

For Immediate Release
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February is the “snuggling in” month

Chilly days outside means warming the heart inside with comfort-food recipes, armchair travel to romantic places and domestic advice everyone can put to productive use right away. No need to go anywhere this month, just escape with Flavors & More

February is the month with such bad weather that we tend to look for inside projects. Flavors & More magazine understands and to start you off we've got armchair travel (along with recipes) from our culinary travel experts Doc Lawrence and Sharon Pritchard. Doc zooms you off to the Conch Republic (Key West) for a tour of the eateries, sights and sounds of America's southern most city. It's definitely a unique city. Sharon, who lives in Normandy, is crazy about French garlic and can't want to share her edible research along with a wonderful recipe for mild and creamy garlic soup. Editor Marsha Fottler is cooking from a new book that features recipes based on America's iconic lighthouses and the families who lived in those lighthouses. That's right, there's a lighthouse cuisine tradition and this is the month you'll want to be a part of it.

Herb Gardener offers a chili recipe to warm body and soul and Chef Judi Gallagher chimes in with a lovey-dovey meal since February is the month of love. She advises you go straight for the oysters. Thinking more practically in the kitchen, our resident kitchen design expert Steven V. Philips explains everything you need to know when you're replacing your drawer pulls and cabinet knobs. This is a weekend project that could improve the look and feel of your favorite room, but don't get out the screwdriver until you read his column. There's all that and much more in our February issue.

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 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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