



Dear ,

Please enjoy this week's newsletter. Besides a great recipe for daube de boeuf, you might be able to catch me on a new Travel Channel show. If you have a friend or two who might like the newsletter, why don't you suggest they [sign up](#) 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.

Thanks,  
Anne



#### Recipe for Daube de Boeuf: French Beef Stew

The Accidental Locavore was trying to take advantage of all the beautiful cuts of meat from Brykill Farm. Since it was still a little chilly out, a daube de boeuf seemed like the perfect use for the "beef for stew". It's essentially a beef stew with wine, olives and orange, easy to prepare, just give yourself some time for marinating the beef.

[Start stewing:](#)

#### Café Le Perche: Amazing Baguettes in Upstate New York

So, if the Accidental Locavore was going to jump off my self-imposed, post-hot chocolate, abstinence-from-sugar-white-flour-white-foods-and-other-carbs, Café le Perche seemed like a great place to do it. It's a labor of love disguised as a bakery. According to the NY Times, the owner, Allan Chapin, fell in love with a baguette in France and decided to replicate it in upstate New York – not a simple task.

[Read more:](#)



#### New This Week:

##### March Desktop Wallpaper Calendar

[Click here](#) to download the Accidental Locavore's March Calendar. To install it on Windows: Download and save the image where you can find it. Then: Control Panel/Personalization/Desktop Background and select the image. Or, just right click on the image and "Set as Desktop Background" Enjoy!

#### Slice of Brooklyn

Last fall, my friend Richard and I were part of the cast for an episode of a new show on the [Travel Channel](#). It's airing on March 7th at 10:30 (channel 788 on TimeWarner). See if you can spot us!

#### Blogging Boomer's Carnival 249

What's got everyone's attention this week? Is it someone's right leg, or something entirely different?  
[Catch the carnival:](#)

### Spring Produce

What does the Locavore do with asparagus? [Check out the mention on mint.com.](#)

### Ecoplum

[See what happens](#) when the Accidental Locavore tries to go organic.

### Pinterest

Have you explored Pinterest yet? It's so interesting with many beautiful photos to inspire you to cook, travel decorate and more. Follow Anne and see the locavore "pins".

[Check it out:](#) 🍌

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The **Accidental Locavore** is now on [Alltop!](#) Check us out under "food". Way under "food" but moving up! Scroll down towards the bottom of the page.

150 West End Ave 23H | New York, NY 10023 US

