



Dear Friend,

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Best,
Anne



The Attack of the 5 Pound Cookbooks

Maybe, like the Accidental Locavore, you have a copy of Julia Child's *The Way to Cook*. Possibly, when you got it, you marveled at the size and heft of it (5.4 lbs). Well, like the average American waistline, the average American, French, or Moroccan cookbook is quickly expanding.

I was at the Beard House again this week, listening to Paula Wolfort reading from her new book, *The Food of Morocco* (4.6 lbs) and quickly decided I needed to add it to the collection. Later that day, it ended up on the coffee table with Dorrie Greenspan's *Around My French Table* (5 lbs), *The Way to Cook* and Michael Ruhlman's *Charcuterie* (2 lbs, but his new book is almost twice that). Since the Locavore has always thought *The Way to Cook* was a massive book, I was surprised to see that they were all about the same size and weight.

[Read more:](#)

How Much Mustard is too Much? The Accidental Locavore Tastes Dijon

How many jars of mustard do you have? Do you think having nine is excessive, or about the right number? A while back, the Accidental Locavore decided to clean out and inventory the refrigerator. Besides fourteen different hot sauces, there were four jars of mustard. Recently, that number jumped to nine.

[Why so many?](#)



New Features:

October Desktop Wallpaper Calendar

Click here to download the [Accidental Locavore's October Calendar](#). To install it on Windows: Download and save the image where you can find it. Then: Control Panel/Personalization/Desktop Background and select the image. Or, just right click on the image and "Set as Desktop Background" Enjoy!

Walk to End Alzheimer's

My husband is walking to raise money to help end Alzheimer's on October 23rd. [Please help him exceed his goal:](#)

App of the Week Review: *Evernote*

What's the Accidental Locavore's most used app? *Evernote*.
[Find out why:](#)

Blogging Boomers Carnival 228

Is it worth it to replace your kitchen (you think you know what my answer would be), what's lighting you up and how to be fashionable among other hot topics.

[Come to the carnival:](#)

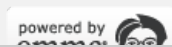
The **Accidental Locavore** is now on [Alltop](#)! Check us out under "food". Way under "food" but moving up! Scroll down towards the bottom of the page.

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