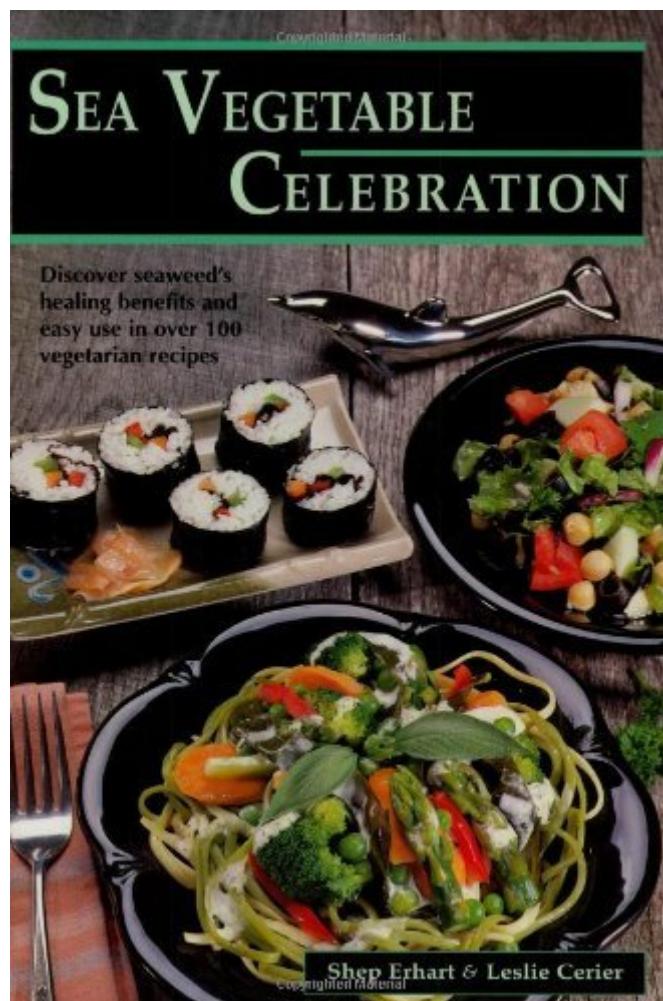


The book was found

# Sea Vegetable Celebration



## **Synopsis**

Gourmet and natural food enthusiasts will delight in over 100 delicious recipes using sea vegetables in baked goods, soups, salads, main dishes, and more. Shep Erhart and Leslie Cerier from Maine Coast Sea Vegetables, one of America's foremost distributors of sea vegetables, also share their knowledge of the varieties of sea vegetables, their healthful benefits, and tips on using sea vegetables for pets, plants, and as beauty aids.

## **Book Information**

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## **Customer Reviews**

This is a nice introductory book about sea vegetables, which includes recipes. I was not interested in this book's recipe aspect. To be honest, I have not looked at this book's recipes. I was primarily interested in this book's (1) introductory essay, (2) "resources" list, (3) nutritional chart, and (4) bibliography. One of this book's authors is the co-founder of Maine Coast Sea Vegetables, one of the few sea vegetable companies in the U.S. This small company harvests all of its own sea vegetable inventory, which gives its authors extensive "hands on" knowledge and experience. Most sea vegetables marketed in metropolitan Washington, D.C., where I live, are packaged by Maine

Coast Sea Vegetables. When Japan was devastated by a massive tsunami several months ago, Japan suffered a severe scarcity of sea vegetables. One source Japan contacted, to obtain an emergency replacement supply of sea vegetables, was the Maine Coast Sea Vegetable company - which complied with Japan's request. There is a "resources" section on page 156 of this book, which lists sea vegetable companies in the U.S. - and their websites, phone numbers, and addresses. If you are a neophyte with sea vegetables, you can call the companies listed in the "Resources" section, and people there will chat with you and answer your questions. There is an extremely valuable, detailed nutritional profile of each sea vegetable species, on pages 154-155 of this book - this nutritional profile chart is worth the entire price of this book. The book also has an important bibliography.\* \* \* \* \* **ADDENDUM (May 23, 2012):** My three star rating for this book may have misled - or discouraged - some .

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