

# Accidentallocavore®

Dear Friend,

[A cabbage soup](#) that people were raving about was making it's way around the Internet and it had one of the grains that [I've resolved to use more of](#). See below to see how it came out.

Stealing a thought from Smitten Kitchen you'll find a look back at what I was working on last year...[these lamb shanks](#) have become a favorite (just made them over the weekend).

Wouldn't a mess of pink mushrooms be a better Valentine's Day gift that the usual roses? That's why they're [the February calendar](#).

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



## Cabbage and Farro Soup

This cabbage soup recipe was making the rounds of the Internet recently and everyone was raving about how good it was. Was it?

[Cabbage Soup:](#)



## Last Year...

I'm stealing a thought from Smitten Kitchen and here's a look at some previous posts.

[Lamb Shanks with Lots of Herbs:](#)



## February Calendar

I love dried apricots and thought these deserved a photo.

[Download the Calendar](#) and right click to make it your desktop wallpaper.

Calendar

## Accidental Locavore *Live!*

It was 2 great years with Pawling Public Radio and time to move on.

To find any of the previous shows, [go to SoundCloud](#) and search for them or listen anytime on [our homepage](#).