

# Accidentallocavore®

Dear Friend,

This recipe for [lamb shanks](#) with lots (and I mean lots) of herbs is great and works just as well with a leg of lamb!

We still have some winter to get through and this hot chocolate that graces [the February calendar](#) is [easy to make](#) and have on hand.

My radio has a small reach, but you can always get the latest show on [my homepage](#). This week we're talking to Barb, owner of [Barb's Butchery](#) in Beacon NY.

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



## Braised Lamb Shanks with Lots of Herbs

This is one of those recipes that you struggle with seasonality-wise. While it's most likely a winter recipe—braising lamb shanks until tender, the handfuls of herbs get a little costly when you can't run out and grab them from your garden.

However, I had a few beautiful shanks from some local lamb that were crying out to be used, so I splurged and bought all (well, almost all) the herbs for this.

[Braised Lamb Shanks:](#)



## February Calendar

It's always better when you make it from scratch [and this hot chocolate mix](#) is easy to make (and you can make it as chocolatey as you like)!

[Download the Calendar:](#)

Calendar

## Accidental Locavore *Live!*

This week we were talking with Barb the Butcher. Find out how she became Beacon's best butcher!

Next Monday Charles Winningham will be my guest. He's been a lawyer, chef and now he's about to embark on a new farming venture.

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

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