

Accidentallocavore®

Dear Friend,

Before we start embracing asparagus and other spring veggies, give this [Brussels sprout recipe](#) a shot. Once the sprouts are sliced, it's only a few minutes of cooking.

If you are in an area where the asparagus are in season (soon for us, I hope), here are some of [my favorite ways to prepare them](#).

[May's calendar](#) features some baby bok choy. About as close to spring greens as I could get. Enjoy.

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



Brussels Sprout Hash

We love Brussels sprouts and this looked like an easy way to make them. Slicing them for the “hash” is about the most time-consuming job here (and see below for my opinion as to whether it’s worth it), after that it's about 5 minutes from start to finish

[Hash:](#)



3 Recipes for Asparagus: Steam, Grill, or Roast and Enjoy!

This time of year, recipes for asparagus are as plentiful as tree pollen (but not quite as excessive as recipes for ramps). The Accidental Locavore shares recipes and ideas for asparagus (to see how to pick asparagus check out the “How To” section).

[Asparagus:](#)



May Calendar

Spring greens--baby bok choy. What's your favorite thing to make with it?

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

Calendar

Accidental Locavore

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