

For Immediate Release

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flavorsandmore.com

August issue of Flavors And More Online Magazine
takes on late summer heat with cool recipes and
refreshing stories that extol travel, cooking, healthy
eating, timely tomes and work-saving garden tips

At **FLAVORS AND MORE Magazine** we're celebrating August with ways to keep cool and be cool, so fix yourself a tall iced drink and log on for articles you'll want to savor and save.

Chef Judi Gallagher says there's no need to skip happy hour just because you're dieting. She has the skinny on cocktails that skimp on calories but not on intense refreshing flavor. And she has the food buzz on the latest snack craze – dried okra.

Steven V. Philips admits to being a frugal gardener. We'll tell you he's also smart one and his timely tips for streamlining yard chores (training your hose is one) and acquiring "free" plants comprise a feature story you'll want to read and immediately put into action.

Herb Gardener sings of the praises of organic stone fruits, the farmers who raise them and he offers a delicious recipe using peaches. Lynn Harding has a review of a new book about the renowned English gardens at Sissinghurst and world traveler/motivational speaker Barbara Glanz has compiled her

best tips for simplifying travel. She's even reveals what luggage to buy and why. This super-organized woman travels upwards of 100 days a year and she's learned a lot through experience and observation. Now you can be travel savvy too.

Atlanta-based food and wine writer Doc Lawrence is traveling down his Gourmet Highway again. This month he looks ahead to NASCAR and football tailgating as he conducts a lively investigation into the southern origins of this uniquely American way of staging a picnic at the back of a vehicle at the race track or stadium.

Editor Marsha Fottler is just back from a trip to Philadelphia with recommendations for where to eat and stay in that grand and diverse city and also in the incredibly lovely Brandywine Valley.

Flavors And More is a monthly online magazine dedicated to the pleasures of the table realized through recipes, libations, travel, books, gardens, entertaining and insightful features that celebrate food and all those who gather together to share meals and memories.

When you have an appetite for a bountiful buffet of useful stories by an award-winning staff we have what it takes to satisfy that hunger. We are ***FLAVORS AND MORE*** and you can find us at **flavorsandmore.com**. Read, enjoy, subscribe and post a comment.

