

# Accidentallocavore®

Dear Friend,

Do you think it's fair to expect [a great meal in a restaurant's first week](#) in business?

If that made you hungry for gnocchi, it's actually easy to make. This week's lookback is [potato gnocchi](#), so grab some potatoes...

My favorite apple cake, graces the [October calendar](#). [Want the recipe?](#)

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



## Willow Restaurant at the Mirabeau

Willow is the new Charlie Palmer restaurant at Rhinebeck's Mirabeau Inn and Spa.

It's always a bit risky (and some might say unfair) to hit up a restaurant in the first week.

And doubly so on a Friday night (with a chef in the party).

[Willow Restaurant:](#)



## Potato Gnocchi

For a long time I wanted to learn how to make gnocchi, one of my favorite forms of pasta.

As it turns out, making gnocchi is pretty easy. It's just like making pasta, with the added step of cooking and ricing potatoes.

[Potato Gnocchi:](#)



## October Calendar

The best apple cake, for the beginning of fall.

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

Calendar

Accidental Locavore

141 Fulton Ave 802 | Poughkeepsie, NY 12603 US

emma

[Subscribe](#) to our email list.