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**FALL-ing in Love with the Foods and Fun of Autumn**  
*Flavors & More Magazine celebrates October  
and the best of the Fall season*

You can tell by the snap in your step, the crisp air and the aspect of trees that October is here bringing the foods and fun that we've come to associate with beautiful Autumn. And here at **Flavors & More** we've got the stories and recipes to bring it all home to you.

As you know from previous issues, Chef Judi Gallagher has been on the Paleo Diet, along with half the rest of the world it seems. What she's discovered it that it's quite expensive to shed pounds and pursue a healthier lifestyle. This month Chef Judi has the skinny on just how pricey it can be to transform yourself into a 21st century paleo person. Chef Judy also honors one of her favorite foods this month, the apple, with a story about the best new cookbook on the topic and several recipes she knows you will cook for family and friends right away.

Doc Lawrence, our expert on culinary travel destinations, has found a Florida place where you can order a Margarita Grouper and interact with wolves. Doc is traveling the Gourmet Highway and this month he's in Marianna, Florida, a unique place that may be unfamiliar to you. This is Florida's unspoiled green paradise. It's a higher life: rural land with running rivers where birds sing, fish jump and the food is farm fresh. If you howl in the right place, the wolves will howl back.

With so much glorious food in the world, why should foodies who juggle a skimpy budget be denied the pleasures of the table? That's what Rebecca Lando asked herself and her 20-something Los Angeles friends. The answer is her first cookbook, **The Working Class Foodies Cookbook**. She's offering 100 seasonal and organic recipes for under \$8 per person and she calls them "real food, for real people, real cheap." Wait until you see her recipe for butternut squash and mushroom tart. You'll want to make it tonight!

Kitchens sell houses any season of the year and if you're ready to undertake some small or large renovations projects in America's favorite room of the house, you'll want to read Steven V. Philips first. Our slightly cynical design expert has the latest trends in kitchen design and furnishings from floors to lighting to counters and appliances. Don't pick up a hammer or cell phone to call a contractor until you read his article.

Young mom Shannon Black took her toddler to Walt Disney World in Orlando, Florida, and discovered that for theme park food, the new Be Our Guest restaurant in the Magic Kingdom at Fantasyland stands out. The eatery (three different dining rooms for lunch and dinner) is a re-creation of the Beast's castle from the animated movie version of the beloved fairytale *Beauty and The Beast*. Shannon was impressed and little Olivia was thrilled. You'll want to read all about it, especially if you're planning a Disney vacation. And there are plenty more stories and informational articles to warm your food-loving heart this October including one on the new food fads coming soon to your favorite restaurant and to your very own kitchen.

**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 & More** and you can find us at [mycookingmagazine.com](http://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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