

For Immediate Release
August 13, 2012
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The Last Hurrah! That Would Be August

Flavor & More Magazine invites you to celebrate the fine and final days of summer in great style whether you're on the road or staying at home for an end-of-summer staycation

America's favorite and most reliable culinary destination travel writer Doc Lawrence travels the Alabama Gourmet Highway this month and finds palate-pleasing adventures in the great southern city of Mobile. Besides reporting on the restaurants you must visit in Mobile, Doc also reminds us of the area's contribution to enduring literature. "An important destination after Mobile was Monroeville, the storied small town where two of America's most acclaimed writers, Harper Lee and Truman Capote grew up as next-door neighbors," says. Doc. "After a traditional Alabama lunch of fried catfish with coarse ground cheese grits and banana pudding dessert, I entered the beautiful courthouse and historic courtroom that was the model for the movie, *To Kill A Mockingbird*." You'll want to read all of Doc's journey to Mobile.

Chef Judi Gallagher is singing the praises of Portland, Maine as a food scene you want to be a part of right now. Read her assessment of this city's amazing eateries from fine dining restaurants to waterside dives to hotel dining rooms and bakeries you can find with your nose. Portland has become one of the great eating towns of America.

Marsha Fottler is just back from an eating and shopping tour of the Buckhead district of Atlanta. She's got the tips you need for your next trip to this charming and entertaining part of the big southern city that has it all, including Chef Linton Hopkins, the Chef at Restaurant Eugene and the 2012 James Beard Best Chef Southeast.

Staff writer Anna Dantoni reveals the history and true lifestyle of the Hamptons through a new cookbook that showcases favorite dishes from Hamptons restaurants. We give you two recipes to try at home.

Steven V. Philips, our design expert, has tips and strategies for your residential renovation projects in case you're spending the final days of summer finally getting to those home improvements projects that you were supposed to start in June. He's less bitter than you might think, since he's far behind on all his personal honey-do list.

We've also got 10 things you can do with an avocado and if you've waited all summer to learn the differences between ice cream and gelato, Chef Judi Gallagher will settle all that. Of course, she includes recipes because she can't resist.

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. **And now Flavors & More offers videos too that include ideas and suggestions for cooking, wine selection, gardening and home entertaining.** 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 www.mycookingmagazine.com. Read, enjoy, subscribe and post a comment.

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