

Accidentallocavore®

Dear Friend,

Have you ever suffered from [FOOJ](#)? Look below to see if you have the symptoms.

The recipe below made the crispiest skinned chicken thighs ever! [See what the secret is.](#)

We're talking chili and pork next Monday. Get all the details on a couple of up-coming events.

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



FOOJ: or Fear of Opening Jars

Do you suffer from FOOJ?

It's fear of opening jars.

Why would anyone be afraid to open a jar?

It's not fear of actually opening the jar, it's what you do with it after it's open.

"Refrigerate after opening".

That's where the fear comes in.

For every open jar will need to find a home in that black hole that is my refrigerator.

[Read more.](#)

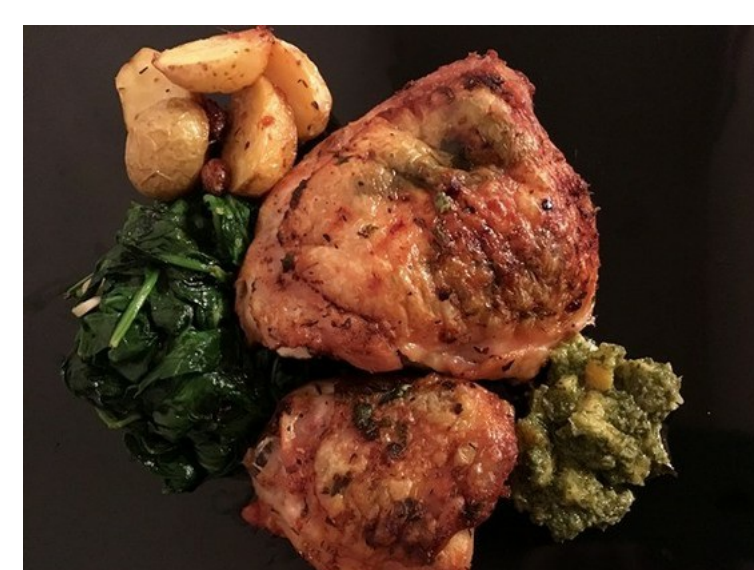


Chicken Thighs With the Crispiest Skin Ever!

I know that saying this recipe gives you the crispiest chicken skin ever is going to be controversial.

Wait until you try it!

[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 were talking about entrepreneurs and executive coaching with Wendy Hanson.

Talking chili competitions and pork butchery next week. Get all the details on a couple of upcoming food events.

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

Accidental Locavore

PO Box 1289 | Pleasant Valley, NY 12569-1289 US



[Subscribe](#) to our email list