

EATIBLE DELIGHTS CATERING & EVENT PLANNING SERVICES



Autumn Food News

Dear Customers & Friends:

Autumn has truly arrived in all its splendor, with gorgeous explosions of color throughout our gardens and parks.

What a wonderful season to host an outdoor event; With the temperatures mild, and the wonderful fall decorations, that most of us have adorned our homes with.

You really don't need to do much more but serve scrumptious cuisine and your event will be a HIT! Hire Eatable Delights Catering, to host your event, and you will be pleasantly suprised.



September was busy here at EDC with the 3rd Annual Community Appreciation Dinner for State Rep. Cherelle Parker. This year's event was held in the gym of Martin Luther King High School in which we transformed the gym in to an elegant ballroom.

This red carpeted event featured The Intruders and fabulous Whispers and the attendance was well over 1,000 guests.



Volume 1.10

BRIDAL CORNER

Autumn is the perfect time for a wedding with its gorgeous colors and falling leaves.



How to plan that Fall like wedding:

1 Choice a location that highlights the autumn, such as a park, or a garden.

2 Choose rich autumn colors,

**Great job
State Rep. Parker!!!**



EDC in the Press

**Tune in for interviews with
David K. Simms on**



**Philly Speaks on WRNB 107.9 FM with
host E. Steven Collins on Sunday,
October 4, 2009 at 8:15AM.**



**Thera Martin Connelly Show
on WURD 900AM
on Tuesday, October 6, 2009
at 10:30AM**

Read about EDC this month in

Exceed Magazine

'Sowing Seeds of Hope & Success'



Thanks to everyone who voted on 'My Fox Philly' - Eatible
Delights won 4th place for Best Caterers!

Philadelphia Minority Enterprise Development

**This year's Philadelphia MED Week events
will be held October 5 - 9, 2009.**

**Eatible Delights Catering has the honor of
being recognized for its continued
accomplishments as a minority business
in Philadelphia.**

**The Awards Reception will be held on
Friday, October 9, 2009 6pm - 8pm
at the Hyatt Regency Philadelphia located
at Penn's Landing in Philadelphia, PA.**

For ticket information please visit [MED WEEK](#).



NATIONAL PASTA MONTH

**including burnt orange,
sienna brown, copper, gold,
crimson red and forest
green.**

**3 Select autumn flowers for
the bouquets like mums,
sunflowers, goldenrod, and
dahlias, etc.**



**4 Select an indoor venue for
an autumn wedding, since
fall evenings can become too
cool.**

**5 Use autumn flowers
throughout your reception
venue**

**6 Select table covers in
autumn colors . Layer
several types of fabrics for a
rich look.**

**7 Include spiced apple cider
during the cocktail hour
accompanied with autumn
fruit & assorted cheeses.**

**8 Sideline your main dishes
with classic sides, such as
mashed potatoes and roasted
root vegetables. Serve herb
butter along with nutty
wheat rolls to finish the main
course.**

**9 Decorate the wedding cake
with leaves and acorns or**

In October we celebrate National Pasta Month.

Did you know pasta is high in complex carbohydrates, and it's fortified with iron and B vitamins including folic acid.



Americans eat about 14 pounds of pasta per person yearly. That seems like a lot however, that's less than one-fourth the annual pasta consumption of Italians, who eat 62 pounds of pasta per person yearly.

Preparing the Perfect Pasta

1. Boil 4 to 6 quarts of water for one pound of dry pasta.
2. Add the pasta with a stir and return the water to a boil.
3. Stir the pasta occasionally during cooking.
4. Follow the package directions for cooking times. If the pasta is to be used as part of a dish that requires further cooking, undercook the pasta by 1/3 of the cooking time specified on the package.
5. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through.
6. Drain pasta immediately and follow the rest of the recipe.

NBCA MONTH

National Breast Cancer Awareness Month.....
Celebrating 25 Years of Awareness, Education, and Empowerment!

The National Breast Cancer Awareness Month (NBCAM) organization is a partnership of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to screening services.

Be apart of the cure by joining the 2009 Philadelphia Breast Cancer 3-Day Walk on October 16 - 18, 2009.

To find out how to register visit [Philly Breast Cancer 3-Day!](#)

*Help for Today...
Hope for Tomorrow*



WWW.NBCF.ORG



other autumn-themed items.



Tracy Booker-Harris
R.S.V.P. Inc.

Start your
Holiday
Planning by
visiting



**EDC HOLIDAY
FEAST**

**SAVE
15%**

on

Commentary by Artist/Proprietor

In October Philadelphia's M.E.D. will honor minority businesses in the city of Philadelphia. I am honored to be among this fine group of businesses.



The honorees were selected by a dynamic group of individuals who have watched Philadelphia entrepreneurs grow their businesses.

I would like to personally thank the group, our clients, my employees, my family and my church family.

My Mother- Elizabeth Reid,

My Niece- Monique E. Smith

My Nephew -Dr. Quinton Ilando Morris

Challenging, rewarding, good, bad, indifferent or otherwise I say 'Thank You'.

To the people who I draw strength, energy, and light from...Thank You and the people who believed in me thank you, thank you!

Special thanks to the following people for your resources, love and support....

1 - Tracy Booker-Harris - I love you for being my Conveyor Belt

2 - Keven D. Parker - For teaching me how to celebrate.

3 - Sadie Torrance - For just being Sadie, and the lessons that I learned from you.

Other thanks to Jim Roundtree, Beverly Grazer, Barbara Oliver ,Phyllis Chase, Brenda Willingham, Dr. Alyn E. Waller, Paul Newman, Sennie Ward, Bill Raymond, Nicole Newman, Ron Cage and countless others.

To my secret admirers, Martha Stewart, Delilah Winder and Jan Tate-Lewis....Thank You!

And last but not less thank you to David K. Simms for reminding me that there is still more work to be done!!!!

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to tbharris66@hotmail.com by tbharris66@hotmail.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Holiday Events

**over \$2,500
paid in full by**

November 30, 2009



**Cannot be
combined with any
other offers.**

David Simms | 2338 Ridge Avenue | Philadelphia | PA | 19121