

Sea Vegetables, Harvesting Guide and Cookbook reviews

1. "Those who seriously want to learn about the merits of seaweed should read this book, for it takes the reader from the beginning, in which seaweed is described through classification, structure, reproduction, and leads the reader to know how to harvest and cook seaweed.

"The author has done a bang-up job describing many of the main edible types of seaweed...

"...get *Sea Vegetables* for it's a complete treatise on the subject, has excellent drawings, and is crammed full of charts showing nutritional values, vitamin, mineral and protein content..." (Hale G. Joy, *The Ellsworth American*, Feb. 27, 1986)

2. "This guide to harvesting seaweed is a fascinating glimpse into a different form of gardening. Nature plants, fertilizes and maintains; the gardener reaps.

"There is a wealth of background information on seaweed classifications, names, structures and where seaweeds grow. Over a hundred recipes for using seaweed are included." (Helen Jones, *The Willits News*, March 12, 1986)

3. "This informative little guide is a brief introduction to the fascinating world of marine plants known as seaweeds, or marine algae, and includes description, nutrition, classification, ecology, uses, and techniques for harvesting and preserving, plus a large array of recipes and a list of seaweed suppliers. *Florida Naturalist*, Summer 1986)

4. This compact volume focuses primarily on those that can be harvested along the coast of northwestern North America. The author's husband is a biologist at the University of Oregon's Institute of Marine Biology, and she has spent many summers collecting, drying, and experimenting with algae.

Here she provides, in addition to recipes, practical guidelines on finding, gathering, drying; also descriptions of available species, notes on food value, uses in folk-medicine; imported seaweeds and commercial products; and usefulness as fertilizer and animal feed....This attractive and authoritative book will help fill a need for popular information. (Julia F. Morton, *Sea Frontiers/Sea Secrets*, May-June, 1987)

5. "Lest you reject eating seaweeds, if all you've seen is those washed up, decaying and swarming with beach hoppers, consider the difference between fresh garden vegetables and those thrown on a compost heap some days ago. Different seaweeds are as distinctive in color, taste, texture and chemistry as different land vegetables. In appearance, some species may look as alike as lettuce and Swiss chard or as different as cabbage and carrots. Most marine algae are edible, but some are more palatable than others." says Evelyn McConnaughy. (Interview with Natalie Barnes, Trend Editor, *Newport News-Times*, June 22, 1983)

6. Over a hundred recipes for using seaweed are included. Examples are: Seaweed Quiche, Kelp Lentil Soup and Guess Again Salad.

There are good and bad aspects to using sea vegetables. They are a free source of food. Seaweed has a high mineral content, particularly iron, iodine and calcium. On the other hand, one must be concerned about safety. Certain seaweeds are sensitive to industrial wastes and others have a high ability to accumulate radio-active substances.

SEA VEGETABLES opens up new horizons. When looking at the vast expanse of ocean or stepping over seaweed washed up on the sand, one might wish they knew more about sea vegetables. This informative book will answer many questions and also raise a few. (Mary Lou Orphey *California Garden*, July/August 1986).

7. Evelyn McConnaughy is a biologist from the University of Oregon. She has good grounding for this book—a dietitian, mother, a marine biologist husband and five children to test meals on. She obviously loves both the ocean and experimental cooking, and is able to convey her enthusiasm and knowledge in print. As for the recipes, there are lots of them, of all different sorts including vegetarian (she's a fan of soy, especially tempeh), snacks, desserts, sauces, salads, hors d'oeuvres and plenty of pickles. The recipes are influenced by various ethnic foods, from jambolayas to spanakopitas. There's something for everyone to appreciate in this collection. (Bryan Nichols, *Wavelength Magazine*, April - May, 2002).