



Dear [member\_name\_first],

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.

Click the little envelope at the top right corner to send to a friend, Twitter, Facebook, or LinkedIn.



### The Accidental Locavore Eats and Meets at the Red Rooster, Harlem

The Red Rooster, Marcus Samuelsson's newest restaurant was host to a great party last week. When the Accidental Locavore got the invitation from Morgan Stanley Smith Barney, I jumped at the chance. How often do you get to try one of New York's hottest restaurants early on, at a private party? And since I've never tasted Marcus Samuelsson's food, I was curious. Who wouldn't be? After all, he is the winner of the most recent Top Chef Masters, and you know you wouldn't turn down the chance for (good) free food, would you?

[Read more:](#)

### Thank You For Your Contributions!

For those of you who donated to [me](#) and my team, the Same Time Next Year Gals for the hike on March 6 a big, heartfelt thank you! If you haven't had a chance to donate yet, don't worry it's not too late!

For the **past 13 years** I've been involved in raising money for City of Hope Hospital through the annual Hike for Hope. Five years ago, it all became very personal when my good friend and former business partner, Leslie, was diagnosed with a rare and deadly form of lymphoma and given **3 months to live**. 3 months. Without the cutting edge treatment she got from City of Hope along with Mt Sinai hospital, she wouldn't be here today.



So please, give whatever you can to this worthy cause. It's **easy**, you can just [click here](#), or write a check payable to City of Hope. Leslie, I, the Same Time Next Year Gals, and all the others who will be helped by City of Hope, **thank you very much**.



### Cook-Along? Recipe for Coq Au Vin, Chicken Stew With a French Attitude

This recipe for Coq au vin is one of the Accidental Locavore's husband's favorite dishes. If you want to make it as part of the Cook-Along, check out either Julia Child's *Mastering the Art of French Cooking* or *The Way to Cook*. It's basically a recipe for French chicken stew with bacon and red wine, and can be served over mashed potatoes or buttered noodles. It's pretty easy to make, and the length of time it takes really depends on you.

[Get the recipe:](#)

## Blogging Boomers Carnival 196!

Do you have a Facebook page? What about a 401K? See how best to manage both and more.

[Check it out:](#)

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**The poll:** What do you have the most of in your fridge? [Cast your vote](#) on the homepage.

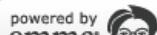
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