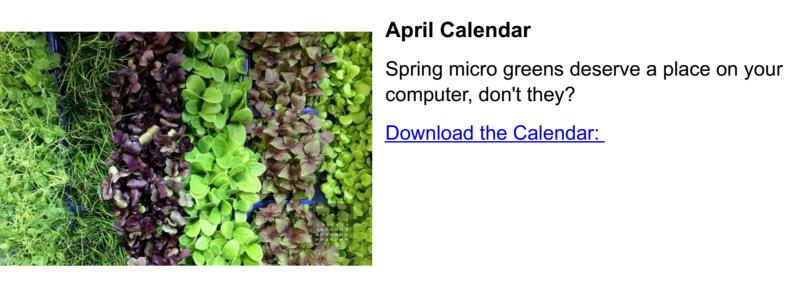
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Spinach and Ricotta Stuffed Shells
Stuffed shells used to be the Wednesday special at the pizza place near my office.
Shells and two sides for \$6.50. Couldn't beat that.
It was a family-run place that was there for years.
No more.
And I don't think I've had stuffed shells since then.









## Calendar

#### News:

My friends at Good Food Jobs featured me as one of their Gastrognomes and it's a great article! Click here to read it:

The caramel granola is now up on Cara-Sel's site, with a lot of other great ideas for her caramel sauce. Give it a try!

Accidental Locavore Live!

If you missed the last show, you can catch up on <u>our homepage</u>. It was a special two-part show with Carol-Lee Cantor and Poughkeepsie Farm Project. See what it takes to put farm-fresh food on your table.

Taking a break on the 27th, but tune in on April 3rd, there's a special project we've been working on and will launch on the show!

Tune in at 5:00 EDT Mondays. www.pawlingpublicradio.org or listen anytime on our homepage.

Accidental Locavore

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