

**Dear Friend,**

Please enjoy this week's newsletter and pass it on to a friend. [Let us know](#) what you think of the recipes, and how you like the newsletter.

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**What's Local and Fresh in the South of France?**

For the past two weeks the Accidental Locavore has been hanging out in the South of France. I've been exploring the farmer's markets in Nice and the surrounding areas, discovering what's local and fresh in a new locale. Since one of my long term goals is to buy a house over there, this was a trial run to see what it would be like to be "living" there, shopping from the local markets, and cooking with the amazing seasonal produce. It being spring, there are beautiful artichokes, in sizes ranging from small to huge and purple as well as the typical green ones we see here.

[Read more:](#)

Recipe for Cheese and Pepper Pasta: Pasta con Cacio e Pepe

Here's a classic recipe using my own fresh fettuccine, cheese and pepper. Since the Accidental Locavore has her (small) stash of wild Madagascar pepper, what's the best recipe to pair with it? Steak au poivre? Never been a favorite, but with this amazing pepper, who knows? Grind it on my salad for lunch? I'm not worthy. There's also a fear that I may grow too fond of it and not be able to replace it without going back to Nice (twist my arm). So how about an Italian classic; Pasta con Cacio e Pepe? It's one of those seemingly simple dishes that everyone disagrees on how it should be properly made. The consensus is that it always contains Pecorino Romano and black pepper, after that opinion.

[Get the recipe:](#)

**Happy Mother's Day!**

In honor of Mother's Day, my mother's recipe for her famous [raspberry blueberry pie](#) should be making an appearance on Mint.com on Wednesday.

[Check it out:](#)

Blogging Boomers Carnival 205!

Zero attention span (then how did you get this far down)? Kate's veil, pepper and stevia. What *are* the Blogging Boomers up to this week?

[Don't miss the rest of the fun:](#)

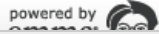
The poll: Don't forget to chime in: Is pepper the new "it" spice?

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