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# Accidentallocavore®

## Dear Friend,

Have you ever wondered what it might be like to have an Iron Chef cook you lunch? Check out my adventures with Iron Chef Garces, below. And a big happy birthday to all the Libras this week! You know who you are...

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 icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



## Grilled Rack of Lamb With Yogurt and Persian Spices

Dying to try this new spice mix from Food 52's new Provisions site (and I have thoughts on the packaging if anyone is interested) the Accidental Locavore remembered a rack of lamb taking up space in the freezer. My idea for this lamb would be to make a marinade with the spice mix, some yogurt etc, grill it and serve it with couscous and some squash or eggplant, also done on the grill. Here's how it turned out.

[Persian Lamb:](#)



## Lunch With Iron Chef Jose Garces

How many times do you get invited to lunch with an Iron Chef? Recently, the Accidental Locavore was whisked down to Chef Jose Garces' Luna Farm in Pennsylvania for lunch. It was a gorgeous day, the kind that makes you start to really like September, a beautiful setting, interesting company and, oh yeah, great food!

[Iron Chef Lunch:](#)



### October Calendar

Colorful baby lettuce from Luna Farms. [Click here](#) to download the calendar.

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**More** from the lunch at Chef Garces' farm on the Daily Meal: [Read more](#)

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### Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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