



**Dear Friend,**

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Best,  
Anne



### What's Lurking in Your Kitchen That Puts Fear in Your Heart?

Whether we admit it or not, there's something in everyone's kitchen, or something that should be in your kitchen, that's haunting you. Now, the Accidental Locavore is not talking fuzzy science experiments in the back of the fridge, but scary stuff masquerading as normal household objects.

Take my friend Cozy. Normally a savvy entrepreneur and founder of Cozy's Cuts for Kids, a published author with multiple Today show (scary, live TV) appearances under her fashion-forward belt. Recently

she admitted to a terror of...

[Conquer the fear:](#)

### Accidental Locavore Recipe: Crab Meat Risotto With Peas

A couple of weeks ago, the Accidental Locavore got a package with a can of Miller's Select Jumbo Lump Crab Meat. While my first thought was to make crab cakes (easy and quick, [click for recipe](#)), my more rational/adventurous being thought: been there, done that. It was such beautiful crab meat, it needed to be shown off and since it was canned, I could take my time figuring it out.



[Get the recipes:](#)



### 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!

#### Save the Date!

Who's the good looking locavore on Emeril's Table? Catch the special locavore edition on November 7th at 11:00 AM EST. It's channel 684 on Time Warner in NYC. Get those DVR's working, it's a great episode!

#### App of the Week Review: *Epi*

OMG, the Accidental Locavore actually used an app before reviewing it! I was looking for something to make with crab meat other than crab cake, so I whipped out my phone and the *Epi* app.

[Did it work?](#)



## Blogging Boomers Carnival 230

See what's new this week.

[Come to the carnival:](#)

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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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