

For Immediate Release
September 8, 2011
Jim Galiano, Internet Media/Marketing Director. 941-807-5050
mycookingmagazine.com

September Flavors And More online magazine greets the transitional month with great ideas, recipes, book reviews, wine suggestions, and so much more...

September is that awkward transitional month where we're reluctant to say good-bye to summer (especially if the weather is still picnic perfect), but school busses in the neighborhood remind us that the autumn holidays are coming up fast. September is a good month to consider where you want to go this season in terms of travel, home decor, menu planning, entertaining, what you want to read or cook. Flavors And More is here to help.

This month Doc Lawrence visits Sanford, Florida to get a closer look at the spectacular folk art created by legendary Ab the Flagman. Ab's constructions have a theme of an American flag visible somewhere, either pieced together with painted pieces of wood or cast metal. "His works," says Doc, "are emblematic of the self-taught artist who often connects with grass-roots emotions to tell a story with profound imagination." Ab the Flagman is also an accomplished blues guitarist and singer.

Editor Marsha Fottler says it's time to consider painting your kitchen yellow, one of the old-time standard kitchen colors that faded from view and is now popular again. "Yellow is the trend color of the season," says Marsha. "And there's every reason to revive it in your kitchen because shades and hues of yellow have never been more plentiful or delicious."

Speaking of delicious, Chef Judi Gallagher says you don't need a backyard barbecue grill to cook the perfect steak. This month she tells you how to effectively use your broiler, frying pan and oven to get the steak results you want. Of course, she includes recipes and secret tips.

Staying with beef, senior writer Herb Gardener has a thorough assessment of a brand new comprehensive book on beef cutting.

Wine expert Robert Paul explains how to assemble an inventory of inexpensive "house wines" that you can enjoy every day and feel confident serving to your friends and family. No bottle over \$16.

Culinary writer and world traveler, Alec Harding is still in picnic mode and has a menu so simple, you'll want to organize your own leisure outdoor meal this weekend.

All this and more – plus recipes galore – are coming your way in the September issue, so subscribe today.

Flavors And 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 And More** and you can find us at www.mycookingmagazine.com. Read, enjoy, subscribe and post a comment.

#