

# 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 gastronome](#) and a [shout out to my granola!](#)

April brings lovely micro greens for the [calendar](#). Download them and think salad!

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



### Skittles and Steaks

Here's a new way to get your red Skittles fix. Eat a steak.

What could Skittles and steaks have in common?

[Read more.](#)



### 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.

[Get the recipe.](#)



### April Calendar

Spring micro greens deserve a place on your computer, don't they?

[Download the Calendar.](#)

Calendar

### News:

My friends at Good Food Jobs featured me as one of their Gastronomes and it's a great article! [Click here to read it.](#)

The caramel granola is now up on Cara-Se'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 [our homepage](#). 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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