



Sea Vegetables, Harvesting Guide

Evelyn McConnaughey

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A guide to foraging and preparing highly nutritious sea vegetables. Classification with illustrations, where they grow, harvesting, storage, table of nutritional equivalents, protein comparison, and numerous recipes are given. Try nature's bounty. Seaweed fertilizer and compost is great for gardens. As you collect, clean and create the recipes, any concept of seaweed being "that icky washed up stuff on the shore" will be erased.

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