

For Immediate Release  
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## ***Mariner's Menu*: Blog Features Fresh Seafood Ideas**

The new *Mariner's Menu*, a blog based on Joyce Taylor's popular book of the same name, offers consumers a new way to get seafood recipes, learn about local fisheries and traditions, and stay up to date on safety, handling and preparation tips.

People who are eating healthier are including more seafood in their diets, says blog contributor Barry Nash. And with the struggling economy, consumers are eating more meals at home.

"This blog offers kitchen-tested preparations for North Carolina seafood, along with information on the seasonality of commercial species, assessing product quality and the heritage of coastal fishing communities," Nash notes.

Partners on the project include the North Carolina State University Seafood Laboratory, the Core Sound Waterfowl Museum, the N.C. Division of Marine Fisheries, and North Carolina Sea Grant.

*Mariner's Menu's* team of contributors brings a broad range of expertise to the table:

- **Joyce Taylor**, author of *Mariner's Menu: 30 Years of Fresh Seafood Ideas*, has served as seafood education specialist with the NC State University Seafood Laboratory and Sea Grant since 1974. She will post recipes from her book and new recipes and tips in the works for the next *Mariner's Menu* book.
- **Dave Green**, N.C. Cooperative Extension seafood specialist and director of the NC State University Seafood Laboratory, will share information on seafood safety, novel processing technologies and value-added product development.
- **Pam Morris** is the president of *Carteret Catch*, a member of the Carteret County Fisherman's Association, co-chair of the N.C. Marine Fisheries Commission's Central Regional Advisory Committee, and collections manager and community resources contact at the Core Sound Waterfowl Museum & Heritage Center. She will post conversations with local fishermen, dealers, retailers and fisheries managers about their involvement in the N.C. seafood industry.
- **Barry Nash**, a seafood technology and marketing specialist with Sea Grant, will cover topics pertaining to seafood safety, the health and benefits of seafood, and sourcing local products along the North Carolina coast.

Follow *Mariner's Menu* by going online to [marinersmenu.org](http://marinersmenu.org). Subscribe to the RSS feed from the homepage to be alerted about the latest postings.

The blog was developed under an N.C. Fishery Resource Grant (FRG). The FRG program is funded by the N.C. General Assembly and administered by North Carolina Sea Grant. For more information on FRG, go online to [www.ncseagrant.org](http://www.ncseagrant.org) and click on "Research."

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**North Carolina Sea Grant: Your link to research and resources for a healthier coast**

**Note to Editors:** *The Mariner's Menu: 30 Years of Fresh Seafood Ideas* seafood resource book is available from North Carolina Sea Grant, 919/515-9101 or 252/222-6307, [www.ncseagrant.org](http://www.ncseagrant.org). It is also available at bookstores and from UNC Press, [www.uncpress.unc.edu](http://www.uncpress.unc.edu).