

# Cheap reads about the coast

North Carolina Sea Grant, a research, education and extension program, offers uncommon books for everyone on your gift list. To order, write North Carolina Sea Grant, Box 8605, N. C. State University, Raleigh, NC 27695; call 919/515-2454.

### For Cooks

*No-Salt Seafood: All the Flavor Without the Salt*

*No-Salt Seafood* features more than 50 mouth-watering ways to cook fish and shellfish seasoned with herbs, spices, citrus fruits and wine. This cookbook is especially helpful to those seeking to reduce their salt intake for health reasons. In most of the recipes the seafood is broiled, baked or grilled — healthy cooking methods. Recipes include Lime-Marinated Snapper with Cilantro Butter, Grilled Fish Kabobs, Indonesian Grilled Shrimp, Baked Oysters, Scallops with Mushrooms and Clams Florentine. The cost is \$3.50. Ask for UNC-SG-89-07.

### For Children

*Coastal Capers: A Marine Education Primer*

*Coastal Capers* provides activities that elementary grade teachers, 4-H and Scout leaders and parents can use to introduce and explain the marine environment. The activities sharpen students' skills in science, math, language arts, social studies and art. Children can also make fish prints, search for buried treasure, play the sand dollar game and understand food web connections. The book is full of fun art. The cost is \$3.50. Ask for UNC-SG-84-05.

### For Saltwater Anglers

*Recipes with a New Catch*

This is for fishermen who toss aside one fish in favor of another. *Recipes with a New Catch* boasts 40 pages of delicious recipes for 16 species of non-traditional fish such as sharks, triggerfish, bluefish, amberjack, crevalle jack, sea robin, rays and more. If you can catch it, this book will tell you how to cook it. The cost is \$2. Ask for UNC-SG-86-06.

### For Naturalists

*A Guide to Ocean Dune Plants Common to North Carolina*

The ocean dune guide boasts clear illustrations that identify most types of trees, ocean dune plants, herbs, grasses, vines and shrubs. The glossary of terms is also illustrated, showing various leaf arrangements, seed pods, berries, spikes and flowers. This guide can teach any nature lover the difference between poison ivy and the beach pea. The cost is \$4.50. Ask for UNC-SG-87-01.

### For Birdwatchers

*Atlas of Colonial Waterbirds of North Carolina Estuaries*

Brown pelicans, great egrets, little blue herons and the glossy ibis are some of the 25 species of waterbirds that call North Carolina home. Using the atlas, bird watchers can pinpoint where these magnificent birds are most likely to nest along the coast, what types of food they'll be eating and how to identify them. Also included are maps locating the nesting sites recorded in 1993 and pictures of each species. The cost is \$5. Ask for UNC-SG-95-02.

### For Gardeners

*Seacoast Plants of the Carolinas*

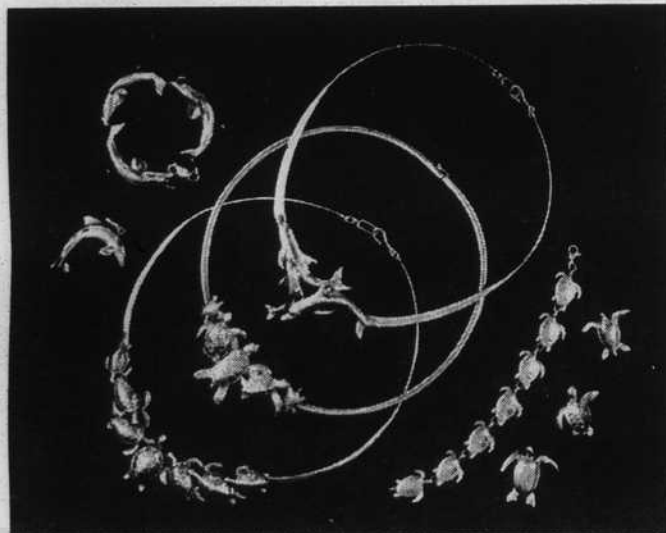
### For Conservation and Beautification

For those who wish to discover the ins and outs of oceanside planting, this is the book with all the answers. *Seacoast Plants of the Carolinas* introduces the uninitiated to gardening around harsh salt spray, shifting sands and whipping winds. With delicate line drawings and demonstrative pictures, the book explains everything from dune protection to beach landscaping to planting, mulching and maintaining beautiful ground coverings, shrubs and perennials. The cost is \$4.50. Ask for UNC-SG-73-06.

### For Everyone

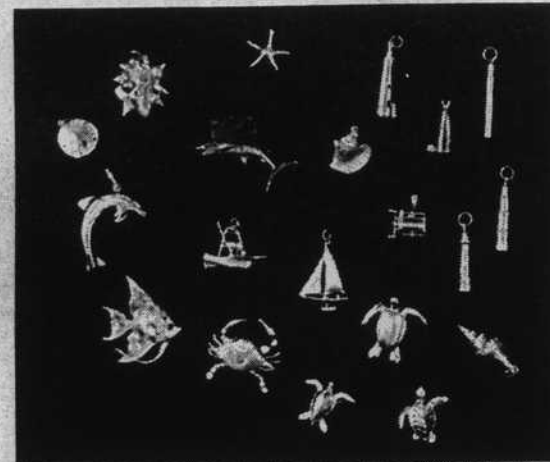
*Coastwatch*

Want to know the rich history of our coast's most beautiful cities? Get delicious recipes from North Carolina's seafood experts? Stay abreast of coastal regulations and water quality issues? Learn the secrets of the black bear, the loggerhead turtle or the dolphin? You can get it all — and more — for only \$15 a year with *Coastwatch*, North Carolina Sea Grant's award-winning magazine about the glorious Carolina coast. Professional photography, original art and dazzling covers add to the enjoyment of this publication which is produced bi-monthly. The cost is \$15 for one year, \$28 for two years and \$42 for three years. Ask for *Coastwatch*.



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