



Common Edible Seaweeds in the Gulf of Alaska: Second Edition (Sg-Ed)

Dolly Garza

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Seaweed is fast becoming a new favorite snack, as eaters everywhere are realizing what Alaska Natives have known for millennia: seaweed can be a healthy and tasty treat. Found in abundance along Alaska's shores, it has been believed to do everything from regulating digestion to reducing swelling. Dolly Garza, a Haida-Tlingit Indian, offers an easy-to-use guide for locating, identifying, and preparing several species of edible seaweed—and even one beach plant.

The second edition of this useful book adds Garza's personal accounts about collecting seaweed, telling stories of harvesting the plants and preparing them with her family. More than twenty-five recipes cover seasonings, snacks, and main and side dishes. They allow readers to try out the recipes enjoyed by Garza's family for generations as well as find the inspiration to try out their own variations. The book carefully presents ten key seaweed species found in the Gulf of Alaska, along with photos of each so that readers know exactly which ones to pick. Readers will learn how to easily make seaweed a healthy part of their everyday diets.

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