

Joan Betterley



Every Sailor's Guide
to Eating Right

Good Food Afloat

Lei Shi



Good Food Afloat:

Kitchen Afloat Joy Smith, 2002 Written from a cook's perspective this book helps you choose supplies and provisions to fit your cooking styles and teaches you to plan and execute workable menus at sea and in harbour. It includes up to date information on water stoves, refrigeration, nutrition, food safety, storage, menu planning and clean up, with a special feature on recipe development and a set of original recipes. *Service Afloat* Raphael Semmes, 1887 *Cruising World*, 1987-01

MotorBoating, 1930-04 *Surface Warfare*, 1980 **Gently with the Tides** Michael L. Frankel, 1990 At one time or another almost all boaters and many non boaters fantasize about leaving behind the house, lawn and neighbors and moving aboard a boat. But leaving behind a familiar, comfortable lifestyle for the Perils Of The Sea is a quantum leap not to be taken lightly. That so few actually make the break has less to do with the rigors of the lifestyle than the lack of information about what it's really like. Since 1972 *Living Aboard Journal* has served as an idea exchange for the members of the Homafloat Association. Live aboards from all walks of life spread all around the globe. Fueled by 18 years of the best letters, articles and firsthand accounts from *Living Aboard* magazine, *Gently With the Tides* is a powerful testimonial to the lure and romance of living aboard a boat. It is also a compendium of the pitfalls, disappointments and setbacks. Most of all, it is a high octane dream feeder for liveaboard aspirants. It will help them decide whether to do it, tell them how to, and most important, it will fill their dreams with why to. **Manual for Messes Afloat 1970** United States. Bureau of Naval Personnel, 1971 Good Food

Afloat Joan Betterley, 1986 *Cruising World*, 1987-07 **Cooking Afloat** Kathrene Sutherland Gedney Pinkerton, 1959 *Adventures Afloat and Ashore* Parker Gillmore, 1873 **Afloat in the Forest** Mayne Reid, 1880 Afloat in a Great City Frank Andrew Munsey, 1897 **Cooking Afloat** Molly Graham, 1963 Four Afloat Ralph Henry Barbour, 1907

Spun yarn from the Strands of a Sailor's Life Afloat and Ashore Sir Henry Felix Woods, 1924 **Afloat and Ashore** James Fenimore Cooper, 1884 *Boat Maintenance Afloat and Ashore* Charles Frederic Chapman, 1952 **Good Food Afloat** Joan Betterley, 1996 Sail away to proper nutrition. Here's a galley wise guide to provisioning and a collection of delicious and healthy recipes for the whole cruising family. Readers will, by shipshape, enjoy these original recipes and gourmet favorites with healthier ingredients substituted when appropriate. *Food Hygiene - Ashore and Afloat* Charles Patrick Collins, 1963

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