

For Immediate Release
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It's a New Year and Flavors And More Magazine is full of new recipes, the top food and kitchen trends for 2011, casseroles sure to be in your future, destination travel plans for a seafood lover and so much more

It's a new year at **Flavors And More** magazine and our resolution is to be full of new recipes to try, new culinary places to discover, new trends to reveal for the kitchen, new items for your pantry, and familiar flavors such as root vegetables and oatmeal to envision in a whole new way.

Marsha Fottler reports on the top culinary trends that will be expressed in cookbooks, in your kitchen or favorite restaurant. There are exciting new flavors out there such as pimenton and black rice (once called forbidden rice because it was reserved only for the emperor of China) that will make it to your table this year along with haute casseroles and sausages of every ethnic variety. This could be the year you make or taste blood sausage. yes, really.

Doc Lawrence ambles down the Gourmet Highway and ends up in Cedar Key, Florida, a small unpretentious part of the State that delivers some of the best seafood and southern hospitality any culinary traveler could want. Places to stay, where to eat, even a winery. You need to go traveling with Doc. He's the best.

Chef Judi Gallagher has got the final word on casseroles (her Aunt Helen would be so proud) and wants you to know that January is National Oatmeal Month and that National Blueberry Pancake Week occurs this month. Of course, she has recipes for you.

Resident design writer Steven V. Philips recently overpaid for an underperforming dishwasher and it got him to consider what he calls the sorry state of product design and function in the US. Never at a loss for opinions, Steven V. argues for a

new commitment to the marriage of form and function when it comes to products and appliances we rely upon every day. See if you agree.

Herb Gardener wants you to see common and reliable root vegetables in a whole new way. We bet he convinces you to elevate your esteem for the humble potato or rutabaga and you'll want to try his recipes, too.

Guest writer Olivia Marie Braida is a renowned botanical artist, a world traveler, vegan and a passionate connoisseur of dark chocolate. You'll want to read her article about the history of chocolate, her search in Paris for the finest dark *chocolat* and you'll enjoy her amazingly beautiful paintings of the chocolate tree, flowers, beans and pods. This is food art at its highest level.

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.

