

For Immediate Release
December 10, 2012
Jim Galiano, Internet Media/Marketing Director. 941-807-5050
mycookingmagazine.com

December, The Busiest Month of the Year

... recipes, culinary destination travel, timely food news, diet trends, cooking and entertaining advice you can use today

December is the month that goes by too fast. Stress levels are high, school and church programs eat up the calendar and home entertaining peaks. There are cards to write, packages to mail, presents to wrap and holiday meals to organize around spiritual and family traditions. Everyone could use a little encouragement in December along with help in carving out a few hours of personal time for rest and reflection. At ***Flavors & More***, we know just how you feel. So take a few minutes, make yourself a beverage and curl up at your favorite screen to read about how some people are celebrating and sharing their December experiences and observations.

Chef Judi Gallagher is mad for peppermint, one of the signature flavors of the season. She offers a little history on the herb and a delicious recipe for a peppermint cake. Editor Marsha Fottler has recipes too – from the country of Belize. Add a little exotic to your holiday meals! And Herb Gardener, our resident grill expert, says that the weather outside may be frightful, but that is no reason to abandon the grill or barbeque pit. He's following his culinary hero Steven Raichlen (who lives in Massachusetts) out into the December air to barbecue some holiday fare. Frosty, the Grillman...

Our Gourmet Highway writer, Doc Lawrence is a special guest on the upcoming television holiday special on "Life In The Carolinas" hosted by the legendary Carl White. The show includes music, dancing, storytelling and a holiday feast. The show was produced on location at the majestic Balsam Mountain Inn near Western Carolina University in the Blue Ridge Mountains of North Carolina. Doc takes you there for the holiday meal and lots of warm holiday cheer, beginning with a toast by Doc. Read all about this old fashioned Christmas at an old fashioned inn.

Culinary travel writer Kate Bennett says if you can eat in San Francisco this month, there is every reason to do so. She has three amazing restaurants for you to try, especially for the seafood.

Wine expert Michael DeLoach uncovers the secrets to SNOB wines and it's not what you think. Spirits writer Nanci Theoret has several glamorous options for those who are saying no to alcohol this season. Your beverage menu will be merry and bright when you follow her suggestions.

And if you usually feel like having a drink before, during and after you tackle the holiday outside decorations, read what our smart gardener Steven V. Philips has to say about using your trees and a ball of string to creative advantage this year. You'll be the envy of the neighborhood and the North Pole too. There's all that and lots more in this month's issue of ***Flavors & More***.

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.

F&M