

For Immediate Release
May 7, 2014
Jim Galiano, Internet Media/Marketing Director. 941-807-5050
mycookingmagazine.com

The May issue of *Flavors & More* is ready with seasonal recipes, travel destinations, wine advice, cookbook reviews and inside information about what colors to pick for your kitchen or dining room remodel. All that and so much more...

It's the merry month of May when we're all energized about our gardens, upcoming vacations, al fresco dining and outdoor cooking. And is there a paint project in your immediate future? We've got you covered with a May issue full of practical tips and inspiring recipes from the newest cookbooks and from celebrity chefs.

Chef Judi Gallagher is ready for the seasonal change with salad recipes. She's been busy shopping farmer's markets in her town and has salads that are chic, delicious, nutritious and so easy to make. Anna Dantoni investigates the raw food movement through a new book of recipes by a French cook and Marsha Fottler has news and recipes pertaining to tartines.

Our resident DIY expert Steven V. Philips reveals insider information about how and why certain colors become popular with homeowners. He also offers a nice and concise history of Crayola crayons. Remember that smell when you opened the box and how sharp the tips were? Crayons were our introduction to experimenting with color and with realizing the transforming power of color – especially when we ventured outside the lines.

Travel and food expert Doc Lawrence is in Georgia this month having "dinner with the Blue and the Gray." His subjects are the 150th anniversary of the Civil War and the way armies in the North and the South ate and drank. "Vineyards existed from Virginia on down through Georgia where the fruit ranged from Muscadine to Cynthiana," said Doc. "Champagne, brought into the South by blockade-runners, wasn't uncommon. The food served then compares to the fare of today's Southern table: Cured country ham, chicken, trout, sausages, stews, grits, and all manner of vegetables and fruits. Madeira, one of my favorite fortified wines and a delight with chocolate desserts, was highly popular in both the North and South." It's a fascinating gourmand's perspective and you'll want to read more.

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.

F&M