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Accidentallocavore®

Dear Friend,

Two delicious topics this week; crab cakes and chocolate. If you're over 21, will you please vote for my friend Robert Wright? He's a finalist in the Bombay Sapphire Artisan Series. The painting is [Arney Run](#).

If you have a friend or two who might like the newsletter, why don't you suggest they sign up by forwarding this email? Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



DIY Crab Cakes

Making crab cakes is a lot like making hamburgers: take a protein, add some binder and seasonings, shape into a patty and cook. You can use this technique for any type of seafood cakes. The Accidental Locavore got a surprise shipment of beautiful crabmeat from Maine, and promptly put most of it to good use. This made 8 crab cakes, about 2" in diameter.

[Crab Cakes:](#)



How To Taste Chocolate

Now that the Accidental Locavore has her tasting partner, Julie Flanders, we've moved on from croissants to everyone's favorite – chocolate. Spurred on by a wonderful selection sent to me from Kallari and a lesson in chocolate tasting at the recent Taste Trekkers conference (more about that soon), we decided to put some chocolate to the test.

[Chocolate:](#)





October Calendar

Isn't this beautiful? Colorful baby lettuce from Luna Farms. [Click here](#) to download the calendar.

Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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