

For Immediate Release
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March Flavors & More is ready with a potpourri of recipes, travel destinations, plumbing advice, the doughnut craze and lots more for a contrary month that offers both food pleasures and climate challenges.

March is a contrary and baffling month. The official first day of Spring arrives, we return to daylight savings time, and there's Spring Training for baseball fans. It's going to be warm and sunny right? Surprising blasts of cold and snow demonstrate otherwise and while in some states we are perusing garden catalogs, other folks are shoveling the driveway and wondering if winter will ever end. Our magazine responds this month with a potpourri of stories and recipes that will uplift your spirits, enliven your home entertaining or travel plans and make you want to cook and have a party no matter what the weather outside is doing.

Chef Judi Gallagher predicted last year that doughnuts could be the food story of 2014 and it's happened. Read her article and get great recipes for making both sweet and savory doughnuts in your own kitchen. And, by the way, it's fine to call them donuts. Chef Judi is also looking ahead to Passover and has some unusual recipes you'll want to try, and you don't have to be Jewish to love them.

Our travel and food writer Doc Lawrence (a passionate baseball fan and frequent author on the subject) is in Florida this month covering the towns that host the Grapefruit League for that annual American ritual of Spring Training. Doc has the restaurants and sights to see while you're in town cheering for your favorite team. Marsha Fottler has the latest on rum, which is the "in" drink this year and Anna Dantoni has tips from a useful book that answers common cooking questions. Steve V. Philips, our expert on household repairs, has the second part of his series on kitchen plumbing. His theory is that you've probably paid a lot for your new designer farmhouse sink, now treat it properly. There is all that and lots more in the March issue of **Flavors & More**, so join us.

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 Read, enjoy, subscribe and post a comment. And be sure to check out our videos and our Facebook page.

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