

For Immediate Release
March 9, 2011
Jim Galiano, Internet Media/Marketing Director. 941-807-5050
flavorsandmore.com

Spring Has Sprung, Read All About It in March Issue of Flavors And More Magazine

This is the month to celebrate outdoor furniture, the foods and beverages of Spring, dinner parties on the porch, diets that work, travel to beautiful places, and so much more that we love about this season of fresh starts. We've got it all for you in the March issue of Flavors And More Magazine.

Chef Judi Gallagher loves the premier vegetables of the season – asparagus and ramps and has recipes to use both in your spring line-up of what to serve family and guests invited to your table this month.

Culinary travel writer, Doc Lawrence, is in Thomas Jefferson country this month sipping wine, touring Monticello and musing about the contributions that our third President made beyond the Declaration of Independence to culture, gardening, architecture, winemaking and gracious living in a time when Americans were just beginning to enjoy such things. You'll be planning a trip to Virginia once you read about Doc's time there.

Resident house and garden design writer Steven V. Philips is ready to stretch out on his new patio lounge chair with a good book, but first he filed a story on the latest trends in outdoor furniture, which is now called "casual furniture," because these easy pieces moves back and forth between house and garden giving indoor and outdoor rooms a refreshing new look. Talk about multi-tasking! Not Steven, the furniture.

Anna Dantoni wants to muse about house guests this month so she read the amusing tome *Guests* and shares tips and observations. And something to serve house guests for breakfast might just be Alec Harding's full English Breakfast, a

one-pan wonder that will surely send you to the stove Saturday or Sunday morning. He walks you through the proper sequence of cooking each ingredient. The result is sublime.

Herb Gardener is just about mid-way through his weight-loss program and shares diet tips and strategies that are proven winners – he’s the voice of experience. Chef Judi reinforces his efforts with calorie-conscious smoothies and other spring drinks you’ll want on the slim-down menu at your house.

And Marsha Fottler reminds us that March is National Meatout Month, a time when most of us should consider how much meat we eat and think about cutting back a bit. If you’re “game,” check out her article and learn about FAME and the prospect of Meatout Mondays.

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.

#