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## **Spring At Last!**

*The April issue of **Flavors & More** celebrates Spring with al fresco dining recipes, gardening tips, culinary travel opportunities, books to relax with while sipping a beverage on the chaise lounge. All that and so much more...*

Finally, it's Spring. Garden centers are showing off, the grill is taking center stage, homeowners are planning poolside moonlight suppers, and everyone is beginning to think about where to go on vacation this year. We know just how you feel and at **Flavors & More** we've got an April issue to inspire, inform and to help you imagine and then achieve your best Springtime ever.

Chef Judi Gallagher is back from a culinary trip to Barcelona and Madrid and has recipes for you to try and sights for you to see if Spain is on your list of places to experience this year. Closer to home, award-winning travel writer Doc Lawrence travels the Gourmet Highway into North Carolina where he appeared on a special production of the hit television show, Carl White's "Life in the Carolinas". Join Doc as he learns about local farm-fresh food and cooking traditions in charming Shelby, the home of Bluegrass music legend Earl Scruggs. All this with nice people and a little North Carolina wine.

Herb Gardener has perfected his technique for making the world's best gazpacho, everyone's favorite chilled soup – so refreshing, tangy and the best way we know of to savor fresh vegetables. How about a sandwich with that soup? Marsha Fottler has variations on two of America's favorites, the grilled cheese sandwich and the BLT. Anna Dantoni has a new Paleo cookbook you might want to own and she includes easy Paleo recipes that everyone will love, whether or not you're on the Paleo diet. And our resident gardener/DIY expert Steven V. Philips is promising you a rose garden this month. And, he'll show you just how to plant the perfect one at your house.

**Flavors & More** is a monthly online cooking 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 & More** and you can find us at [mycookingmagazine.com](http://mycookingmagazine.com) Read, enjoy, subscribe and post a comment. And be sure to check out our videos and our Facebook page.

**F&M**