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## **At Flavors And More, We're Celebrating September, That Transitional Month**

September is that transitional month. We're all anticipating the autumn celebratory food holidays (including Halloween!) and crisp energizing days. Book clubs are starting up again, pot luck dinners at school and church on the schedule. And yet, we long for a few weeks of Indian summer with dreamy sunny days and evenings of casual entertaining outdoors. And then there's the garden.

Our culinary travel expert Doc Lawrence has been wandering the gardens of Monticello and has new respect for America's third president. "Thomas Jefferson was no ordinary farmer," Doc tells us. "The author of the Declaration of Independence, Jefferson was also a revolutionary gardener. Accounts of his adventure with crops are available today from his journals showing that he literally counted the peas and beans picked and placed into containers. The more we study of this man of the Enlightenment, the more we learn that he practiced farm-to-table almost daily serving his vegetables paired with wines from Europe whenever guests were lucky enough to be around for dinner." Read all of Doc's article that praises author/gardener Peter J. Hatch who has brilliantly restored the vegetable gardens at Monticello.

Chef Judi Gallagher says the fruits of Fall are on her menus this month. She has tips for buying Fall fruits and recipes for you. Marsha Fottler has tips too – about how to make a small kitchen function to the max and look great. She also has the information you need on America's latest food trend – Nutella.

Anna Dantoni has the ideal cookbook if you love grilled cheese sandwiches. Of course, she includes recipes for you to try until you get your own copy of "150 Grilled Cheese Recipes."

Our wine guru, Michael Green, wants you to stop stressing about labels and numerical ratings when you select a bottle. He explains how to confidently enjoy the wine without the hype. Meanwhile, Herb Gardener is sending you to the library. Why? It's the place to find restaurant menus of the past that have been digitized. You can literally trace the culture of America by looking at these menus as they span our nation's past. And our intrepid home improvement expert, Steven V. Philips, has Part II of his guide to renovating your kitchen and bath. Don't pick up a hammer or hire contractor until you read his article.

***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](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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